

# **Tuesday Night Q'uo readings as channeled by Carla Rueckert and read by Wayne Smallridge.**

These are transcriptions of a series of conference call sessions, channeled by Carla Rueckert ([www.llresearch.org](http://www.llresearch.org)), read by Wayne Smallridge, under the auspices of Wynn Free ([www.messageaday.net](http://www.messageaday.net)).

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Carla's channeled work is extensively quoted in The Reincarnation of Edgar Cayce? and she is celebrated as one of the most highly intended and precise channels in the world. She originally channeled an intelligence that identified itself as Ra, which described itself as a social memory complex or Group Soul, from the period of 1981 through 1984. Her Ra channelings were published in a series of 5 books. From 1985 to the present she channeled a group entity that identified itself as Q'uo which is comprised of 3 different individual groups in other realms. One of the conglomerates is the Ra Group.

I was impressed enough with Carla's work that we began reading one of her Q'uo channelings, every Tuesday. These channelings were actually done live at Sunday sessions in Carla's home in Kentucky and were selected by Wayne choosing topics which he thought would be of interest to those on the line

This E-book is a compilation of the readings, which Wayne has read over the past few years. Wayne has taken a hiatus from doing these sessions so they are on hold for the time being.

There is huge wisdom and guidance in these readings and I am honored to share them with you. I thank Carla for giving her permission to compile them in this manner.

I should mention that the formatting is still very rough. When we get better formatted, I will make an announcement on Message a Day. I may decide to divide this PDF into 2 separate volumes.

Wynn Free

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Saturday Meditation

December 13, 2008

Group question: (Read by G.) Ra says in The Law of One series, "The function of the spirit is to integrate the up reaching yearning of the mind/body energy with the down pouring and streaming of infinite intelligence." [1]

I would like to present an understanding of faith that derives from Ra's brief description of spirit's function. Faith, I would offer, is a process that can be described as a disengaging and a resting. On one side of the coin, faith is a disengaging from what in Eastern teaching is referred to as "the ten thousand things;" a dis-identifying from form; a deliberate disregarding of the energies of panic, defense, fear and contraction of the, for lack of a better term, "lower self," energies generated as an inadvertent consequence of, what Ra calls the mind/body's up-reaching.

On the other side of the coin, faith is a resting, without effort, in spirit. As the entity rests in the awareness of the spirit complex, an activity I am calling faith, the entity can lovingly and peacefully look upon and into the darkness, chaos and pain of the mind/body's up-reaching and know that all is well. It is this resting, this faithful attitude, that opens the door to what Ra calls the down-pouring and streaming of infinite intelligence.

In other words, faith is how spirit is activated. Faith opens the perception of spirit, and faith is the means by which spirit integrates the up-reaching yearning of the mind/body with the down-pouring and streaming of infinite intelligence. Would you comment please?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator in whose service we come to you this evening. Thank you for asking us to be a part of your meditation this evening and to share our humble thoughts on the very interesting topic of faith.

Before we begin, as always, we would request that each of you use your discrimination as you listen to what we have to say. Keep those things that interest and resonate to you. Leave behind those things which do not. Your process is fine-tuned and integrated and your discrimination will tell you what is helpful for that process at this time and what is not. We thank you for using your discrimination, for that enables us to feel confident that we may share our opinion without interfering with your free will.

Faith is a word which, like love, has many layers of meaning. The effort to be quite clear concerning the workings and the essence of such things as love and faith are always imperfect. The words themselves are efforts to name the unnameable and describe the indescribable.

If one takes a beaker of water and pours it into a measuring cup, no matter how many times it is poured, the measure remains the same. In the world of words, the ear that hears, the voice that speaks, and something intangible, even more so than either the ear or the mouth, create a unique meaning each time the word is said. We do not wish to speak of semantics but only to point out that as we speak of faith, there is a necessity to hear or at least to attempt to be aware of the energies that are part of the utterance of that word which enrich and enhance the word, so that it becomes more than a word; so that it becomes a living entity. Only then can we speak of faith and know that we have used that word with full respect and honor.

The supposition that faith is the climate or environment which enables the seeker to call forth the energies that come from beyond the gateway to intelligent infinity is lacking in completeness while retaining a certain amount of truth. Consequently, we would speak not only of faith but also of will and desire as well as intention.

As the quotation from those of Ra expresses, the upward spiraling energy of the one infinite Creator moves ceaselessly and infinitely through the [physical] mind/body and the mind/body of the energy body as well. The will of the seeker is the energy which activates that process by which what this instrument would call the kundalini is activated.

An entity may rest in faith for a whole life long knowing, as the one known as G has said, that all is well, without ever leaving the sanctity of the open heart. Indeed it is not necessary to work with the gateway to intelligent infinity in order for a seeker to live a life of highly polarized service to others and to graduate into fourth density when the time comes.

The heart and its energy center hold the key to moving forward with the evolution of mind, body and spirit, in that the heart is that sanctuary in which the immediate presence of the one infinite Creator is always available. Indeed, it is the nature of the green-ray energy center to be sanctified and utterly positive, resounding with the vibrations of unconditional love.

It is the choice of many seekers to reach for more than the open heart, for the open heart is a place of being and the nature of that being is love. When a seeker desires more than that resting and tabernacling with love, it forms an intention according to its deepest desires. Whether impulsively or as a result of long thought and contemplation, a seeker desires to move into a place of even greater freedom. And so it sets itself to desire to reach higher.

When the desire of the seeker has been self-understood and honed to a focus that is lucid and coherent, it is able to use its will, that powerful faculty that moves all of the creation, to reach for that which may come through the gateway of intelligent infinity, further to enlighten, inform or inspire. That intention, honed through desire to will, moves first into the blue-ray chakra, the chakra of communication and understanding, and thence onward to the indigo-ray chakra, the chakra of faith.

In the environment of faith, driven in a certain vector by will, the gateway to intelligent infinity is then opened. And the energy of the Infinite, personified and shaped into specificity by the nature of the will and desire of the seeker, comes rushing down into the indigo-ray chakra through the violet-ray chakra, there to meet the upward-spiraling energy that is the constant environment of the energy body.

The locus wherein that energy rests after being called through the gateway is quite dependent upon the nature of the desire that has been shaped into a very active willing. In the case of a healer, the resting locus of that inspiration from above would be the green-ray chakra. For it is from that environment of utter compassion that a seeker may become a channel transparent to the energies of healing. If the desire is for communication, then the energy through the gateway shall meet and mate with the upward spiraling love/light of the infinite One in the blue-ray chakra. For instance, it is within the blue-ray chakra that the contact between our principle and the ability of this instrument to apprehend our thoughts lies. That environment of understanding and open communication is that environment which is the native neighborhood and locus of enhanced communication such as this instrument's channeling as well as communication that is inspired by those portions of the infinite Creator which may flow through the gateway of intelligent infinity and into the mind and awareness of a communicator that take part, not in communication with entities, but rather connection with or union with essences that may be called angelic.

Perhaps you have known of inspired speakers who are able to infect you with hope and trust and excitement with that which they offer. Often, such speakers have formed the ability to use the gateway to bring essences into their communication that enhance those words which are said with the energies of the essences which are pulled through. Whether those essences are wisdom, beauty, love, purity or concentration, the words have wings when such speakers offer their thoughts.

When a seeker desires to move into a higher state of being which refrains from or has no use for action but rather wishes to rest in radiance of being, the energy through the gateway shall meet the personal energy of the seeker in the indigo-ray chakra and remain there, resting in that chakra whose very essence is faith.

Consequently, we may say, my brother, that while faith is indeed a part of the spirit's rise to connect with higher energies, it is a relatively impersonal part of the process by which faith and will mate together to form the movement which pulls the upward-spiraling energy into a solid connection with the downward-spiraling information and inspiration from above.

The observations which the one known as G made concerning faith are quite apt. We would agree that faith is both the releasing of all concerns for the world, as this instrument would say, and the turning of the self to gnosis, that knowing that is on a completely different level from the knowledge of the world; that knowledge which sees that water poured into a cup will remain measured the same at all times.

The knowing of faith is a three-dimensional living awareness. It is an awareness that there is a divine plan. It is an awareness that, although the human part of the seeker may find the divine plan as it is playing out in his life very opaque, this makes no difference.

Faith is that which allows the seeker to know that there is a plan and that the plan is working perfectly. Faith is that which enables an entity to contemplate limitation, lack and even the death of the physical vehicle with equanimity.

Yet faith is not that which is used. Faith is an environment which is reached, first, in a naïve and nevertheless perfect way in the heart. And then, for the seeker whose will is equal to the task, in a way which turns green ray and the home of the soul within the body into

indigo ray, where the soul's home becomes the universe. It is a movement from locality to non-locality, from personhood to non-personhood or impersonal living. There is a freedom to dwelling in faith in the indigo ray that is infinite. And living from that awareness, bringing the remembrance of that awareness of faith into the everyday life, creates of the everyday life a dazzling adventure. We would ask the one known as G if he has a follow-up query to this first question? We are those of Q'uo.

G: No, Q'uo. Thank you. No follow-up to the first question.

We thank you, my brother. May we ask, then, if there is another query at this time? We are those of Q'uo.

G: Q'uo, as you know, this past year we at L/L Research have hosted a series of Channeling Intensives [2] designed to teach a group of dedicated students to channel Confederation sources. One of those students, T, is interested in increasing the frequency of these workshops for the more intensive learning of the art of channeling than is provided in the current arrangement of three workshops per year. Because of the nearly insurmountable limitations of geography and budget that the students of these workshops face, T was wondering if a Channeling Intensive could be created which would allow the physically distant students to connect using current means of technology, through either video or phone, rather than coming together in the flesh. I asked the instrument about this possibility earlier today but as this is an entirely novel situation which moves into completely unknown territory, she was uncertain as to whether she could protect a geographically scattered circle.

My question is: using video or phone technology, would it be possible to form a safe and stable Channeling Circle to receive your contact? Also, would the instrument be able both to challenge the contact and to protect the circle as she currently does?

We are those of Q'uo, and we are aware of your query, my brother. That which is proposed is, mechanically speaking, possible. For it is the connection with each others' energies rather than each others' physicality that creates a Channeling Circle. A group of entities which are geographically distant but which are connected by your technology, video or audio, contains the energies of each and from that standpoint it is possible to form a channeling circle without the circle being geographically in one physical locality.

The quite substantial challenge which each within that circle faces is the creation of a safe, cloistered environment, by which we mean an environment which is proof against distraction from outside noises, voices or other disturbances which might distract an entity who is attempting to remain in a tuned and focused form and create the inability of the seeker to remain tuned and to remain focused.

When all of the Channeling Circle are present in one physical locality, with careful forethought the environment of that one locality can be, if not guaranteed to remain safe, at least highly inclined to remain safe because of the safeguards that have been put in place by the producers of the Channeling Circle.

For instance, as the one known as G is fully aware, a great deal of thought goes into creating the proper physical environment for a Channeling Intensive. The telephone is turned off and the circle meets in a fairly secluded location where there are few noises and no distractions, in the sense that there are no other entities allowed into the environment.

Consequently, while those within the channeling circle may vary in

their ability to remain tuned and focused and able to function as an instrument, nevertheless it is far easier for a group meeting in one physical locality to have that inner sense that there is indeed a safe environment for this work.

In contrast, when those in a channeling circle are each in a different environment physically, each entity then must take full responsibility for creating that quietness and safety that promotes the channel's ability to focus inwardly to the exclusion of the awareness of that which is going on around the entity.

As to whether this instrument, being the senior channel of the channeling circle at this time is able successfully to challenge and successfully guard the contact for the group, it is unknown to us as to what extent this is possible. We say that it is unknown to us because we have not experienced this particular entity working with non-local channeling.

There are some entities, we would suppose, who are completely capable of ignoring the lack of physical closeness and who would be able pick up on and work with the energies of each in the channeling circle which are not physically present. This ability will vary widely from channel to channel, based upon unknown dynamics within that instrument's basic personality. We are not speaking of personality traits such as your psychologists would speak, but are speaking of those very subtle points of contact with a deeper reality which, in some, create a mesh of awareness with which the senior channel will work as the channeling moves around the circle.

This instrument would need to work with a non-local channeling circle before we could be aware in any sure way of what the situation is as regards this particular instrument. We may say that it is quite possible that this instrument would be unswayed by the lack of physicality and would be able to work with the energies as this instrument usually does when the group of channels is local. We simply do not know.

May we answer you further, my brother? We are those of Q'uo.

G: You said you did not know the extent of the instrument's capabilities in such a situation. So would you, then, caution against attempting it? Or would you find it an acceptable experiment to see if such a thing could happen successfully?

We are those of Q'uo, and we may say, my brother, that we neither recommend against it or for it, but merely attempt to describe for you the parameters of what you propose to attempt. We, as always, are willing to communicate through instruments such as this one and are always glad for the opportunity to develop the newer channels as well. We must leave it to the free-will choices of each of those involved in such a decision as to what you shall or shall not attempt to create.

(Side one of tape ends.)

(The gist of an unrecorded question was: "Then it is entirely up to our free-will choice?")

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. Indeed, is that not always the case? Whether the entities in the channeling circle are in one locality or connected through the ethers, we are greatly willing to respond to the request for our thoughts.

We attempted to describe some of the parameters which you may consider. The reason that we do not warn you against it is that were such a channeling circle to be ineffective, it, nevertheless, would not place those attempting to receive our transmissions in a difficult

or dangerous place.

What we are saying is that there are factors that might hinder the experience from being satisfactory to those within the circle for various reasons, some of which we cannot predict.

May we answer you further, my brother? We are those of Q'uo.

G: No, Q'uo, that's sufficient. I'll definitely have to read the transcript. Thank you for your time with us. Thank you for the instrument's time. I have no further questions for the remainder of the session.

We are those of Q'uo, and we thank you, my brother. It is certainly a creative approach to the situation of physical-ness and the limitations of the physical body in moving from one locality to another. And we thank the one known as T, also, for his thoughts and his desire to serve. It is dear to us to feel the desire to serve which is the true beginning of service to others.

Is there a final query at this time? We are those of Q'uo.

G: Not from me, Q'uo.

We find that there is a silence where there would be questions if those present had the desire to speak with us further. And so we shall draw this meeting to a conclusion. We would say through this instrument, as we leave, how precious each of you is to us. We find your gallantry and courage beautiful. For you dwell in the midst of a very thick illusion and often we are aware that the spiritual impulse within you is challenged greatly. You feel isolated and vulnerable and in some cases you are concerned that your spirits may have flagged, so that you are less sensitive to the movement of spirit.

There is within each of you, however, that faith of which the one known as G asked this evening, that knowledge that rises above knowledge to gnosis, that awareness that beyond all of the illusion of limitation and lack, all is well.

Before incarnation and outside of incarnation in general, it is easy to think of the struggle of Earth as something that is very easily seen through. Yet we are aware that it is not at all easy to dwell peacefully and serenely in the eye of the hurricane of life. We may assure you, however, that each effort that you make to remember the divine plan and, as this instrument would say, to stand in the cleft of the rock [3] and let the storm pass you by, is that which makes you ever more fully human, ever more fully yourself.

We applaud each effort that you make to know that all is well and that there is a sense that shall, when you see it after incarnation, amaze you with its completeness and its efficiency in bringing to you those things that you need to create of your life a glory and a beauty that speak eternally of love.

We are those of Q'uo. We leave you in the love, in the light, in the peace, and in the power of the one infinite Creator. Adonai. Adonai vasu.

[1] Ra, channeled through L/L Research on January 22, 1981, Session 4: "The magnet has two poles. One reaches up. The other goes down. The function of the spirit is to integrate the up-reaching yearning of the mind/body energy with the down-pouring and streaming of infinite intelligence."

[2] For those interested in attending a Channeling Intensive, you may write [contact@llresearch](mailto:contact@llresearch) and ask to be put on the waiting list. When four or more people have indicated their desire to learn channeling, we will schedule another introductory training session.

[3] Holy Bible, Exodus 1:33, "As my glorious presence passes by, I will put you in the cleft of the rock and cover you with my hand until

I have passed."

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Saturday Meditation

February 14, 2009

Question from G: I am studying the Law of One and working with the balancing exercise, which I understand to be this:

When at the ending of the day or when alone, mentally examine, as with the scalpel of a surgeon, each bias which you can remember. Attempt to remember precisely the biases or qualities held by the self at any moment during the experiential space/time of the waking state. Consciously visualize, feel and again become that bias. Slowly accentuate that bias until it fills your being. Then visualize the oppositely polarized bias. Do not create this bias mentally, but wait until this is called from within yourself by the process of natural discovery. Allow this opposite bias to fill your being until it is as accentuated as the bias you originally felt. Now visualize an image filled with both things.

My question is, what is the meaning of the word "bias" as used in this meditation?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and the light of the one infinite Creator, in whose service we come to you this evening. It is a great privilege and pleasure for us to be able to join your meditation and to share our humble thoughts with you. We greatly appreciate the privilege.

It would aid us in our opinion-giving if you would be so kind, when you read or listen to these words, as to use your discrimination carefully and to sift through those thoughts which we offer, winnowing them to find the ones that are meaningful to you personally and leaving the rest behind. They might not be chaff on someone else's grinding floor but they are chaff on yours. So, focus only on the thoughts that resonate to you. We thank you for this consideration, for it enables us to speak more freely, not being so concerned with infringing on your free will.

This evening the question has to do with the nature of a bias as used in the Law of One sessions. To grasp fully the word as used by those of Ra, it helps to view the background or the environment of the word and of planet Earth, and the incarnational experience of each of you on planet Earth.

The undifferentiated and unpotentiated infinite Creator has no bias. There is one thing. That one thing is self-understood and self-grasped and is content. However, the infinite Creator, choosing by the first distortion of free will to know Itself, has created a system of densities through which all of its sparks may proceed in order to experience all that can be experienced, to satisfy all desires, and to move through all the learnings of each density.

Each of you is a member of a third-density environment at this time. You enjoy its limitations and are used to following its rules. At the very heart of the nature of third density is the dynamic tension between all attributes and their opposites. It is a heavily polarized illusion. The male and the female, while of the same species, have many differences in body and in mind. That male and female principle may be seen both literally and figuratively as the guiding rune



or glyph or totem of your experience on planet Earth.

We are not saying that there is a contest going on between men and women to decide which is the better sex. We are saying that it is the bisexual nature of the species in general that is the kingpin of a seemingly endless list of other attributes, each of which has its opposite. Third density is chock full of unbalanced, biased and distorted perceptions. We would not say that this is a bad thing. It gives each seeker the fuel that it needs to press forward. As used by those of Ra then, "bias" can be a synonym for "distortion," the movement away from complete stasis and utter balance into one side or another of the seesaw of dynamic opposites.

In the tuning song that was played before this meditation, another very strong set of biases was discussed when the one known as Yusuf said, "Good's going high and evil's going down in the end." [1] There is a considerable mystery attached to the question what is good and what is evil. We would prefer to describe it in terms of polarity and say that there is a radiant path of service to others and there is a magnetic path of service to self. And although it may be unfair to say that service to others goes high while service to self goes low, nevertheless it is true that the two dynamics are inevitable within third density, and indeed within the next two densities, the fourth and the fifth. This is how deeply the sense of self and other, and any number of paired dynamic opposites, can be seen.

In the prayer of St. Francis which this instrument uses to tune before each channeling session, more dynamic opposites are offered:

Lord, make me an instrument of thy peace. Where there is hatred, let me sow love, where there is injury, pardon, where there is discord, union, where there is doubt, faith, where there is darkness, light, where there is sadness, joy. Oh divine master, teach me to seek not so much to be loved as to love, to be understood as to understand, to be consoled as to console. For it is in pardoning that we are pardoned, it is in giving that we receive and it is in dying that we rise, to larger life.

And in the Lord's Prayer with which this circle began its meditation tonight, there is the prayer to forgive others as others forgive you. All of these are examples of complementary biases. Another simple example is the very homely one of noting that this instrument just took a sip of water. The bias was her thirst. The responding and balancing bias was the glass of water. You may see, then, that to call something biased is not to denigrate it or disrespect it. There is nothing but bias. There is nothing but distortion in all of the nested illusions of your creation.

However, there is a gradual lessening of distortion within each seeker's inner life as the seeker begins to see into the inevitability of bias and, without judgment, sees beyond that whole situation to the balance that lies beyond and the eventual unification of all opposites.

When a piece of fabric is cut on the bias and sewn from the bias it has a tendency to create interesting drapes and to enhance the style of a garment. It is just so with human biases. Within an incarnated human's life there will be a continuing and continuous experience of seeing things from a particular bias or slant, and then being able to choose to rethink and re-vision and see things from the opposite bias.

The question had to do with performing the balancing meditation, which is recommended to be done daily. During the meditation the seeker is asked to sift back through the day, combing out those instances where the self did not remain evenhanded, placid and contented, utterly at peace and balanced, but was pulled towards imbalance in one way or another.

Perhaps it is your birthday today and consequently you have a happy bias, for you have been given cake and ice cream and something to open. That triggers emotions within you. Even though it is a positive bias, yet still it is grist

for the mill for one who wishes to train the consciousness to register not only the bias of the incoming catalyst but also the corresponding and answering bias. The entity who drives a car poorly and surges into your lane on the interstate highway can trigger negative emotions; that is, emotions that have a negative vibe. They might include fear, rage and anger. That triggering catalyst has therefore caused your energy body to narrow so that the full flow of the Creator's prana or light/love is not getting through to the heart chakra. It is a totally understandable bias to have these feelings concerning the stranger who didn't even see you, and who almost, or so it feels, took your life. As you look at these moments of being triggered away from balance you are able to effect a kind of healing of that imbalance by virtue of allowing your original emotion to intensify and then asking the dynamic opposite of those feelings to appear. Again, neither the positive nor the negative bias is preferable, as much as it is preferable that the dynamic opposites be held within the heart and the consciousness in a balanced manner. The goal of doing these balancing exercises is not to clean up the energy body and then have it be "good to go" for the rest of one's life. It is extremely rare that an entity on your planet in third density shall be able to achieve realization in such a way that no further thought is taken, no questions are asked, no new solutions reached. For the seeker's understanding will exceed the narrow confines of his previous view of the world.

Each of you dwells within a system of many biases. There is the sexual bias. There is the bias of personality. And the world as you experience it contains bias upon bias. How can one learn, then, in the midst of such a deeply biased environment? In actuality it is because of the opacity of the illusion and its relentless system of opposites that third density works. For third density is about making a choice, a very fundamental choice, of service to self or service to others. It is indeed desirable to increase that bias, attempting more and more to maximize service to others within your life and your thought, so that you may accelerate the rate of your own spiritual evolution.

We are those of Q'uo, and would ask if there is a follow-up to that query, my sister.

G: No, there is no follow-up. That was very helpful. Thank you.

We thank you, my sister. We are those of Q'uo. May we ask if there is a further query at this time.

D: Yes, Q'uo, I have a question about meditation. The other night I was meditating and it seemed that I perceived some kind of chamber between my orange and yellow chakras, right between them. I was wondering if you could comment on this and also comment on the relationship between breathing and the energy flow through the body.

We are those of Q'uo, and are aware of your query, my brother. To respond to your first question, that of the space between the second and third chakras in your energy body, we would say that due to work which you have been doing in consciousness at this time, you are experiencing an articulation of the second and third chakras which enables the energy to move quite freely betwixt the orange-ray chakra and the yellow-ray chakra. The work done quite consciously by you, my brother, in the recent past, working with your family members, creating personal relationships from family relationships and vice versa, has stimulated both the orange-ray and the yellow-ray energy centers. The energies which you felt were those which were running freely between those two chakras. This is a positive and helpful configuration, which was brought about due to your loving concern for your family.

There are spaces betwixt each chakra in fact, and it can sometimes become a complex and quite beautiful thing to see the play of energy between three or even four of the chakras at one time, depending upon the activity or the thought processes which are involved. You may find, my brother, as you continue your

practice of meditation that there are several such potential sacs or shuttles or tunnels between energy centers, all up and down the energy system. It simply depends upon the work being asked of that energy body at any given time as to what the experience of it shall be.

We are those of Q'uo, and would ask if you would again ask your second query, my brother.

D: Could you speak on the relationship of breathing and the flow of energy through the body.

We are those of Q'uo, and are pleased to offer our humble opinions on this subject. If you think about the act of breathing, you easily realize how vital and central the automatic functions of your body are to your life. If one had to remind oneself to breathe, one would shortly die.

The typical seeker may well have begun his life breathing deeply, but by adulthood it is quite common in your culture that there will not be the hard, physical activity that encourages the body to breathe deeply but rather there will be the small-muscle activity of studying, using the computer, and so forth. In the absence of a regular, daily period of strenuous work, it is quite a helpful thing to work with one's breath.

The simple act of following one's breath is a very helpful technique to use for clearing the mind during meditation. Deep breaths are most salutary for the system. Just as the plant inhales light which it metabolizes into food, so does your energy body benefit from the deeper breathing in and out. The deeper in-breaths do indeed carry light. And when the intention is set to breathe in prana or light/love, that greatly enhances the seeker's ability to receive the food of light from the air.

The practice of various breathing techniques is well known and certainly the use of such exercises as pranayama yoga offers is recommended for those who wish to enhance their ability to move love/light, light/love, or prana through the physical vehicle and metaphysical vehicle.

The benefits of breathing are striking for both the physical body and the metaphysical body. When the breath is deliberately deepened, the physiological changes to the physical body are excellent.

We are those of Q'uo. May we answer you further, my brother?

D: That's great, thank you.

We are those of Q'uo, and thank you, my brother. It is a pleasure to converse with you. May we ask, then, if there is a further query at this time? We are those of Q'uo.

R: Q'uo, I have a question about thoughtforms. I will start it by reading the section from The Law of One that generated this question. Don asked Ra about the reports and photographs of bell-shaped craft and contact from entities from Venus from approximately forty years ago and Ra answered by saying that, We are no longer of Venus. However, there are thought-forms created among your peoples from our time of walking among you. The memory and thoughtforms created, therefore, are a part of your society-memory complex. [2]

The discussion we had [in our on-line study group] was what a thought-form is, as Ra meant it. We remembered that the pyramid that Ra created was a thought-form and that Ra itself came to Earth to teach as a thought-form. And so, we thought perhaps a thought-form is something that does not have consciousness but is something that can be created by a being with consciousness. So, can you describe the thought-forms in some other way? Thank you.

We are those of Q'uo, and are aware of your query, my brother. Within third density's space/time, everyday environment it is difficult for the mind of man to wrap itself around the concept that there could be entities and essences which have no physicality but which have their own validity and reality. Were one to look at things from the metaphysical or time/space point of view,

however, it is the thoughts of humankind that would stand out, rather than the physical vehicles which in truth are merely systems of nested energy shells. A thought-form is an entity or an essence or quality that has life independent of those who originally thought about that first. The words of which you so often think when you think about being a loving and kind person—beauty, truth, honor, justice and so forth—are thought-forms in the metaphysical realm, having a life of their own and a nature of their own. This is one instance of abiding thought-forms.

Another example of thought-forms is the common phenomena concerning ghosts. When entities have left the physical vehicle with which they enjoyed an incarnation but for some reason do not wish to go on into the inner planes for the review of their incarnation and healing, that disembodied personality shell which is commonly called a ghost can linger in the physical world. Yet it is not at all physical. [They may remain] indefinitely, until such time as someone is able to contact those souls and lead them on to taking up their rhythm of seeking and learning through other incarnations and other choices.

We of the Confederation have only appeared in your skies as thought-forms. That is to say, there is no physicality to the seemingly very real phenomena reported as UFOs. Certainly those of the loyal opposition, those engaged in service-to-self communication with those who would wish that communication upon your planet, have no qualms about appearing in the skies in perfectly physical form. But we have long since discovered that it is an infringement upon free will to move into your physical existence. However, the thought-form of the so-called Venusian bell craft is a form that is part of the deep mind, for your people have seen these for many millennia.

Other examples of a thought-form are the nature spirit, deva, gnome and pixie. All of those creatures are easily dismissed by an entity who wishes to measure and judge the physical creation by empirical means only. However, all of these forms of disembodied life are real, in the same way that your energy body is real. There are those who can see the pulsing colors of the energy body, and there are those who can see the fairies, gnomes and pixies. There are those who dance with the devas and nature spirits. For they have been gifted with a broader and a deeper sight than their physical eyes will allow.

All of these are good examples of thought-forms and we would offer one more example to indicate how the physical and the metaphysical world can cooperate and coincide. If you will think about the service in the Christian church call the Holy Eucharist, you can see the priest invoking the presence of the one infinite Creator in the person of Jesus the Christ. There is an invocation that Jesus' very being will come into the wafer of bread and the sip of wine that each communicant shall ingest. For those who believe, it is a powerful reality that they are able to take in the very body and blood of this crucified Savior whose unconditional love the whole world recognizes. The benefit from the ingestion of this thought-form, which is married to the wafer and to the wine, is very real and efficacious.

Earlier, the one known as R stated that all of the creation was made up of nothing but thought-forms and we find this to be a perceptive point. The original Logos, that Thought of unconditional love, has indeed spun out the light to manifest all that there is. Consequently, each entity is a form created by the Thought of love, and patterned out in the ways of love by light. In that sense each of you is a thought-form, your physicality being less real than your essence as a spark of that Logos.

We are those of Q'uo. May we answer you further, my brother?

R: Yes, Q'uo, I have one follow-up-question. Thank you for speaking to the subject. The follow-up is this. Seekers who are conscious of their progress sometimes categorize their thoughts as positive or negative. I wanted to ask what suggestions or principles you would offer to those who are conscious

seekers on the path of service to others when it comes to thought-forms created in the daily round of activities? What suggestions would you offer in terms of balance, or perhaps bringing more love into the seeking and existence?

We are those of Q'uo, and are aware of your query, my brother. The balancing exercises about which the one known as G was asking earlier have as their object the bringing back into balance of the unsettled and uncontrolled mind and emotions. And certainly the persistent use of the technique of thinking through the actions of the day and being willing to spend the time to balance out all perceived distortions and bias is an excellent one for creating the personal space in which you dwell.

There is often the unspoken assumption that life is what happens to you. In such a scheme, however, the seeker is a victim. This does not match our perception of you. This instrument was speaking yesterday afternoon to a client who wished to understand how he could create of his life a more sacred thing and this instrument shared with that client her perception, with which we agree, that the seeker shapes his life not in terms of what happens to him but in terms of how he responds to what happens to him.

We do not quibble with the fact that many things occur which would not be preferred in everyone's life. However, the mind or consciousness of man is a powerful thing. You each have great power built into your being. You have the ability to say yes or no to each and every stimulus that comes your way. We realize that we speak in clichés when we say that you create your life. It is a staple of what this instrument would call New Age thinking that your life is chosen by you and can be shaped by you, by your desires and your will. However, it is quite literally true, as far as we know, that each of you does indeed have the capacity to create the life which you prefer. [This is] a large task with most entities who are attempting to create a positive environment for their soul's growth. The choice remains with each seeker as to how he wishes to shape his inner environment.

One large difficulty in shaping a positive environment is the lingering of voices from early childhood and even early adulthood which were negative voices, voices that informed the young and defenseless being that he or she was not smart, not pretty, not able to get ahead, not worthy, and so forth. Left untended, those voices can persist throughout a lifetime. The insidious thing about such voices is that many seekers have internalized the voices so that they do not recognize that these are not voices from within. These are voices of the pain and the wounding of old memory.

It is very helpful, when you have a thought like, "I'm stupid, I can't do it," or, "I'm not worthy," that you find the time and the patience to correct that voice. If you hear yourself saying something like that which runs you down, step in and say that which is the deeper truth, that which is positive: "I am a child of the Creator. I am perfect. I may be a bozo but I truly have love in my heart. It's too bad I made that mistake. Let's see if I can do better next time." There are many ways to take those negative voices and turn the comment into an affirmation of your own worth and your own self-respect.

The essence of creating your own environment is respecting and honoring your ability to do so. Once the seeker grasps his ability to mine for and bring up to the surface those voices so that they can be put aside and relabeled as old memory is with each and every one of you. And it is a simple matter of persistence, of seeing those triggers when they occur. Hearing the negative voices and turning those voices away to replace them with the voice of your own self advocacy is immeasurable helpful.

We are those of Q'uo, and would ask if there is a follow-up to that query, my brother.

R: You said earlier that thought-forms have an existence independent of their origins. Does the entity who generates the thought-form need to maintain focus

or feed energy into that thought-form for the thought-form to continue? Or will it dissolve when the energy is no longer focused into it?

We are those of Q'uo, and grasp your query, my brother. Thought-forms persist because they are invested with many people's familiarity with them. A good example would be Santa Claus. The figure of Kris Kringle or Santa Claus is clearly a thought-form. There is no real Kris Kringle, there is no real Santa Claus. Yet, when Christmastime arrives, your people experience an outpouring of love and affection and express their caring by creating food baskets and gift baskets for those families who cannot afford to have a Christmas on their own. Santa Claus is alive and well in the hearts of those who wish to do good at Christmas time.

Thought-forms such as bogeymen and fearsome monsters, dragons and so forth are all those forms that persist because, over and over again, they have been envisioned as storytellers tell the stories of your race from generation to generation. Consequently, there are many very persistent thought-forms.

There are also ephemeral and evanescent thought-forms that are an artifact of you as a person having a certain habit, thinking a certain thought, until it solidifies into a thought-form and can play merry havoc with your life.

Fortunately, just as you develop thought-forms, so you can lay them aside.

May we answer you further, my brother? We are those of Q'uo.

R: No, thank you for your comments, Q'uo.

We are those of Q'uo, and thank you, my brother.

We find that the energy is waning in this group and in this instrument, and so we would take this opportunity to take our leave of you, thanking you once again for the pleasure of your company and the beauty of your blended auras. You are an inspiration to us.

We leave you as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai.

[1] Yusuf Islam, formerly known as Cat Stevens, sings these lyrics on his 2006 CD, *An Other Cup*, from the song "In the End": "You can't bargain with the truth, 'cause one day you're gonna die, and good's going high and evil's going down in the end."

[2] Ra, channeled through L/L Research on January 24, 1981, labeled Session 6. Copyright © 2008 L/L Research

ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Saturday Meditation

October 25, 2008

G: Q'uo, in the Law of One material Ra states that the "initiation of the Queen's Chamber has to do with abandoning of self to such desire to know the Creator in full." [1]

I believe that there is a hierarchy or spectrum of desires. At one end of that spectrum are the desires that crave and find identity within the material, the shallow and the transitory. This frequency of desires vibrates with concern for the survival, the status, the pride, and the enhancement of the personality or separate self. On the other end of that spectrum are energy patterns which seek selflessness, transcendence, love, light, and unity with a myriad of desires between. It would seem that in the Queen's Chamber, the entity must, key word,

"abandon" all personality-oriented desires and self-regarding inclinations in favor of the supreme desire to know the Creator in full, which echoes the process of the burial chamber wherein the entity dies to self and, through this confrontation of apparent loss and realization of essential gain, is transformed into a new and risen being.

This seems fairly straightforward: apparent loss, essential gain; release the small self, become the universal self; death and rebirth. Yet Ra says elsewhere in the Law of One material that "the proper role of the entity is in this density to experience all things desired, then to analyze, understand and accept these experiences, distilling from them the love/light within them. Nothing shall be overcome. That which is not needed falls away." [2]

According to what Ra says happens in the Queen's Chamber, it would seem that at the threshold of the infinite the entity must cease to experience all things desired. Their instructions seem contradictory because in the Queen's Chamber the entity must release completely and forever the desires of a lower nature in favor of the single desire to know and become the Creator. The entity, in other words, is no longer experiencing all things desired. Some desires are released.

So, can you reconcile or build a conceptual bridge between these two seemingly divergent lines of thought?

(Carla channeling)

We are those known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. It is our privilege and our pleasure to speak with this circle of seeking upon the question concerning the dynamic between the initiatory or Queen's Chamber position and the everyday self whose instructions are to experience all things desired.

As always, however, we would request that you use your discrimination as you listen to or read these words. If a thought of ours seems helpful to you, by all means use it. If it does not resonate to you, then let it go. Your doing this will enable us to feel free to offer our humble opinions without being concerned that we may infringe upon your free will or otherwise disturb the pattern of your spiritual walk. We thank you for this consideration.

We thank the one known as G for this query. It brings into sharp focus the very real dynamic between that journey of self towards the gateway of intelligent infinity and the entity as a citizen of Planet Earth and of the third-density walk of getting to know the self and, when the self is known, accepting the self completely.

The initiatory experience of which those of Ra spoke was part of the long period of training in which initiates learned how to be those who could heal or, rather, could open themselves up as instruments for healing. Taken out of context, it would seem that there is the goal of remaining in the Queen's-Chamber-position attitude at all times.

However, the Queen's Chamber was used in the culminating ritual which the student experienced as he took on what could be called the robes of priesthood. This level of vibration which the Queen's Chamber position requires was considered to be the desirable default setting for a priest as he began to perform his priestly duties, whether those duties were teaching, healing or invocation and evocation for the benefit of all of humankind.

It was hoped that whenever the initiated priest or priestess set out to do healing, offer a ritual or teach, that the priest would be able to revisit and re-identify with that level of vibration which was

first experienced as the intensely dedicated new priest offered himself and his life to the one infinite Creator as an instrument of the highest and best good.

Because of the fact that the one known as Don did not further investigate the initiatory process, the Ra group did not discuss the fact that this level of vibration was intended to be put on like a robe and then taken off like a robe, just as one would don a physical robe and then hang it away when it was no longer needed.

Indeed, in any situation where the seeker wishes to function as a healer, a teacher, a channel such as this one, or any of the other ways in which the gateway to intelligent infinity might be accessed, there is the time-limited nature of that donning of the robe of the magical personality. Indeed, it is important to create a time-bound persona when magical work is being contemplated.

When one moves into the tuning up in order to achieve that abandonment of the everyday and the total focus upon the divine, it is understood from the beginning that when the purpose of donning this magical personality has been achieved, then the magician or priest shall, consciously and carefully, by visualization or physical action, end the time of dedication and remove, whether in the imagination or physically, the robe of the magical personality, and set it carefully away in the innermost heart where it can be called forth again, hopefully with less and less difficulty as repetition begins to create good habits of auto-suggestion, so that eventually slipping into the magical personality can be done fairly quickly, just as slipping out of it can be done quickly.

You might think of this as the same kind of situation as is addressed by a judge or a priest in one of your churches. The judge dons his heavy black robe and by doing so signifies to himself, to the Creator, and to those who must sit before him and plead their cases, that he has accepted the burden of office for which he has been trained and to which he has been appointed. He no longer has private interests or personal biases. He has only the scales of justice before his eyes and he is dedicated to creating a fair and just movement of events so that the entity who is accused may have his day in court and feel that he has received a fair trial.

In just such a way, too, the priest dons his alb and his rope belt and all of the garments of his office and as he does so, even kissing the cross [embroidered on the stole] before he puts the stole across his shoulders, he is tuning himself up to be more than he is in his everyday persona. He is dropping away and abandoning that earthly portion of self in order that he may be transparent to the divine.

His are the words that shall evoke all of the qualities of Jesus the Christ, and it is his invoking of that Presence that creates of humble wafers and wine poured from an everyday bottle, the body and blood of Jesus the Christ, those substances transformed from the mundane into the entirely spiritual.

It is the people's belief in the integrity of the judge that creates the atmosphere for a fair trial. It is the congregation's faith in the integrity of the priest that allows them to enter into the magical ritual of the Holy Eucharist so that they may walk away from the altar knowing that they carry the very essence of the love and light of Jesus the Christ. This they may take, then, into their Mondays and Tuesday, their Wednesdays, Thursdays, Fridays and Saturdays. They do not have to leave the presence of the Creator at church. By this means they are enabled to become part of that essence and to know that this



energy is literally moving through their bodies and touching every cell with sanctity.

A great deal of preparation goes into the training of an initiate such as a priest or a judge. And a great deal of training goes into the individual seeker's walk as he moves through that great distance that lies between the first experience of dedication to that which is larger than himself and the final moment of initiation when all that has transpired since the first dedication of self occurred comes to its final culmination.

The one known as G was quite accurate in noting that there is this beginning [initiation] below the pyramid, where there is the shaman's death experience that creates of the rest of the life a living and beautiful gift. The culmination indeed does echo that first dedication of the self. The difference between them is the difference between the beginner who is on fire to move closer to the infinite One and the initiated priest who remains on fire but who has learned to stoke the fire, control the fire, focus that fire, and then open the self in the most skillful way he has been able to discover through that long period of inner training.

Both the priest and the judge have many large books which they must study on the way to receiving their robes of office. The seeker has none. He is the book he must read. And it is the work of many years to begin to be able to read the book of self.

Where does the [visualized] priestly robe go when the initiate has finished his teaching, healing, channeling or other work of the gateway? It goes absolutely nowhere. It is simply tucked away into the heart of hearts, that most sacred place within each of you where the Creator Itself rests in undiluted presence, a well of absolute consciousness, a sea of love.

We ask you to try to imagine what it would be like to maintain that focused self, that magical personality, in a steady state. Perhaps with great practice and repetition of intent an initiate could learn to hold that persona in absolute faith for a day. However, attempting to hold that high pitch of intensity, that abandonment of all but the deepest will and desire on a steady-state basis, would, as the one known as G noted, obviate the whole flow of the life lived, the experiences registered, the catalyst engaged and used to create experience, memory, deeper emotions and all of the many side effects, shall we say, of having come through many waters and experienced many things. It is not only impossible but it is also undesirable to attempt to remain in that Queen's Chamber for the duration. It is that which needs to be consciously put on and consciously removed when the working is done.

Within the daily practice of the day, the Queen's Chamber position is appropriate only when there is a desire within the self to enter into the magical personality. This is especially appropriate if the daily chapel time, as this instrument calls it, includes the dedication of self to the one infinite Creator. The desire to sink the self completely into devotion is a magical ritual of a kind, using the gateway. Or if the entity is preparing to serve in some way, [he may do as this instrument did when she] tuned and brought herself to the Queen's Chamber position insofar as she humanly could, using her will, her faith and her set intention, before this channeling session.

You might even consider taking on this magical personality or this Queen's Chamber position during a time of contemplation in nature or when inspired by that which has been read in a book or heard in a

lecture. However, it is well always to be mindful of what the self is doing so that you show the ultimate respect that the state deserves by going into it consciously and moving away from it just as consciously. This instrument is aware of a group of people that called themselves Cathars. It was their belief that they could indeed move into the initiatory position of the Queen's Chamber and stay there. This placed them in a false position in terms of living a daily life. And, indeed, so skewed was their belief system away from the normal that they hoped truly for death because they would then be able to enjoy the consolation of this position without having to deal with the needs of an earthly body.

It is interesting that the members of this sect were burned as heretics by those who could not understand such intense devotion or such otherworldly intensity of dedication.

May we answer you further, my brother? We are those of Q'uo.

G: Yes, Q'uo. What would you say the difference is between what you described as consciously putting on that vestment of magical personality and consciously taking it off and an entity such as the Buddha who has awakened to the all-self?

We are those of Q'uo, and are aware of your query, my brother. The all-self of the Buddha was a long time in coming, my brother. There was the walk of humanhood and all the exploration that that called for before the one known as Gautama came to the awareness of his own divinity. This entity expressed his divinity by becoming a ferryman and ferrying people back and forth. It is typical of mythical stories that the central figure is painted as having the ability to remain in the Queen's Chamber position or to remain in the position of priest. However, the energy of humanhood for the Buddha, for the Christ, or for you, is part of the equation of self. Without probing too deeply into the Buddhist mindset, shall we say, we may say that for the Buddha, as for the Christ, the rule of magical personality or the robe of Christ-hood or Buddha-hood took over for the human Buddha and the human Christ. What comes down to us through the pages of history, then, is that Buddha and that Christ which the devotees and disciples of those figures wish to see.

One may even take a current saint, shall we say, such as Peace Pilgrim, and from the outside in, look upon her life and feel that she had achieved the initiated role on a continuing basis. However, if one were to ask this saintly woman whether she was indeed in her priestly robes at all times, she would say, "Not at all," and she would talk about the struggles that she had on the inner planes of her own heart and her own mind, with the day-to-day business of being human. Indeed, this instrument read recently that the one known as Mother Theresa wrote many times in her private diaries that she despaired of herself because of her many doubts and fears.

That is the difference between looking at a figure such as the Buddha from the standpoint of history and of the religious beliefs of those who are devoted to the Buddha, and looking at the same life from inside the mind and the heart of the one known as Gautama.

May we answer you further, my brother?

G: Yes. I also read that about Mother Theresa and saw that she felt that God had abandoned her, that she couldn't feel that Presence consciously. I also read that a yogi responded to that and said something along the lines of, "Well, if only she'd come to us we could have taught her some techniques of opening up to that state of consciousness."

About the Buddha and the Christ, I understand what you're saying, that their followers and devotees, especially those that came after them, would want to write them up as super beings. I understand that mechanism of making them more than they actually were. But at the same time, an entity like the Buddha represents to me the highest state of consciousness. It's awakening to the divine nature of reality. I understand that maybe I have some misconceptions about that, but my understanding leads me to believe that that level of realization of awakening is permanent. Once one is awakened, one does not slip back into sleep. One does not become unconscious.

Of course, there are always practical decisions to be made in the world. That human self is still intact. But that human self is transparent forever to the divine. I don't see regression or struggle any longer. I was hoping you could clear that up for me.

We are those of Q'uo, and are aware of your query, my brother. Humanhood has elements of struggle in it which are built into the very physical vehicle which carries you about and whose care and feeding is your responsibility. Certainly an experience of realization, satori, initiation and so forth creates permanent changes in the basic vibration of an entity. However, it is not backsliding or going back to sleep to wake up each day and need to deal with the contents of that day. Whatever the day brings, it cannot be easily predicted, at least not entirely.

The life of a religious recluse is designed to eliminate all possible distractions so that the seeker, the disciple, the student, may do nothing but wind the coil of the intensity of desire to know the Creator day after day and year after year. Nevertheless, there is no escape from humanhood within the bounds of flesh and blood, breath and desire. The most humble and self-abandoned disciple shall still find itself desiring those things which shall bring comfort to the body, the mind, or the spirit.

The initiate does not stop being human. The initiate becomes transparent to its humanhood and is able to gaze upon the requests which the body or the mind may make to the self with a certain amount of detachment and a larger point of view which enables the disciple to act in a more skillful way than one who has not become initiated. It does not remove the business of living from that disciple. That disciple still must find ways to imbue all of those necessary parts of being human with awareness, attention and often ritual, which all are designed to keep the disciple in a good state of tuning.

You yourself, my brother, have had some experience with this constant tuning as you use the name of the Creator in your tuning, or offer the Prayer of St. Francis, or use any number of things that you have learned are very helpful to you for keeping you on the beam, keeping you true to the path that you wish to take.

However, you would undoubtedly be the first to own up to the fact that many are the occasions within a day that is basically an on-the-beam day where there is a distraction, or a trigger is pulled somewhere in your psyche, so that you find yourself replaying old material from your past. Many things can sneak in to distract and divert your attention from that seeking to be one with the infinite Creator. This does not mean that you have gone back to sleep. This does not mean that you are backsliding. This means that you are a human being and that you are engaged in living a life that is as full of love and service as you can make it.

May we answer you further, my brother? We are those of Q'uo.

G: I appreciate your thoughts, Q'uo. I'm definitely keenly aware of the cyclical nature of light and darkness within and I understand that many who experience things like satoris or epiphanies do not enter into a permanent state where that is their experience day in and day out. I know that there's a long struggle with the human self and I think everything you said applies to the vast majority, almost all those on the spiritual path, but I still hang onto the notion—perhaps future experience will prove me wrong—that once the sun really rises within the self, as was the case with the Buddha, and to whatever extent the entity known as Jesus experienced it, once that sun rises, I think it's there. It's what Ra described as the entity that can walk the universe with unfettered tread [3]—not that I personally expect that to be my experience in this incarnation, but I see it as a sort of permanence. Sorry for the long talking!

I do have another question, but first would ask if R has one he would like to ask. No? Okay.

This ties into what you have been saying, Q'uo and I would preface it by saying I understand that there are no shortcuts to enlightenment. I know there's no substitute for self-discipline. I know any experience of a higher-consciousness nature needs to be grounded in self-discipline to be made useful. Nonetheless, I ask this question because I'm interested in what you have to say.

The question: The understanding I take from the Law of One material is that if seekers wish to accelerate their evolution, they must embark upon a committed path which involves a great deal of work. Is it possible, through faith alone, without years of inner work, to effect a massive and transformative change in an instant, simply by making a choice, by removing the limitations upon the point of view and getting a deeper glimpse into the mystery of being? If so, what is the catalyst that would allow the entity to do the equivalent of years of self-discipline in the span of a moment?

We are those of Q'uo, and are aware of your query, my brother.

(Side one of tape ends.)

(Carla channeling)

The usual cause of such an abrupt and unintended opening into satori or the realization of the true nature of existence and the self is trauma. For instance, a soldier in the heat of battle might suddenly develop such an enormous distaste for the business of killing that he may stand up and walk away, thereby expressing a whole new level of awareness in which the shooting of guns to do harm to other human beings is unacceptable. Or, in a time of emergency, a mother might become preternaturally strong and be able to lift the entire bumper of a car off her child.

In these states, one is simply swept away by the circumstances which have, seemingly instantaneously, brought about a change in awareness. In actuality, the inner workings of such moments indicate long strings of events moving back in time from that moment of realization where the stage, shall we say, was being set for that moment in time.

The few times that this occurs, the occurrence is as genuine and authentic as one which has been anticipated and hoped for. The profundity of realization makes its mark, leaves its brand and the life is forever changed.

The usual way that this sudden new awareness is achieved within your culture at this time is by the use of mind-altering substances and the results are always memorable for those who have realization experiences while using a drug such as LSD. The experiences are valid;

the awareness that is gained is authentic.

However, there is a problem with using drugs to achieve a spiritual state which is very difficult to overcome. That is that if one is used to playing in shallow water and suddenly one is plunged into a deep ocean with its riptides and many swells, one is unprepared to deal with the possible side effects of such realization. This has resulted in many cases in the energy body of the one seeking satori through drugs of being damaged.

This instrument generally describes the condition as "holes being blown in the aura". When one is attempting to let a huge amount of light, far more light than is usually allowed, to come through the energy body, it places a great strain on the energy body. And wherever the energy body is weak, in whatever chakra there is imbalance and blockage, then that seeker is liable to have the holes-in-the-aura experience of running too much power and being burned by it. It would be preferable, then, to hope for, and aim for, taking the life itself lightly, so that there is not that feeling of struggle with the spiritual path but rather a feeling of playing and dancing and even romping with the spiritual path. There is something in the work ethic that suggests that it is important to work hard, even on the spiritual path. Yet, we would suggest that there are other ways to frame this effort so that it is effortless and simply becomes a game that is fun to play and fun to think about. Then, where before you were worrying or striving, you now are relaxed and moving in a dance, graceful and light-stepping, ready to laugh, ready to let it go and simply be.

In reframing the effort of the spiritual life into the dance and the game of the spiritual life, the sense of toil and tribulation can be lifted away and you can then enjoy every step along the King's Highway, resting, as this instrument said earlier, in gratitude, peace and joy. Framing spiritual seeking as work can yield to framing spiritual seeking as play with good effect. Think of dancing and singing and all of those ways that the humdrum of life is lifted and given more energy, more breath, more space, and more room to play.

May we answer you further my brother? We are those of Q'uo.

G: Not on that topic, Q'uo. Would you like me to ask another?

We are those of Q'uo, and we believe there is energy in this circle for one final query, my brother.

G: This query comes from M in Florida. M is a very service-to-others oriented individual and he's investing all of himself into becoming an engineer. His ultimate goal is to build or help to build a free-energy device. I believe his intention is along the lines of what Ra said Tesla's was, in that he wants to free his fellow entities from darkness. [4]

So M asks, "Does the technology currently exist on our planet for constructing a working physical device or system to produce more energy than is put into that physical device or system? Some might term this type of device, a 'free-energy device.' Can Q'uo give information on the spiritual principles at work behind such a technology?"

We are those of Q'uo, and are aware of the question of the one known as M. Since the time of the one known as Nikola the technology has existed for using the energy of the Earth to tap into that energy, much as one would tap a siphon into a maple tree and let the sap be collected. However, the political and economic climate among your people at this time is such that those who have been able, as the one known as Nikola was able, to create models of such devices were seen

as threats to the economic equilibrium of the country and of the planet. Therefore, such knowledge has been ruthlessly removed from the public domain as soon as those forces of government and the world economy have become aware of them.

If there could come to exist an entity who is able to channel those essences such as Nikola who have gone before, there would be seen to be models of such devices that are even now running on the inner planes. For the one known as Nikola did not take down his last experiment and it is still running. However, it is not running in space/time but in time/space.

We believe, however, that as the one known as M continues his studies, he will be guided to the studies of electromagnetics, gravity and the energy of the Earth itself in ways that will enable him eventually to accomplish his goal.

May we answer this question in any further way, my brother? We are those of Q'uo.

G: On behalf of the questioner, "Thank you," with a capital T. He will be a happy entity. Thank you for myself, Q'uo.

We are those of Q'uo, and we thank you, the one known as M, the one known as R, the one known as Jim, and this instrument. You have all made our experience a very rich one this evening. We shall leave you at this time in the love and in the light of the one infinite Creator.

Go forth rejoicing. Adonai. Adonai.

[1] Ra, June 12, 1981, Session 57. Here is more of the quote, for aid in seeing the context: "You are aware of the concept of initiation and realize that it demands the centering of the being upon the seeking of the Creator. We have hoped to balance this understanding by enunciating the Law of One; that is, that all things are the one Creator. Thus seeking the Creator is done not just in meditation and in the work of an adept but in the experiential nexus of each moment. "The initiation of the Queen's Chamber has to do with the abandoning of self to such desire to know the Creator in full that the purified in-streaming light is drawn in balanced fashion through all energy centers, meeting in indigo and opening the gate to intelligent infinity. Thus the entity experiences true life or, as your people call it, resurrection."

[2] Ra, February 4, 1981, Session 18.

[3] Ra, April 22, 1981, Session 48. The surrounding quotation is: "There are adepts who have penetrated many, many of the energy centers and several of the true colors. This must be done with utmost care while in the physical body for as we noted when speaking of the dangers of linking red/orange/yellow circuitry with true color blue circuitry the potential for disarrangement of the mind/body/spirit complex is great. However, the entity who penetrates intelligent infinity is basically capable of walking the universe with unfettered tread."

[4] Ra, January 28, 1981, Session 11:

QUESTIONER: How was Tesla's work supposed to benefit man on Earth, and what were its purposes?

RA: I am Ra. The most desired purpose of the mind/body/spirit complex, Nikola, was the freeing of all planetary entities from the darkness. Thus, it attempted to give to the planet the infinite energy of the planetary sphere for use in lighting and power.

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Saturday Meditation

September 13, 2008

Group question: The question tonight is from G and it says, "In the Law of One Series Ra says that there is a distortion of the Law of One which indicates that the gateway to intelligent infinity is "a gateway at the end of a straight and narrow path, as you may call it." [1]

The question is, why is the path to intelligent infinity called "straight and narrow" and what implications does this have for the seeker of intelligent infinity?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening.

It is a great pleasure and a privilege to be called to your circle of seeking this evening. We appreciate the honor of being asked for our humble opinion and are very glad to share it with you. As always, we would ask that you follow the resonance of our words, using those ideas that are resonant to you and leaving the rest behind. For we would not confuse your path with our opinions, wishing only to enhance it and offer you what resources we can. We thank you for using your discrimination.

The query this evening has to do with a quotation from the material this instrument calls The Ra Material [2], in which it states that the gateway to intelligent infinity is at the end of a straight and narrow path. Before we can look at the implications of this statement for the seeker, we would appreciate the opportunity to discuss the term itself and the way it has been used in this instrument's experience, for it is a somewhat deceptive phrase.

As this phrase, "the straight and narrow path," was used in The Holy Bible, in the parables of the one known as Jesus the Christ, it did not indicate an unbending path. Rather the word "strait," spelled differently than its homonym, means "narrow."

One such use of this word with which this instrument is familiar is the geographical location called the Straits of Gibraltar. In order to move through the Straits of Gibraltar it is necessary to keep focused carefully upon what one's ship is doing because it must seek the very center of the channel. On either side lie distractions and those rocks which could tear the bottom out of the ship upon which the journey is taking place.

And so it is in the life of the essence of an entity. The day-to-day life spreads out as a pleasant, open field with many, many options and many interests calling for attention. There are wonderful relationships to cherish and tend. There is good work to do in the earning of the living, in the maintenance of the household, and so forth. All of these day-to-day duties are blessed and sacred. Every single one of them is, in itself, a small world wherein that one task can be focused into and offered one hundred percent of the love within in order that that one chore may shine and be a gift in offering to the one Creator.

The key to creating of the life a sacred journey is the attitude with which this journey is taken. We would suggest that the invocation of gratitude and thankfulness is a great key in bringing one's day-to-day life into focus. For no matter whether that which faces one in any particular instance would be thought of by the world as a blessing or as a challenge, yet still, in essence, that which lies before you is the perfect gift for this moment, containing your service and your learning.

There is a tendency to forget to invoke this gratitude when that which lies before one does not seem to be a blessing. And yet, we would suggest that there is wisdom in waiting those few seconds before you undertake a challenging duty in order that you may open your heart and mind to the realization of the full measure of your gratitude for the opportunity to be alive in the creation of the Father and to face this moment.

In just this way does the discipline of the personality begin. It does not begin with meditation, although meditation is vital to a spiritual practice. Rather, it begins on the very surface of things, in the very smallest of chores and duties. It begins with the realization of the tremendous fortune that you have in coming to this moment just where you are, with just the people with whom you are and facing just exactly the blessings and challenges that you now face.

There is an ecstasy which comes when the spirit is ready to be honed in its focus and dull care flies away; when the spirit gathers its feet under it and surges into a full and vertical existence within.

The whole energy body begins to sing when this begins to happen. And where before there was a flat and pleasant landscape of things to do and people to see, now you are at the cutting edge of the present moment and anything is possible.

With this attitude, when one then moves into meditation and other rituals designed to deepen the spiritual practice, there is a lack of effort and a lack of complexity to the path. For that within you which moves into the meditation is, by your focus on the present moment, already in a premeditative state of focus.

Thusly, we say to you that while the spiritual path that seeks higher knowledge, higher experiences, and higher relationships is indeed a narrow path, a "strait" path in that sense, it is a winding road and often an exciting, surprising path. Sinuous and muscular, the path unrolls before you and responds to the tempo and the energy or character of your particular ever-shifting position within the many layers of your essential being.

Paradoxically, as one focuses into the present moment and dedicates oneself ever more completely and deeply to the service of the one infinite Creator, the experience of the self which is undergoing this discipline of the personality is expansive. This instrument has often noted in moments of ecstasy that there is so fine a focus as to feel that one is standing on the head of a pin. And yet there is the balance and the equilibrium of a broad and dynamic vista in which the infinite layers of beauty and color splay out before one in infinite variety, rewarding all the senses with the utter loveliness of existence. Always there is this play between the infinite narrowing of focus and the explosion of love and light and ecstatic waves that move the spirit infinitely in realms of beauty and truth.

Continuing to use this instrument as an example, this instrument would not give itself high marks for following a strait and narrow path. Indeed, it sets store by using the light touch. And this is a perfect



illustration of the paradoxical nature of the strait and narrow path. We agree with this instrument that it is often seemingly unfocused and careless in its attention to detail in the worldly sense. Yet, there is a level of self which lies beneath the commonly understood levels of daily life. Each entity has this sub-level and we speak not so much of a basement as an inner reality that drives the life and that affects the attitude of the entity, which underlies its spontaneous surface reactions to surface catalyst. It is in that inner room where this instrument must spend its time. The instrument is called to live from the inner room. It cannot stray far, no matter what the activity on the surface, from this inner sanctuary. And this is where the strait and narrow nature shows itself. It informs the carelessness of the surface with the gift of love.

This instrument is far from unique. Each of those within this circle is called again and again to that inner room, that Holy of Holies. Each yearns for it and waits for the touch of the Creator's hand, the cloak of the Creator's love. And there are times aplenty in most seeker's lives when the strait and narrow path expresses itself by the desire to move into that inner room and crawl into the lap of what this instrument would call the Father/Mother God, home at last, in the arms of the divine. What comfort there is for the deepest sorrow, for the greatest hurt, when one rests against the heart of the divine, hearing its beat—love, love, love.

What is the implication of the strait and narrow path for the seeker who wishes to enter the gates of intelligent infinity? The implication is to go deeper. It is not indulgent to move deeper into a spiritual practice. It is not self-indulgent to take oneself so seriously that one values time differently and the self differently than before.

We say this because to the outer world, in which many of your kind live one hundred percent of the time, it does seem self-indulgent and pretentious to spend the time in prayer and meditation, contemplation and reflection, mulling over the events of the day, estimating that which one has experienced and that which one has harvested from the day's journey.

Yet, we assure you that the requirement of one who wishes to enter the gates of intelligent infinity is this focus that accepts the discipline of the personality with joy and moves with lithesome feet, in terms of the energy body, into a basic attitude towards living that is at all times aware of this vital, inner space which is that nest from which the true self may emerge to live what seems to be an ordinary day but in fact is an enchanted, wonderful experience.

And why is it enchanted and wonderful and magical? Because as you have focused in on love and light, as you have asked your true self to step forward, so you have let fall away that which is not enchanted, that which is not magical.

The phrase in the Bible that you hear over and over again in the New Testament is, "He that has ears to hear, let him hear." Life speaks to those who have the ears to hear with an ever sacred and always relevant voice. As your focus remains single and as you walk that strait and narrow path, you do not attempt to make sense of things. You are content to behold them and to find ways to respond to them with love.

You go deeper. As you go deeper within the soil of yourself and the sturdy root patterns of deep experiences that have made you the entity that you are, you also find yourself soaring ever higher, ever more widely ranging within that powerful circle of enchantment that is the

life lived with the awareness of its magic.

We would never say that one cannot graduate into fourth density unless one has entered the gateway to intelligent infinity. It is entirely possible simply by living a life in service to others to achieve graduation in the positive sense from third density to fourth. Yet the delight of the journey is reserved for those who chose to aim for that gateway.

This instrument would say, "It's your ticket out of here in this very moment." As you come to the gateway, you have behind you a tremendous number of choices. The journey into the open heart involves learning to love yourself dearly and being willing to take all of yourself into that open heart. It involves a million choices of how you look at yourself and how you respond to those about you and to the challenges and chances of your life.

To come to the gateway, you must have found your way to bring your whole energy body into balance, so that energy is rushing through you, unimpeded by those egoic concerns of red ray, yellow ray and orange ray—survival, sexuality, relationships, marriage, home and family.

Those who come to the gateway have "let goods and kindred go, this mortal life also," [3] and their entire essence is bound up in the devotion to the Creator and to serving the Creator that would bring one to wish to use the gateway.

This instrument moves through the gateway as she contacts those of the Confederation so that she may be of service. It is not until she is perfectly happy to do this that she is able to access that gateway.

There are many healers who must go through that process of laying everything aside so that they may become instruments transparent to the light, in order that that light may flow through them, offering new chances for those in whom they offer healing to find balance.

Yet, for the most part, the greatest use of the gateway to intelligent infinity has to do with radiancy of being, so that the entity accesses the gateway simply to rest in the enhanced vibrations of infinity and eternity. This is the ticket out of here that is the most universally meaningful. It is the way to create heaven on earth in the personal experience of the seeker.

The one known as G asked this instrument earlier, "What if you shortened the time that you spent in channeling, since your energy is low?" It was with some amusement that we watched this instrument attempt to grapple with that concept. For the one known as Jim is correct. This instrument wishes to give one hundred percent

Can this instrument share in thirty minutes that which she might share in forty-five, as it comes through her instrument? That's the question to be pondered. However, it is a perfect example of the strait and narrow path that in offering the self for service, this instrument had no limits upon its service, and indeed, at first glance did not even appreciate the idea of shortening the time of her service.

There are so many human considerations that occur to the conscious mind that it is difficult at best to know as a seeker what ideas are worthy and what ideas are not. And in many ways these considerations are trivial. In terms of preparing the self to enter the gateway of intelligent infinity, all else falls away before one's basic core devotion to the Creator. That is the plumb line [4] that shall give you the truth.

We thank the one known as G for offering this query and would say to the one known as G and to all seekers of truth to walk softly in the creation of the Father as you seek to serve. Sharpen the eye. Sharpen

the ear. You are on holy ground. He who has ears, let him hear; he who has a heart, let him understand.

May we ask if there is a follow up to this query? We are those of Q'uo.

G: Thank you very much for your response, Q'uo. I do have a follow-up.

I don't know if this will make sense and if you can't work with it then please feel free to say so. Is it possible to sense infinity like one senses a change in the atmosphere at the approach of a distant storm? Or is infinity all or nothing?

We are those of Q'uo, and are aware of your query, my brother. May we say what a delightful question it is.

There is no definitive answer to your query because for some infinity is very close and near at hand and indeed can be heard in the ear as the whistle of the wind or the cry of the eagle. For others, it is all or nothing. For some it takes a tremendous wrench of some kind to knock away the defenses of the surface life.

If you would bring infinity closer to you then, we would encourage you to look to your defenses and begin to dismantle them straightaway.

What is a defense? The heart, my brother, is often heavily defended.

You were speaking in the round-robin discussion earlier of how you felt that your heart was more open with the one known as V because there was no longer a tension concerning a personal issue between you. It had been resolved. All was understood. And consequently you were both freed of the dynamic of unmade decisions, knowing precisely where you stand with each other; knowing that love cannot be defined by the relationship one has in the world. You have both found your love to take wing and expand.

In order for you to gain this happy experience, there was a tremendous amount of dismantling of defenses that were in place, not only on your part but also on the part of the one known as V. It was through times of discussion, times of grieving, and times of tears that you came to this place between you which now does not have expectations. There is nothing that is pulling on you. Nor is anything pulling on the one known as V. The only consideration between you now is the enjoyment of companionship.

Think of all that work that you did in your emotions, in your linear logical mind, in your heart of hearts, and on your knees in the depths of prayer, to attain a seemingly happy and carefree place. So it is when one reckons with how one's heart has become defended.

One way to defend the heart is through the dogma of a codified religion. One places one's heart in the structure of a religion and as long as one's heart stays true to the tenets of that particular system of dogma, one is safe.

Another way that the heart can be defended is with anger and resentment, which builds concrete walls about the heart in order that it shall not be harmed again. Many years may go into the building of these walls. How can they be taken down? The world is a dangerous place.

Another way that the heart may be defended is in fear. What if the world, no matter how kindly or pleasant, seems a crazy place, a lunatic asylum, a place of chaos, where nothing makes sense? Many sensitive entities who walk the streets and try to live the life of Planet Earth have a bone-deep fear of this place called Earth. And the defenses of their hearts are well-nigh unbreachable.

It's the work of a lifetime for some to become undefended and then to feel comfortable without the customary defenses. Yet it is exactly this lack of defenses that allow infinity to come close. Indeed, in this instrument's experience it has many times slipped in and taken

over the moment or the hour or the day. This instrument brought with it the gift of being undefended and although it loses that gift from time to time, it is easier for this instrument to pick it up than most. Perhaps it may aid in working with bringing this gateway into the daily experience to think at all times that you have a choice of which way to look at a situation. You can look at it from the level of space/time, linear time, measurable, weighty space, or, by a decision within your mind, you can look at precisely the same moment from the position of time/space, seeing all as perfect, all occurrences converging in a circular manner into you from the past, from the present and from the future, so that you find yourself to be a node exquisitely poised between space/time and time/space. Let your spiritual practice include that visualization and perhaps you shall soon find yourself falling into eternity and infinity with a great feeling of surprise and delight.

May we answer you further, my brother?

G: Not on that question, no, thank you, Q'uo.

We thank you, my brother. May we ask if you have a final query at this time?

G: Yes, I do. This query has likely been answered already but, given your ability to approach something from a great multitude of angles, I think I'll ask anyway and see if it elicits something new.

Are there various degrees or rates or orders of magnitude to the experience of intelligent infinity? Can one entity have a deeper experience of infinity than another?

We are those of Q'uo, and are aware of your query, my brother. We may answer this in two ways, my brother. Firstly, we may answer it from the standpoint of third-density space/time and say that, of course, each entity which engages in magical working shall have an experience that is different in intensity or in duration or in some other measure than another seeker who works with the same energies and environments. From the standpoint of intelligent infinity, however, there is no way of quantifying experience. If an entity is filled to one hundred percent of his ability to experience a moment, who is to say whether that quantity of experience is different than another entity, built quite differently, who also is able to absorb one hundred percent of his experience of intelligent infinity.

The one infinite Creator sees the totality and calls it all one, whereas the entity still mired in the values of space/time would say, "Oh, this great soul has a much finer, broader, deeper experience of infinity and eternity than my poor self with its many limitations and drawbacks." Judgment concerning the quality of one's progress in the school of souls is that which eventually is dropped and falls away.

May we answer you further, my brother?

G: Yes, what I was trying to get at in this question is the subjectivity of the experience of something which, to my mind, seems to be ultimate. It seems, that if there is anything objective in this universe, it would be intelligent infinity. And I'm trying to grapple with the fact that an entity still has a subjective experience of what would seem to be objective reality. Is that always the case?

We are those of Q'uo, my brother, and we would say only that the fullness of grace is in releasing such attempts to judge one's experience. The word "infinity" itself is impossible to grasp. This may be your best clue to releasing any concern about how one may experience this infinity.

As long as one is questioning whether one is completely in the

awareness of infinity, one has not yet come to the full awareness of infinity. Infinity cannot be measured. The attempt to visualize infinity inevitably puts limits on infinity and falsifies the word. It is difficult, using words, to express the utter endlessness of possibility that is wrapped up in this word. But we may say that when an entity is within the awareness of infinity, there is an awareness of perfection and completeness. The world is whole, the world is one, and there is no attempt to find one's place in it. One is one with all. These poor words have so little ability to share the essence of intelligent infinity! It is as though we give this instrument these ragtag words knowing that what your spirit will hear is the space around them and between them. It is the energy in the spaces between the words in which we are able to share with you the fullness of concept and the absolute reality of the love and the light of the one infinite Creator.

We thank this instrument and this group for a wonderful session and again, we are thrilled to be called to your circle. It has been a great blessing to us to share your beauty and your meditation. We leave this instrument and this group in the love and the light of the one infinite Creator. Adonai, my friends. Adonai.

[1] Ra, February 3, 1981, Session 13.

[2] Elkins, Rueckert and McCarty, The Law of One, Book I, "The Ra Material": Atglen, PA, Whitford, [© 1983].

[3] This is a line from Martin Luther's 1529 hymn, "A Mighty Fortress Is Our God." The verse in which it occurs reads thusly: That Word, above all earthly powers, no thanks to them, abideth. The Spirit and the gifts are ours through Him Who with us sideth: Let goods and kindred go, this mortal life also. The body they may kill. God's truth abideth still. His kingdom is forever.

[4] plumb line: a cord with a lead bob attached to one end, used to determine perpendicularity.

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Saturday Meditation

April 25, 2009

Group question: (Asked by Jim.) The question this evening, Q'uo, is concerning humility. We'd like to know if humility is an automatic manifestation of evolution into higher states of consciousness, or if it is a quality which must be consciously cultivated as one progresses along a spiritual path. Also, in order to enter higher states of consciousness, is humility a necessary prerequisite?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. It is a great privilege to be called to your circle of seeking and we are delighted to share our humble thoughts with you concerning the interesting subject of humility.

As always, however, we would preface our remarks by requesting that each of you who listens to or reads these words use your native discernment and

discrimination, taking those ideas that appeal to you and working with them as you wish and leaving the rest behind. We are grateful to you for observing this, for it will enable us to share our thoughts without being concerned that we shall infringe upon your free will.

We would remark to the one known as R that although those of Latwii are speaking this evening, those of Hatonn are especially close to the one known as R and are glad to reassure the one known as R with their presence and their love. This is also true of all of the others within this circle of seeking. However, it is at the call of the one known as R that there is special care given to enhance and energize the expression of love within the energies of those of Hatonn.

We find that among your people the word "humility" has undergone the same kind of spoilage from overuse that the word "love" has undergone, so that we may say the word humility and it is assumed that everyone knows that of which we speak. However, its meaning has become blunted and scattered by the assumptions which surround the quality of humility or humbleness.

The meaning of the word is "meekness or a lack of holding to the self a sense of entitlement or importance." [1] It has come to mean a quality of being low in self-worth or unable to stand up for the self and these are not meanings which we wish to be inferred when we use the word humility.

It is not necessary to be humble in order to advance spiritually. The quality of humility is a quality which is enhanced by the same energies which create of the spiritually mature seeker the awareness that he is the Creator. And while this seems a paradox, the two awarenesses are two sides of one coin.

If an entity is aware of the quality of Creator-ness or Creator-hood that he has found at the very center of the depths of his heart, he is aware that this quality of Creator-ness or being part of the creative principle is specifically that which is not of the surface self. True to the task set before him to know the self and accept himself, he will necessarily and automatically have attained a genuine humility. For he has experienced the state of the small "I," the ego self, becoming transparent before the power of unconditional love as it flows through him.

We may say that the more deeply and completely the seeker knows himself, the more humble he becomes. While this is true, it does not infer that the humility comes as a result of seeing the worst of himself and feeling rueful that so many seemingly erroneous qualities exist within him. Rather, humility comes as one is aware more and more of the true worth of the self, for that true worth lies in becoming an ever more well-tuned instrument for the spirit to play.

Thusly, there is not a speck or iota of self-abnegation or low self-worth, as this instrument would say, within true humility. For humility is not a humbleness brought about by an awareness of being an infinitely error-prone entity. The humility is an artifact of becoming aware of the great worth of the self, as error-prone as that self is.

It is often thought that humility partakes in a low opinion of the self.

However, we do not believe this to be so. If one gazes at the working of the personality shell or ego-self, one can see that if there is a low self-worth, there is also a tendency to respond to this feeling of the lacks of the self by defending against notice of these lacks, or even by creating a persona or mask which compensates for these feelings, thusly resulting in an appearance of egotism or pride.

We began this session of working by saying that we offered our humble opinion, but we do not say that our opinion is humble because we feel that our thoughts have no worth. Indeed, we have chosen to share our thoughts with groups such as this one precisely because we feel we have this gift to offer to those who are seeking ways of accelerating their pace of spiritual evolution. We could even say that we pride ourselves upon our ability to communicate.

Our thoughts are humble because we know that we are messengers. We are fully

aware that the virtue of what we have to say is coming through us and through this instrument, into manifestation. We, as this instrument, are instruments through which the spirit can play. And our every desire is to tune ourselves so that we may be transparent before the love and the light of the thoughts and the energies that come through us as we hold the query that you have manifested and the unspoken energies of the group that support and swirl about this query within our consciousnesses.

There are times within the life of the seeker which are more apt to contain true humility than others. At the beginning of the seeking process, whether it occurs in youth or later in life, there is the need to grapple with transformative energies. This instrument would call the process "individuation." [2] And within the individuation, the quality of humility is less likely to be outstanding. There is the need to move from where one has become comfortable, if not particularly content, into the unknown.

The energies that accompany this movement, shall we say, out of the cultural "box," out of the cultural milieu, into a place of honesty, integrity and personhood in the metaphysical sense, can be tumultuous and substantially uncomfortable. Consequently, it is often the case that for the younger seeker, if there is the feeling of humility, it may contain more of that unwanted and toxic inference of low self-worth.

Consequently, at that stage of the spiritual walk, it is not recommended by us that this energy be sought. Rather, it is recommended that there be a seeking of qualities such as persistence and patience, for tenacity alone moves the seeker through those times of transformation when nothing is known and the landscape is confusing.

Think of the dark night of the soul with all of the accompanying imagery of darkness and suffering. It is perhaps a time when the qualities of bloody-mindedness and determination are at the top of desirable configurations for mind as it navigates those dark mysteries of the unknown. It is to be remembered in this wise that spiritual seeking, unlike the popular conception of it in your culture, is a tough, rough and turbulent process which this instrument has often likened to boot camp.

To move from an environment in which there is much physical motion to an environment of the spiritual in which there is no physical motion or outer expenditure of energy at all, but rather the moving into the system of great caves and grottos in which there is complete darkness, in many cases, in order to find an entirely different kind of motion and movement that is metaphysical in nature, is to place the self within an environment which can seem to be one in which, when enlightenment comes, it comes almost brutally, explosively or suddenly.

It is not always the case that this process of knowing the self in a different way has these qualities. Certainly, for some entities there is a softer, more sedate, and gentle feeling to the opening within. Yet for most, these times of transformation seem less than comfortable, although the seeker is nevertheless endlessly drawn into that darkness in which the mystery that is sought can be experienced in ways too deep for words.

However, once the seeker is past this initial surge of energy which is needed to move into the environment for further spiritual work and away from the enchantment of the physical world, the dislocation becomes less. For there is now the experience that is behind one and the seeker, when it reaches another point of crooks [3] and shifting of the center of gravity, knows the dark night is upon him. And although there may be just as full an awareness of the discomfort of these times, there is the knowledge that he has outlasted the night and seen the dawn before, and so he shall again.

There is that level of trust in the self and in the process that is lacking the first time around. And for the maturing spiritual seeker there comes a time

when, indeed, it is well to invoke humility. It is easy, as one begins to experience the delight of the spiritual path, to begin to feel that one has somehow done this all by himself. There arise energies of pride and feelings of entitlement.

This instrument has often heard the sentiment from spiritual seekers that goes something like this: "All I wish to do is the will of the Creator; consequently, I should be supported. For this is much more worthwhile than living the life of work and paying the bills."

When those thoughts flash through the mind, it is well to invoke humility. For there is no entitlement to walking a spiritual path. There is only the opportunity to make use of the time allotted. Previously, before the awakening occurs in a seeker, he has perhaps largely ignored the creation about him. Focusing upon those things that are meaningful to him, he has perhaps not seen that he is a part of nature or humanity or the creation. His moments have been spent with magnificent disregard for their rarity.

When a seeker begins to awaken, he begins to become aware of the opulent gift of time in incarnation. Each present moment becomes an opportunity to enter into his own awareness. And it is a heady thing to begin to take responsibility for those moments which the one known as Rick called the precious present. [4] We have spoken through this instrument before of the doubling effect of making the choice of polarity and then repeating that choice. Each choice made doubles the strength of that first decision, so that soon you become a far more powerful and magical entity than you were before, through the simple process of being consistent in that choice.

Similarly, when one chooses to invest oneself with the responsibility of being aware of the present and for coming into that present moment fully as an entity of love and light seeking the one Creator, seeking to be of service in that moment, the consistency with which he is able to pay attention doubles and redoubles and redoubles the strength of his awareness, until very soon that seeker is a far more powerful, magical, grounded seeker than he was before.

When one is approaching the spiritual living of a life in this wise, there is no problem with becoming proud. However, it is not always the case that the seeker has this level of awareness and this dedication to taking responsibility for the present moment. It is easy to begin to drift, as the one known as R said, "to stay on the surface and skitter along the very top of the waters of consciousness," noting synchronicities, seeing the grand design of spiritual seeking, and having just enough understanding to move beyond the mystery and into a false sense of the world in which everything means something and there is an explanation for every coincidence.

We are not saying that the opposite is true. Rather, we are saying, as this instrument said earlier today, that sometimes a coincidence is just a coincidence. When one begins to demand of every coincidence that it have a meaning, it is time to invoke humility. For it is not the object or the purpose of spiritual seeking to ascertain understanding or to become an entity who knows the answers. Rather, spiritual seeking is a process which deepens one's appreciation of the continuing and overwhelming mystery of the one infinite Creator. It is a process which deepens one's ability to enjoy, not merely tolerate, the many paradoxes one finds within spiritual seeking.

Thusly, since you are headed towards a great unknowing, that is, an awareness that nothing is known and that all exists by faith, there is the natural tendency to become more and more truly humble.

It is good to bend the knees before the Lord, as this instrument has said from time to time. Yet, that posture of humility is not the posture of one who feels unworthy. Rather, it is the posture of one who barely can fathom the infinite mystery of the one Creator.

When this instrument thinks of that posture, she has a tendency to think of the



moment when the man in love bends his knees before the beloved and asks the privilege of becoming her partner in life. There is a reverence, even an awe, of the depth of the circumstance that fuels that bending of the knee before the beloved. And that is the same kind of energy that humility before the infinite One may bring to the seeker—not that the seeker is less, but that the joy and the wonder of being able to share the life with the beloved is an incredible privilege.

It would be our observation that there is no time within a seeker's life, within an incarnation within third density, where he is entirely safe from the ravages of pride and arrogance. These moments of temptation shall be offered as long as the incarnational lessons play themselves out throughout the incarnation. One cannot simply assume, therefore, that because one is for the most part truly humble, one is humble within this particular moment.

Thusly, it is always helpful to retain that awareness of self that sets a warning signal going when one is having a proud moment or when one has taken upon oneself the arrogance of knowing the answer for another.

Yet, we do feel that as the spiritual journey moves forward and the spirit within becomes a more mature one within a seeker, the danger of lack of humility does fade. It does not disappear, but it becomes clearer to one, as one goes forward, when one has gotten off that beam of love and light and service to others and has become involved within the self once again.

It is interesting how those who hear wise words hear more than the words.

Thusly, it is part of improving one's service to others to police the self and to draw oneself back from arrogance and pride when one senses or sees that it has begun to encroach upon the service offered. For those to whom you speak shall hear not only the words but also the energy with which those words are offered.

(Side one of tape ends.)

(Carla channeling)

Those words, therefore, shall be greatly enhanced in their efficacy as resources for those to whom you are offering your service if the breath which carries them contains that clarity that comes from true humility and the knowledge that the service is coming through one and never from one.

As we so often do, we conclude discussion of this very interesting question by noting the advantages of a daily immersion in silence. That is part of being humble before the infinite One, that willingness to stop the surface process of living and take time to listen to the Beloved who speaks in that silence in thoughts too deep for words.

We are those of Q'uo, and would ask if there is a follow-up to this query.

G1: No, not to the main question, Q'uo.

We thank the one known as G1 and would then ask if there is another query at this time.

G1: Q'uo, in the Law of One series, Ra says that the positively-oriented entity will be "transmuting strong red-ray sexual energy into green-ray energy transfers." [5] Is this transmutation of red-ray energy into green-ray energy accomplished as a function of conscious intent or strong sub-conscious bias? If by conscious intent, how can the entity consciously intend to transmute sexual desire into unconditional love?

We are those of Q'uo, and believe we understand your query, my brother. The transmutation of red-ray sexual energy into green-ray energy transfer almost always contains elements of intention. The energy is not a gift given with a set of directions. There is no direction beyond nature's insertion of Tab A into Slot B.

In some personalities, the openness of the heart is such that that particular personality is almost incapable of expressing the self without the green-ray aspect. However, this is not the case for the majority of entities who engage in

sexual congress. It is to be remembered that your present experience of sexuality has heavy cultural overlays which encourage the value of sexuality remaining firmly in the red ray.

Your mass media are full of advertisements of the glories of lust, the beauties of youth, and the shallowest possible conception of sexual energy exchange. Further, there are the inevitable conflicts that arise when one attempts to deepen a relationship which is sexual. The tendencies for an unevenness of affection are substantial. The tendencies for an unevenness of desire as far as how deep the relationship is desired to go are also those which tend towards an unevenness. It is rare that two entities want precisely the same thing in terms of how deep the relationship shall go, what commitments are made, one to the other, and so forth. These things tend to be notably uneven and mismatched. Consequently, progress through red-ray, orange-ray, and yellow-ray expressions of sexuality to the open heart of green ray almost always involves a decision to set the intention to make that happen.

We are not saying that it is necessary to become equally committed or perfectly matched in order for the heart to open. We are saying that there are obstacle courses in which the obstacles lie thick on the ground that lie between the red-ray sexuality and green-ray sexual energy transfer. The need to possess and the need to be possessed must be balanced. The expectations one of another must go through that period of communication until there is an understanding.

These are not simple or brief processes. They take time, energy and a continuing desire to make of that which is earthly and seemingly without the Creator into that which is not only earthly, but also heavenly, not only of the body but also of the spirit and of the one infinite Creator.

There are times when there are brilliant shortcuts into green-ray sexual energy exchange; times when, for whatever combination of reasons, it is perfectly clear that sex is an energy shared between two hearts and all may lie open and undefended. It is in this fearless open heart that an exchange may take place. However, in the normal run of human experience, we would say that without the intention and without the work done to see the energies intervening between red ray and the open heart, the green-ray energy exchange shall not be a common occurrence. However, it is certainly an energy that is open to all regardless of their distortions or their fears.

May we answer you further, my brother? We are those of Q'uo.

G1: Not on that question, thank you, Q'uo.

We thank you, my brother. We would ask if there is another query at this time. We are those of Q'uo.

G1: Q'uo, here's a question from G2, who says: "I had such an emotional experience during the inauguration of Barack Obama! All the things that we desired for a new world seem to have been manifested—love, acceptance, etc. There was an unusual energy. I would like to hear from Q'uo what their experience was like from their vantage point. Was there a major shift, an acceleration of our spiritual progress? There was so much crying with joy and relief on my end."

We are those of Q'uo, and thank the one known as G2 for his query. My brother, the moment of that institution of the one known as Barack into the office of the presidency of your country was a moment in which the heart chakra of your planet opened. It was a powerful and very real moment of the awareness of infinite possibility.

We cannot say, my brother, that because of this moment there was a leap ahead in the planetary level of vibration, for as you have noted, my brother, the energies which baffle and confuse the energies of unconditional love did not become healed and go away from your world scene. As this instrument would say, the world wagged on, regardless of that moment of planetary open-heartedness. However, when such a moment occurs, involving the body of humankind as this

moment did, that memory is retained. And that memory can be recalled and invoked by the self or by the body of humankind if that body so chooses. We know that, individually, many have been remembering and invoking that open-hearted moment again and again since inauguration day. We know that groups have invoked and remembered that moment as they sit in group meditation for the planet and its people. What we have not seen yet, but what is always possible to see, are further times when the planetary body of the tribe of humankind remembers and invokes that open-heartedness once again.

May we answer you further, my brother?

G1: No, that was all of G2's question, thank you.

We thank the one known as G2. We would then ask if there is a final query at this time. We are those of Q'uo.

A: I've got one. Q'uo, could you discuss the phenomenon that we call down here "global warming," from the perspective of the spiritual evolution of mankind, either in the time/space context of the next several decades or in any larger time/space context of centuries or longer that you feel we might be receptive to hear about.

We are those of Q'uo, and we are aware of your query, my brother. That which occurs upon the physical plane within a human body generally occurs because it has not been grasped, not seen fully, and certainly not taken into one's awareness to subject to the energies of solution within the mental and emotional part of the human. Therefore, when entities become ill it is often the end result of imbalances and distortions within the energy body that have been ignored or not recognized.

The same is true of the living body of your planet. The situation is not particularly simple, for your planet is populated by several planetary populations from elsewhere in which there was a toxic disregard for their home planets and a set of actions which, in total, created of their planets an uninhabitable environment for third-density work. Consequently, you have coming into the earth plane of your planet a great many entities who have been unable to grasp the need for inner peace and harmony with others. And you have instead solved perceived problems by invoking the energies of aggression and the destruction of other selves.

We speak not only of the obvious physical destruction of other-selves which exist in war, but the less obvious but nevertheless deadly energies which would pit entity against entity, power against power, judgment against judgment. There is, in the concept of karma, embedded the concept of continuation, or the inevitable onward movement, of a thing which is inertia. That which is tends to continue on being that which is.

The energies that created destruction elsewhere remain, retained within the deepest parts of the roots of consciousness. And that solution which is aggressive and destructive seems once again to be a valid choice, even a necessary choice. Once again, it takes an answering energy to stop the energy of that karma and among your peoples that energy has often not been seen as a good thing.

Again and again, those answering energies of cooperation, harmonization and communication have begun to gain strength among your peoples only to be ground down under the heel of that thirst for empire that fuels nation-states' aggression against other nation-states and entities' aggression against other entities.

All this heat of aggression and destruction has been pushed down into the earth upon which your feet stand. And the earth has begun to express it, just as this instrument's body was recently covered with a rash as her body attempted to throw off the toxin of a substance to which she was allergic.

While there are certainly rational, scientific explanations for various aspects of global warming, spiritually speaking, the interesting and telling portion of

this phenomenon is held within the energies of your people. Therefore, every attempt that is made by persons or groups of people to send love into the earth energy, to send peace into the earth energy and so forth, is an effort well made, and an efficacious one as well.

Just as the energies of heat have moved down into the planetary entity that is your Earth, also the energies of cooperation, love, unity, understanding and communication can aid greatly. We would also note in this wise that many of those who have achieved graduation from your third density at this time, within the last thirty of your years, have begun to return as those who have seen this pattern clearly and whose hearts have gone out to the planet itself. Many of those whom you call the "indigo children" are those who are focused perhaps more upon healing the Earth than upon bringing the population as a whole to graduation.

It is not that they feel that the Earth must be cleaned up before they can go on. It is that they see this karmic residue and wish to fulfill that karma with the balancing energies of love and affection for the planet that remove the self forever from the wheel of that particular karma.

May we answer you further, my brother? We are those of Q'uo.

A: I'm good, Q'uo.

We thank you, my brother. We are those of Q'uo, and, finding a waning of this instrument's energy, we would at this time take our leave of this instrument and this group. It has been a pure pleasure to be part of your circle of seeking this evening. We thank you for the beauty of your auras and for the humility with which you have set aside time to seek the truth. We are known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator, whose servants we are. Adonai, my friends. Adonai.

[1] That is fairly close to the [www.dictionary.com](http://www.dictionary.com) definition, which is: "The quality or condition of being humble; a modest opinion or estimate of one's own importance, rank, etc."

[2] Individuation: the state of being individuated; individual existence; individuality. However, I believe the Q'uo group's use of the word has more in common with the word as used by Carl Jung: "The gradual integration and unification of the self through the resolution of successive layers of psychological conflict."

[3] In this context, a crook is a bend or turn in the road.

[4] Rick Pitino, in a motivational speech, said, "The Precious Present puts life in its simplest form. We should all follow its message and live life in the wonderful state the precious present awards each of us. I read it to all of my teams before we take the floor for the first day of practice." Pitino is quoting here from Spencer Johnson's book of that title.

[5] The Law of One, Book II, Session 54, May 29, 1981: "The negative will use the three lower centers for separation from and control over others by sexual means, by personal assertion, and by action in your societies. Contrary-wise, the positively oriented entity will be transmuting strong red-ray sexual energy into green-ray energy transfers and radiation in blue and indigo and will be similarly transmuting selfhood and place in society into energy transfer situations in which the entity may merge with and serve others and then, finally, radiate unto others without expecting any transfer in return."

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please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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Sunday Meditation

September 13, 1987

Group question: Concerns the concept of Christianity and the usual concept that people hold, at least the common one, that if you simply believe in the name of Jesus that you will be saved, without having to do or live a certain kind of life that might be exemplified by the eleventh commandment, "Love one another." Is it possible to get information that would resolve between "living the life" versus "simply believing"?

Also, as an aside to that, regarding the representations of the various religions and their various prophets—Mohammed, Jesus, Confucius, Lao Tsu and so forth, is each religion and master approximately the same? Each for a certain group of people? (Carla channeling)

I am Q'uo. May I greet you in the love and the light of the one infinite Creator. We thank you, as always, for the great opportunity of joining in your meditation and sharing your energy. We thank this instrument for seeking to be of service and we thank each listening ear, for without you our service could not be offered. Indeed, we thank all upon your beautiful planet who, despite so much evidence to the contrary within the illusion which you call life, persist in believing that there is a truth somewhere beyond all the paradoxes which confound science and philosophy alike.

We, too, seek the truth by faith alone and not by word or concept. Yet it is with the clumsy tools of words and thoughts that we must address each question that you ask. We apologize for the inadequacy of language and the poverty of conceptualization, yet it has ever been so, that truth and inspiration, beauty and glory lie betwixt the words and the lines of sentences and paragraphs so that the inspiration is the product of far more than the sum of the words used to present it. And so may we join you in going forth to attempt to gaze at the truth within, the mystery which surrounds every question that has import in the seeker's life.

You wish to know how it is that the one known as Jesus the Christ could be the only son of God, as the Christians believe.

It is more than understandable that spiritual seekers would hope for a savior. However, the one known as Jesus the Christ saw himself as a shadow, a being whose every hope and true identity lay in the reflection of the Creator and Father that overshadowed him.

It has often been thrown in the faces of non-Christian people that Jesus' words, "I am the way, the truth and the life; no one comes to the Father except by me," make it virtually impossible to achieve eternity without being in turn overshadowed by the one known as Jesus the Christ.

It is interesting to note that in the tradition of Judaism, in which the master known as Jesus spent his childhood as a very good student, the most secret name of the Father was an unpronounced consonantal word meaning "I Am That I Am," or "I Am The One That Is." That great I Am is, indeed, the Father and all else. Consciousness is of the Father and the Father indwells all consciousness.

Thus, consciousness, that original undistorted Consciousness which is Love, is indeed the Way; it is indeed the Truth; it is indeed Life itself—and eternal Life at that.

I Am. I Am. This is the mantra, if you will, of creation. And it was intended by the one known as Jesus, not that he be seen over against the Father, but instead it was intended by the master known as Jesus that he be seen as a messenger, as a servant, as the shadow of the One who sent him.

"He who sees me, sees not me, but the Father, " he said. "I do nothing but that which is done by the Father," he said. And he said then too, "All these things you shall do, and greater also."

We realize that all these things are written down that we have quoted, that they have been there for scholars to see, for priests to teach, for your many years. Yet, because the concept of a channeled life is foreign to those who wish to preserve that which you call the ego, it has not been seen that the master known as Jesus was transparent and became, though human, a living channel through which could flow undistorted the powerful and perfecting love of the one infinite Creator. You have asked how it can be that one human, no matter how divine, could die for the sins of the whole world, and have wondered whether it can be true that there is no need to live the life of discipline, but only to believe in the sacrifice of Jesus the Christ, made for all humanity.

My friends, we are picking and choosing our words here, for this instrument has refused three times the beginnings of paragraphs. We find this somewhat amusing, yet we realize also that you cannot listen to us for hours at a time. We shall therefore attempt to speak to this enormous subject with a terseness which does not usually characterize our presentation. If there are questions after we have spoken, we trust that you may continue until you are satisfied, if not at this session, then at another.

The master known as Jesus was a man, living a channeled or inspired and very impersonal life, yet containing and expressing emotion and affection. The master known as Jesus saw a pattern emerge during the short time of his actual ministry. It was the pattern of a warlike people, his own people, the Jews, who wished to become again a great kingdom as it had been at one time. It was felt by this teacher that as had his friend John the Baptist gone, so would he.

He wished for his people a realization. He wished them to realize and truly know that their identity, their nationhood, and their kingdom was eternity itself. He wished them to lay down those weapons which make kingdoms of Earth and pick up instead those tools of peace and love which might create the growing and life-giving knowledge of a greater life, a greater kingdom than this Earthly one. Thirdly, this entity wished by his death to be remembered as one who intended to die of love for those who killed him.

He wished to be remembered as one who loved. He wished to be a symbol of that greater kingdom which was the true kingdom of his people and all people. His instructions about bread and wine were that these be taken in remembrance, that when this food was taken, it would be food not of this Earth, not filling the hunger of this illusory plane, but, rather, he hoped that it might be seen as the true manna which is infinite and which feeds an infinite hunger—the thirst for truth and right action.

Above all, he did not intend that any who wished to be a disciple rest back upon his laurels and think again and again in gratitude upon the

savior while continuing a life which was uninformed by those principles which the one known as Jesus taught. Indeed, the master known as Jesus had a stark vision of the nature of this illusion you experience. He saw the type of consciousness which you share, with all of its distortions and limitations, as producing a situation in which martyrdom was the nature of the life experience. The brevity of life within the physical body was a melancholy fact to him. The master wished therefore to imbue the suffering, the martyrdom of brief lives with a deep and abiding sense of the value and worth of the sacrifice of living a life.

His instructions to his disciples included these words, "If you wish to follow me, take up your cross and follow." This entity also said, "Be ye whole or perfect as the Father is whole or perfect." The discipleship hoped for, that is, the discipleship which Jesus the Christ hoped to inspire, was a discipleship of sacrifice, the sacrifice of attachment to treasure, the sacrifice of the overwhelming attachment which most entities feel to doubt, despair, darkness of mind and disconsolation.

This entity believed wholeheartedly with every fiber of its being that the kingdom which he called Heaven was within and all about all of us. He saw the kingdom of Heaven in seeds, in fields, in the leaven of a loaf and in the heart of any human being. He hoped by rising again to give hope to those whom he knew and loved. He hoped that those whom he had left behind would share the excitement of eternity. Many others have seen souls who have left the Earth world, have spoken to them, have touched them, and have known that life is, indeed, an infinite process. The one known as Jesus the Christ also wished to leave this remembrance behind—and this he did.

You ask whether the one known as Jesus, the one known as Mohammed, the one known as the Buddha, and the one known as Lao Tsu had approximately equal roles in inspiring the peoples among whom they lived. Insofar as each entity lived a life overshadowed completely by the Father, this is to some extent correct.

It is our bias that the life of the one known as Jesus the Christ is perhaps the most artistic realization of the nature of undistorted love indwelling in the third-density illusion. It is felt by us that the teachings of the ones known as the Buddha [Siddhartha] and Lao Tsu were those teachings which might well appeal more to those entities who are attempting to learn the lessons of wisdom. It has always been the nature of consciousness that it is eager, as eager as a horse at the beginning of a race, as eager as a lover at the onset of a tryst, for more knowledge and more experience of the one infinite Creator. The wisdom teachings are most eloquent, yet there is the lack of communication caused by the one known as Siddhartha's lack of desire to communicate faith and love to those which are to a great extent still unawakened to wisdom.

The third density is the density wherein one attempts to learn the lessons of love, therefore it is our feeling, which is only an opinion, that the wisdom teachings are perhaps not as generally useful to awakening souls, but rather are helpful at a point at which the heart has been opened to compassion, for wisdom without the grounding of compassion can be a cold and indifferent thing, and the Father of all things, though perhaps characterized as unbiased, is certainly not cold or indifferent, for the Creator dwells in all consciousness, and consciousness which is alive has a nature which is anything but indifferent, anything but cold, has a nature which grows and rejoices

and spirals ever into a greater and greater sense of well-being and stability and infinite grace. The teachings of the one known as Mohammed we find as incomplete, shall we say, as those teachings of a similar nature within what is known as your Old Testament.

As a final note, and we hope we have not spoken at too great a length, may we urge each to disregard our discussion at any point which does not seem correct to each and to remember that the truth—and we do believe that there is a truth, though we do not know what it is—lies inside each one of you and each one of us and all that there is in an articulate, enormously simple configuration, so that that which one hears is accepted as true not because of authority from the outside, but because the heart and mind within say, "Yes, I remember. That is the truth." There is an inner wisdom, an inner compassion, an inner spark of love and light that is not like the Creator, it is not from the Creator—it is the Creator, so that the Father is in all things and all things are in the Father.

May we say that this instrument is somewhat chauvinistic, and we do apologize, for we do not mean to infer that in our opinion the Creator has gender, for it does not have polarity but is therefore Father and Mother, Creator and Nurturer. That Creator which you will know most within your life, you may perhaps gain from studies of inspired lives such as the master known as Jesus, that when you experience the love that that master encouraged each to seek, that love is experienced as nurturing, supporting, enabling and inflaming the life, the words, the heart, and the mind of each seeker. The one known as Jesus hoped to encourage each soul upon the journey home. May you love each other and encourage each other in the path towards that home—that is what the one known as Jesus would hope for.

We leave this instrument now and transfer to the one known as Jim. We leave this instrument in love and light. We are known to you as Q'uo.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. We are privileged at this time to offer ourselves in the attempt to speak to those queries which may yet remain upon the minds. Again, we remind each that we offer that which is the fruit of our own seeking and if it does not have that taste of truth to your own way of experience, then we ask that you disregard that which is not fitting. May we speak to a query at this time?

Carla: I was surprised that you rated the various world leaders of religions. It would seem that by inference you were saying that Jesus was a better leader or a more articulate leader than the others, and yet two thirds of the world's people, I believe it is, are either Shinto, Taoist or Buddhist, and doing just fine. Could you comment?

I am Q'uo, and as we spoke concerning the nature of the teachings of those great masters which have walked upon your planet, we spoke concerning the essence of that message which each offered. Each was well aware that there were those to whom the messages would ring with a tone of clarity and those to whom their messages would not resound in such harmony, for there are many upon your planet who are from origins quite different each from the other. Yours is a population which is quite divergent in both the source or origin and the nature of the path which each group travels as the third density is utilized as a class, shall we say, that studies a certain expression of consciousness.

This illusion in which you find yourselves is one in which the lessons



of love and compassion are those which are of paramount importance, for they are the very fabric of your learning and your experience. However, there are many who have needs that move into realms of what may be called light or wisdom, and it is to these entities that many masters and teachers have offered their inspiration and guidance and example. We have the bias, as we mentioned, towards the teachings of the one known as Jesus, for in our estimation these are the most simplified and clarified that have been presented to the general population of your planet.

The simplicity and clarity are quite effective and necessary, in our opinion, characteristics in aiding a population which is, if we may again enter our opinion, confused, and in the degree of need as we find your population in general is, therefore we remain in the opinion that this body of teaching that has remained from the teacher known as Jesus the Christ is that which is most easily apprehended by a population which has difficulty in apprehending truths that transcend the material illusion.

May we speak further, my sister?

Carla: Well I just have so many questions. By associating the Old Testament and the Koran teachings together, you sparked something in my mind that is from earlier research which suggested that the Jewish people were a genetically improved brand of the species that was tinkered with by an entity called Jehovah, to make them more wise, more intelligent, more physically able and so forth, so that they would be better able to seek the truth.

The teachings of Mohammed—it happens to be the same area of the world exactly, it's the same people, just different tribes, basically—I was wondering if these two teachings shared what I might call a Jehovahist influence? In other words, was Mohammed also the prophet of the One God who was being relayed through the distortions of the one known as Jehovah?

I am Q'uo, and we may suggest in this regard that the similarity between these two great teachings is due primarily to the fact that each culture was in the time of its flourishing existing under conditions which were somewhat hostile in regards not only to the other cultures which surrounded them, but in regards to the very physical environment in which they sought to make their homes and to grow as cultures.

Thus, the, as you may call it, racial perspective was such that the struggle for growth and survival was viewed as one which was difficult, even harsh, and at times foreboding. Therefore, the call for illumination and inspiration which these cultures sent forth by their very being was answered in a manner which presented to these people information and inspiration which was seen or filtered in such a manner that the information was filled with injunctions and conditions that required a physical and mental and even spiritual struggle to be undertaken with some degree of that which you would call fear to motivate the effort.

Thus, the information which came to these entities in response to their call was colored, shall we say, by their response to their experience as a culture.

May we speak further, my sister?

Carla: I'll leave that one alone and read it. I didn't really get what I wanted out of the answer, but on the other hand, I didn't understand it fully. I'm only going to permit myself one more question, and if the answer would be considerably long—I suppose that would be over

five minutes—I would request that you simply say so, and I'll save this question for another session.

I listened to my own channeling as best I could. Matter of fact I almost lost the channel a couple of times because I was very interested in what was being said, and I didn't feel, I didn't catch it if you did it, when you addressed the question of, "Is Jesus the only Son of God?" I wonder if you could comment on this, or if you wish to make this a separate session?

I am Q'uo, and we spent but little time upon this subject, for, indeed, it is one which covers a great amount of territory, as you may say. We attempted to give a small amount of information in this regard when we gave information concerning the one known as Jesus being overshadowed by the Father in respect to the manifestation of love which this entity saw as being the Father, and when this entity spoke unto its disciples saying that if they would follow this entity that they then should take up their cross and follow, and that they, the disciples, would do greater things as well, as would all who followed the one known as Jesus in this manner.

Thus, this entity was presenting a model or pattern by which any other entity might attain to the similar state of consciousness, that of being overshadowed by the love of the Father. We would welcome the opportunity to utilize a further session in order that more attention might be given to this interesting topic.

May we speak further, my sister?

Carla: "Firmly," she said, "just one more." I think I know the answer to this already, but it doesn't hurt to ask. L/L Research was thinking of either on Sunday nights working with previously drawn-up questions so that we might do more impeccable research, or having a series of closed sessions with certain people repeating each time. Would you be able to comment in any way on the good points and bad points of more carefully controlling the questions, and also whether you feel that you would be interested in working with us in this manner?

I am Q'uo, and we are honored to serve in any manner in which we are asked. As long as we might avoid the infringement of free will, we honor each request for inspiration and information, and we do not wish to put any limits upon the manner in which we offer ourselves in this regard. Therefore, we are at your service, as we see you are aware. May we speak further, my sister?

Carla: No, that is indeed all. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query?

(Pause)

I am Q'uo, and at this time we find that we have completed those queries which have been so generously offered to us. We thank each once again for allowing our presence. We are overjoyed at each opportunity to join your group, and we look forward to those times in your future when we shall again be offered the opportunity to do so.

At this time we shall take our leave of this instrument and this group, as always leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

(Carla channeling)

I am Nona, and I greet you in the love and in the light of the infinite One. We feel the desire for the healing tones that are our service to you, and we come through this instrument. We have trouble speaking the words, so we will let our sounds be our language. We leave you in love and in light. We are Nona.

(Carla channels a healing melody from Nona.)

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

Sunday Meditation

April 2, 1995

Group question: Today we will take general questions from our group, which has come from all corners of the planet.

(Carla channeling)

We are those of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is our privilege and our blessing to join this circle, and we thank each for seeking to discover that truth that lies within and for coming together to further this divine curiosity. For truly, there is wisdom in each, yet when those of seeking mind together ponder and together discuss that truth that lies within each often becomes more accessible from each to each as those who are seemingly not at all you pluck the truth out of the thicket within those things which you have said and thought. Truly, it is a help to have friends along the way and we are honored to be among those friends. We believe that you wish this session to be question and answer and so we shall not give you a sermonette, as this instrument would call it, but simply remind each, as always, that we are not infallible. We have our limitations, and our opinions are just that. We greatly appreciate each seeker subjecting our thoughts and all others to the personal powers of discrimination that each has. We thank you for this great courtesy. We may begin with the first query.

K: Concerning what Christianity and other groups call the mind of God, I would like to know what is the mind of God? Does it exist?

We are those of Q'uo. There are various levels of sense to possible answers to your query. Firstly, upon the level of literal word for word reality, the mind of God, as many have termed the Godhead, shall we say, is not a thing but rather a construction of the human mind which is determined to inject space and time into considerations of that which is infinite and eternal.

Perhaps a more substantive response would be to suggest that all lies within the mind of God, shall we say. That is, all that you could name and all that you might forget to name and all things whatsoever remain one thing and that one is all that there is.

Thusly, you who ask the query are the mind of God. This instrument who channels the impressions which we offer her is the mind of God, and each and every bit of stuff there is is the mind of the Creator, for it is our impression that the creation is the Creator.

And this Creator is not confined or retained within an image or form but, rather, is an infinite intelligence, what many among your peoples have called the Logos and what we have often called Love. This great

original Thought or Logos which is Love is then perhaps our closest suggestion to a concept which approaches that which you have suggested as the mind of God in that it contains within its concept all unmanifest and manifest creation. However, it is well to note that within the illusions which you call the densities each of you is the mind of God in potentiation and the work done within the densities is in great part clearing away the various levels of confusion for each seeker, and in third density this clearing away is the clearing away of each seeker's self-definitions so that each may find within itself more and more the willingness and the instinct to take upon the self the role of that Love, that Logos, which is the original Thought, realizing that within the illusions the only manifestation of this Logos shall come from your words and your hands.

May we answer you more fully, my brother?

K: Is the mind of God what you would call intelligent infinity?

We are those of Q'uo. This is so, although the reverse would not be so. May we answer you in another way, my brother?

K: I can't think of a way to pursue this at this time. I do have some questions of a historical nature that relates to Christianity. Can you answer these for me?

We are those of Q'uo. It is our specialty, shall we say, to address questions concerning tools and resources that may be helpful for seekers in a metaphysical sense, those who wish to accelerate the rate of change within their own spiritual evolution. When we receive questions that ask for specific information sometimes we cannot answer because we do not know; sometimes we cannot answer because there is infringement upon free will; and sometimes we chose not to answer or to answer in a limited way because to pursue a certain point would be to allow the tuning of the circle and the instrument to suffer. With these limitations understood we are glad to have at whatever you have to discuss, my brother.

K: I appreciate what you say, and with that in mind I will ask these questions and leave the answers up to you at your discretion.

Could you describe the nature of the resurrection body that Jesus appeared in after leaving the tomb?

We are those of Q'uo, and believe that we grasp your query. We look within this instrument's vocabulary for technical words which we might make use of but we find that terms such as electrical body, astral body, and Buddha body have been so often and so variously used that we cannot call the resurrection body, as you have called it, by one of these terms without expecting confusion. However, let us say that the body which rose and walked from a cave was that body which this entity and all entities inhabit when they have not become incarnate and they are yet within the inner planes. The closest we might come to a general description would then be the electrical body or the metaphysical body. It is a body which is far more densely filled with light and therefore is able to co-exist with the third-density illusion. Most bodies of this type are never visible to those within third-density incarnation, mostly because the entities do not know how to so clothe themselves with third-density material that they may become visible. The body of the one known as Jesus during this time was that body from which his earthly body had been made, the pattern-making body, that is. And this pattern-making or electrical body was simply picked up and put on, shall we say, but with a degree of faith that created manifestation.

You may relate this kind of body to—we search this instrument's

knowledge for the closest manifestation and find that this entity has seen the so-called psychic surgery and has seen such manifestations of electrical or form-making occurrences. They are indistinguishable from normal, physical, illusory bodies. However, their actual arena of living and working is within what we would call the metaphysical universe. May we answer further, my brother?

K: Did you say that Jesus of Galilee never incarnated but merely took on a third-density body for his work? And, also, how would that relate to what happened on the Mountain of Transfiguration?

We are those of Q'uo. No, my brother, we did not suggest that the one known as Jesus had a birth in other than the usual way. We were saying, rather, that this entity picked up and put on the form-making or electrical body in a far quicker and more decisive frame of reference than is usual for those who have left third-density incarnation by death. This was done because the one known as Jesus was aware that it was going through the processes of death and it grasped ahead of time, shall we say, what its part was, and, therefore, the faith and surety that this entity had earned allowed it to move through this process as history [has] written it for your peoples. Do you still wish to ask the remainder of your query?

K: I do, please.

The so-called transfiguration was an event that was important to those who saw it rather than the one known as Jesus. To the one known as Jesus there was simply that basking in the light. To those who gazed upon him at this time there was the fairly articulated manifestation of earlier prophets and teachers, each of which had a ceremonial structure created about it. This was created by the great desire of those disciples who saw this to understand more clearly where the one known as Jesus fit, shall we say, into the long-standing and respected teachings of their peoples.

May we answer further, my brother?

K: Was there a UFO in the luminous cloud, or was there another meaning?

We are those of Q'uo, and we find that this instrument is aware of several luminous clouds. Do you speak of one specific instance, my brother?

K: Yes, the Bible speaks of a luminous cloud above Jesus on the Mountain of Transfiguration and a voice came out of the cloud, and I was wondering if this was a UFO or if this was a psychically projected voice, or did it not occur at all?

We are those of Q'uo. My brother, this was indeed a psychically projected manifestation and voice, yet it did occur, at the same time that it did not occur in terms of its being a flesh and blood creation rather than it being a thought form. In that particular instance there was no UFO.

Is there another query?

K: Were there two Yahwehs in the Old Testament? Or was there just one?

We are those of Q'uo. That which you have called Yahweh was, within the framework of the culture to which it came, as was understood then, God Itself. However, that personality which often was termed Jehovah or Yahweh was perhaps what you might call an angelic entity. This entity was responsible along with others for looking after the development of self-consciousness upon your planet and to aid in that development this entity chose to concern itself in the affairs of those within third density.

As the centuries passed and this very wise entity learned more about how to serve it chose to re-invent itself and did so along lines which

created the possibility of the coming of the so-called Messiah. The Yahweh which many worshipped was the Creator rather than this personality. However, throughout most of the beginning, shall we say, or the Torah of the Old Testament the Jehovah character is a personality. May we answer further, my brother?

K: Then you are saying that there was just one entity that chose to reinvent himself and that there were not two entities, one a negative and one a positive?

We are those of Q'uo. This is correct, my brother.

K: Thank you. Could you speak again on the subject of how we are all one? Could you speak without analogies and speak to the heart of the matter—how are we all one?

We are those of Q'uo, and we are most happy to attempt to speak upon this subject so very dear to our hearts.

Let us begin with things known by this instrument from her school days. The illusion is that which is real to those upon your sphere and this illusion is created of that which you call atoms. These atoms are treated as though there were little particles that, put together, become things. However, no scientist has been able to see any mass or substance when gazing at atoms or particles thereof. All that science has discovered are various fields of energy, so that the one known as Carla is a field of a certain kind of energy. The one known as K, just such another, and so forth.

These various fields seem very real, yet scientists can explain that there is no mass involved, just an arrangement of energies. Each self-conscious person is an energy field, then, which vibrates at a certain complex of levels in a characteristic way. The metaphysical identity of each person is this complex of vibrations which is the signature of each evolving self-conscious entity. So, within your density it is impossible to see that there is no separation between the clothes and the body, the body and the seat, the seat and the chair, the chair and the floor, and so forth. All these things appear separate. However, in any sense beyond energy fields there is no separation.

Now, within the mind, within the thinking and the feeling, as the mind gazes upon the creation it thinks it sees many different things, yet there are certain entities who are able, because of great similarities between them and you, to transcend the apparent separation between them and you. And such entities have been those who have supported and strengthened you. The energies, then, that seemingly separate persons from persons are those dictated by the senses which your physical vehicles have. However, as we have pointed out, these senses sense illusion, an illusion which your scientists have penetrated.

May we answer you further, my brother?

K: At your own discretion, Q'uo.

We would at this time transfer this contact to the one known as Jim, thanking this instrument and this group and leaving it briefly. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We would ask at this time if there might be any further queries from any within this circle of seeking.

Questioner: What can I do to help boost my mental, emotional and spiritual energies?

I am Q'uo, and am aware of your query, my brother. We would recommend, to begin, that you review those experiences in your past that have

been helpful in the revitalizing of these energies. For many entities it is helpful to find those written words of inspiration which might remind one and in the reminding may aid one to adopt a larger perspective that brings the unity and harmony of all creation more into focus for the present moment experience. The songs of inspiration are also of aid in the same regard. {As} the moving within the season of the springtime begins to make itself felt within your illusion, there is much of inspiration and revitalization that is available from your second density. There are many entities of an inspirational nature that are hidden, shall we say, within each entity's daily round of activities. To keep the inner eye open in anticipation of such entities moving within one's own path is always helpful, for the guiding hands, shall we say, that are with each entity in an unseen manner will often take the opportunity to reawaken the passion for existence and the living of the life by moving one to cross the path of such entities in what seems to be a coincidental manner.

Is there a further query, my brother?

Questioner: No, thank you very much.

I am Q'uo, and we thank you, my brother.

Is there another query?

P: Could you comment on the relation between space/time and time/space?

I am Q'uo, and am aware of your query, my sister. We hope that you realize that this is the topic which can fill volumes, my sister, for it is that which encompasses all that is. The illusion which you inhabit at this time is a reality which is constructed of the energy of love with many forms or personalities moving through the interaction and interplay of the Creator. Within this experience or classroom, shall we say, the emphasis of the Creator is upon the experience that is possible to be gained from those who momentarily create a situation in which they forget the basic truths of being and set for themselves the task with space/time of rediscovering these truths within the veil of forgetting, thus adding great weight of meaningfulness of such discoveries.

Thus, within space/time the plans created before incarnation, within the realms of time/space, are set into motion so that there is much self-awareness and awareness of all that can be gained by exploring the great darkness or seemingly so with the tiny candle of consciousness. The weight of the experience within space/time is more upon the shoulders of space so that there is movement there more possible than in the more inflexible time as it moves, or shall we say more correctly, as it is perceived in its linear fashion.

Within the realm of time/space the weight is more on the shoulders of time where more flexibility is there appreciated, movement in time being as easily accomplished as movement in space within the physical space/time illusion. Thus, the freedom and wider perspective of time/space offers the more fully experienced presence of the one infinite Creator but with less, shall we say, ability to progress along a path which is more obviously unified than is possible upon a path which is seemingly less unified as it is within the space/time illusion.

Is there any further query, my sister?

P: Am I correct in thinking that our conscious mind is in space/time and the subconscious is in time/space? Is the veil of forgetting what separates the two?

I am Q'uo, and am aware of your query, my sister. The veil of forgetting is a phenomenon which is occurring and is utilized only

within the third density so that a choice of paths might be made at this point in the evolutionary path. Thus, the existence of a divided mind, that which is conscious and that which is below or subconscious, is possible only with the veil of forgetting in place which occurs, as we have mentioned, only within the third density.

Is there a further query, my sister?

P: You still didn't answer if the conscious memory is in space/time and the subconscious resides in time/space.

I am Q'uo, and believe that we grasp your query, my sister. Though it is somewhat difficult to answer in a concrete fashion, we would suggest that your assumption is in large part correct. Although it is also possible for those who are trained to travel in time/space to do so in a conscious fashion.

Is there a further query, my sister?

P: Two more questions. To do conscious work in the subconscious is what we call the sorcerer's tradition. Is it necessary for third-density people to be able to do that work?

I am Q'uo, and believe that we grasp your query, my sister. It is not necessary for third-density entities to be able to move consciously within the subconscious realms of their own minds or the time/space realms of their local creation in order to be able to be graduated from this third-density illusion to the fourth. What is necessary for such a graduation is that the entity be desirous of serving others in a loving and compassionate manner, more in a percentage, shall we say, than it desires to serve itself.

Is there a further query, my sister?

P: As we move from the third density to the fourth do we move from the present space/time into a time/space continuum?

I am Q'uo, and am aware of your query, my sister. We would suggest the pondering of the densities containing space/time and time/space from the third density through the latter portions of the sixth density so that there are experiences which can be seen as incarnational and experiences which may be seen as pre- and post-incarnational as well within each of these densities.

Is there a further query, my sister?

P: No, thank you.

I am Q'uo, and we thank you once again. Is there another query at this time?

R: Sometimes I share an inspirational image with you and I wonder if you are actually able to share it or is this just some kind of mind construct that I put together?

I am Q'uo, and am aware of your query, my brother. When a gift is offered to us it is as a calling to us and we are there and appreciate the sharing which you so generously offer and [which] gives us a taste, shall we say, of your experience that we would not have without your dedication of it to us.

Is there a further query?

R: No, thank you.

I am Q'uo. We thank you for your gift, my brother. Is there another query at this time?

P: Sometimes we receive voices, inspirations, etc. and sometimes they are of the ego and not true. How can we determine the true voices of the Creator?

I am Q'uo, and am aware of your query, my sister. We would recommend that you find that place of peace within you, whether you utilize meditation, prayer or contemplation, that you move within to that



sacred room and await there the answer until it comes.

Is there a further query, my sister?

P: No, thank you.

I am Q'uo, and again we thank you. Is there a final query at this time?

Carla: I seem to have been blessed with the desire to do a whole lot more than I can do. Do you have any comments on this situation?

I am Q'uo, and am aware of your query, my sister. As we observe the well-known and well-stated preincarnative predisposition to activity and observe the choices made for the incarnation which were for the purpose of dealing with this very issue, we see now that the choices have been made conscious and you have before you much of that which you had before you before this incarnation. Thus, you are in a place of total free will where all that you desire to do lies before you as flowers in a garden, to be picked or sniffed for scent and left as they are.

Again, that meditative state is that place wherein the greatest clarity for each seeker is possible to be achieved and we would recommend that you make a time for this consideration that would coincide with a rebirthing ritual that [is] much like unto the springtime season that moves within your local environment at this time. And during this time of contemplation, prayerful thought, and the gaining of a sense of the self reborn, we would suggest that this is a means by which the subconscious mind might be alerted to the desire to know more of what is appropriate for this time for your experience within the illusion.

Is there a further query, my sister?

Carla: No, thank you.

I am Q'uo, and thank you once again, my sister.

We would take this opportunity to express our great joy and gratitude to each within this circle of seeking for inviting us this day and for giving us the gift of your queries, your concerns, and your desire to know that which is helpful on your journeys of seeking. We move with you on this journey and appreciate the desire that fuels each present and salute it as that force of motivation that is most important within each seeker's journey, not so much each experience or thought but the process of the seeking seen as a pattern, as a purpose, as a direction.

We are those of Q'uo, and would at this time take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

Opening the Heart (2012 Series, part Four)

by Carla L. Rueckert

At the beginning of this series of articles on getting ready for 2012, I discussed the concept of the great shift of the ages from the Mayan Calendar's Age of the Fifth Sun to its Age of the Sixth Sun, from astrology's Age of Pisces to its Age of Aquarius and from the Confederation's Density of Choice to its Density of Love. These three shifts, from very different disciplines, are all set to take place at or around 2012. And they all are said to signal an explosion of love and understanding, transforming our experience completely.

In the second article we looked at how our unresolved thoughts of death and of the unknown predispose us to live in fear, and hopefully I was able to lay your fears to rest. Fearlessness is an essential bit of groundwork to be laid when we think about getting ready for 2012.

The third article was all about polarity. This is the Density of Choice, after all, and the single most important choice for a person

who wishes to graduate, whether in 2012 or thereafter, when he dies to the physical world is the choice of polarity, which the Confederation terms the choice of service to others or service to self. That article concluded with the promise that in the next article, we would discuss how to make that choice more effectively.

And so we begin!

To become more skillful at making positively polarized choices in response to the catalyst of everyday life, we need to get away from perceiving ourselves as victims of fate. This supposition of victimhood spawns feelings of anger, resentment, helplessness and hopelessness. We shall never get to the open heart this way!

We need to consider that our lives are not made up of what happens to us. Life is what we do with what happens to us. We create our reality through our choices of how to respond to the world as we go.

To become more skillful at making positively polarized choices in response to our catalyst, we also need to get away from perceiving ourselves as strictly physical beings. This self-concept creates many temptations to identify ourselves by outer criteria such as race, societal class, level of attractiveness and annual income. And getting ready for 2012 has nothing to do with such attributes. Like all the best things in life, the techniques used for preparing ourselves for graduation are equally and freely available to all.

We are only physical beings on the surface of our selfhood. If we look beneath that surface, we discover that almost all of our true identity resides in our non-physical energy body and its enhanced consciousness. This energy body, which the Confederation calls the indigo-ray body, is the horse we rode in on before birth, and it is the horse on which we will ride through the gates into larger life at our physical death.

Our energy bodies interpenetrate our physical bodies during our lives on Earth. Their food is the light/love of the infinite Creator as it flows through our bodies from the soles of our feet, upwards through the body and off the top of our heads. If we eat a good diet, we nourish our physical bodies. If we keep our energy bodies' chakras open wide to receive and pass on this light/love, we nourish our energy bodies.

If our energy bodies are the realest parts of ourselves, and if in working to increase our polarity we work with the energy body almost to the exclusion of the physical body, why do we have physical bodies at all? They are messy and inconvenient in many ways! They plunge us behind the veil of forgetting. Don Elkins, the questioner for the Ra sessions, asks this very question on May 6, 1981:

"Can you expand on the concept that it is necessary for an entity, during incarnation in the physical, as we know it, to become polarized or interact properly with other entities and why this isn't possible in between incarnations when the entity is aware of what he wants to do? Why must he come into an incarnation and lose conscious memory of what he wants to do and then act in a way in which he hopes to act?"

The Ra group responds, "Let us give the example of the man who sees all the poker hands. He then knows the game. It is but child's play to gamble, for it is no risk. The other hands are known. The possibilities are known and the hand will be played correctly but with no interest.

"In time/space and in the true color-green density, [the Density of Love, our destination after graduation], the hands of all are open to the eye. The thoughts, the feelings, the troubles, all these may be

seen. There is no deception and no desire for deception. Thus much may be accomplished in harmony but the mind/body/spirit gains little polarity from this interaction.

"Let us re-examine this metaphor and multiply it into the longest poker game you can imagine, a lifetime. The cards are love, dislike, limitation, unhappiness, pleasure, etc. They are dealt and re-dealt and re-dealt continuously. You may, during this incarnation begin—and we stress begin—to know your own cards. You may begin to find the love within you. You may begin to balance your pleasure, your limitations, etc. However, your only indication of other-selves' cards is to look into the eyes.

"You cannot remember your hand, their hands, perhaps even the rules of this game. This game can only be won by those who lose their cards in the melting influence of love, can only be won by those who lay their pleasures, their limitations, their all upon the table face up and say inwardly: "All, all of you players, each other-self, whatever your hand, I love you." This is the game: to know, to accept, to forgive, to balance, and to open the self in love. This cannot be done without the forgetting, for it would carry no weight in the life of the mind/body/spirit being-ness totality."

The Ra group sees life as a game, a very odd game indeed, since to win it we lay down our hands and cease the play, melted by love. And we are the Players of this Game of Life.

An aside: I use this simile in my new book as well, which has now come back from the printer! If you would like to order it, go to [www.bring4th.org](http://www.bring4th.org) and click on the store. There you will now find Living the Law of One – 101: The Choice. I'm excited and invite you to read it! It possesses the prettiest book cover I think I have ever seen. And hopefully the writing is good also! You can download the cover image for your desktop at

[http://www.llresearch.org/misc/living\\_the\\_law\\_of\\_one\\_101\\_desktop.aspx](http://www.llresearch.org/misc/living_the_law_of_one_101_desktop.aspx).

Since the energy body works best when its chakras are all open and receiving full light/love energy, in order to play this Game of Life at our best level we need to keep those chakras clear. We do not need to solve our problems to be successful. We do not need to become wise and able, like the comic strip character B.C., to mount a soapbox and orate upon the TRVTH. To succeed at the Game of Life, we need only to stay calm, alert and relaxed. We need to find and maintain a certain "tuned" attitude which allows us to be accurate observers who have our minds clear to make our most skillful choice of response when a choice is needed.

The chakras of the energy body are coded to the colors of the rainbow. The first three chakras, red, orange and yellow, deal with sexuality and survival, personal relationships and formalized relationships such as those which come with our birth family, our marriage and our work environment.

Then comes the green-ray chakra, the chakra of the heart. In order for the heart to open, the first three chakras need to be open and running full power. So our task is set before us: we need to be sure that the above issues are not throwing us into fear, worry or over-concern and therefore blocking or narrowing the pathway of light/love through the energy body.

Often it is easier to clear the chakras of issues we have with others than to clear them of our condemnation of ourselves. It is a cliché that we are our own severest critics. And certainly it is healthy to criticize the self in the effort to improve. But in terms of keeping

our energy bodies clear and flowing with light/love, what we need is self-forgiveness and self-approval. Ra says, in a session recorded June 12, 1981,

"The seeker seeks the One. The One is to be sought, as we have said, by the balanced and self-accepting self, aware both of its apparent distortions and its total perfection. Resting in this balanced awareness, the entity then opens the self to the universe which it is. The light energy of all things may then be attracted by this intense seeking, and wherever the inner seeking meets the attracted cosmic prana, realization of the One takes place.

"The purpose of clearing each energy center is to allow that meeting place to occur at the indigo-ray vibration, thus making contact with intelligent infinity and dissolving all illusions. Service to others is automatic at the released energy generated by this state of consciousness."

It may feel a bit dyslexic at first to see your imperfections and still choose to love and accept yourselves unconditionally. Try it for a while. You will find that it becomes easier as you practice! And as you accept yourself more fully, you more and more develop the compassion needed to accept others. And this also helps in creating positively polarizing choices in your moves on the Gameboard. Notice that I did not talk about clearing the upper chakras – the blue-ray chakra of communication, the indigo-ray chakra of radiant beingness and the violet-ray gateway chakra. Clearing and working with these upper chakras is fun, and many paths of service open to those who work with the higher chakras. But what is needed to be ready for graduation is clearing the path through the lower chakras to the open heart. The Q'uo group says, in a session recorded December 13, 2008, "An entity may rest in faith for a whole life long knowing that all is well, without ever leaving the sanctity of the open heart. Indeed it is not necessary to work with the gateway to intelligent infinity in order for a seeker to live a life of highly polarized service to others and to graduate into fourth density when the time comes.

"The heart and its energy center hold the key to moving forward with the evolution of mind, body and spirit, in that the heart is that sanctuary in which the immediate presence of the one infinite Creator is always available. Indeed, it is the nature of the green-ray energy center to be sanctified and utterly positive, resounding with the vibrations of unconditional love."

So, to get ready for 2012, it is very helpful to spend as much time as you can in this sanctuary of the open heart, where time falls away to reveal the present moment. The Q'uo group says, on January 26, 1996, "How can one find this present moment? We suggest often the practice of regular contemplation or meditation, for within silence there is that key which unlocks the doors of attention. And into that sanctum sanctorum of the open heart, silent and listening, there resides the Creator whose name is Love.

"We encourage each to form the habit of silence on a regular basis, for that voice which speaks in silence is that which gives life and peace. We do not say that it gives wisdom. Rather, we suggest that it works little by little to open the heart and the awareness to the presence of love."

Next week I will conclude this present series of articles with a good look at forming and developing the habit of seeking the silence.

I open my arms and embrace your spirit! The vessels in my arms come straight from my heart, so my hug is not a simple gesture but the

transfer of love directly from my heart to yours. Go ahead – hug me back! It feels so good! And let us all hug life with thankfulness and joy as we play the Game of Life!

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Sunday Meditation

January 21, 2001

Group question: The question today has to do with how a group can help us to develop our patience, whether it's patience in what we seek: truth, love, the purpose of our life, the purpose of a situation. Or how a group can help us to develop patience in accepting things that don't change or won't change: a rift in a friendship, a job situation, relationships with family, etc.

(Carla channeling)

We are those known to you as the principal of Q'uo. Greetings in the love and in the light of the one infinite Creator in whose service we come. We are most happy to find ourselves called to join your group and we are delighted to speak upon the group worship experience and its effect upon such spiritual qualities such as patience. As always, we would simply ask that in hearing what we have to say that each monitor our thoughts for that inner resonance which comes when a thought which has personal relevance to you. Respect those powers of discrimination that offer those resonances and leave any thoughts which do not have that resonance for you to one side and move on. This gives us the freedom to share our thoughts without any possible infringement upon your free will.

As members of social memory complexes, as this instrument would call them, we ourselves have the highest opinion of the help offered by the ambiance of a group. It is deep in what we perceive to be the Creator's plan of creation that entities not be alone. In a very important way, of course, each spark of spirit, each portion of the Creator that is experiencing self-awareness is indeed alone and we would not quibble with the inevitable and inexorable forces of individuality. Each of you chose, in coming into incarnation, to leave the stream of the soul, shall we call it, and choose certain relatively unbalanced portions of that soul stream, both in terms of limitations and in terms of gifts and resources to furnish the personality shell that each of you brought into incarnation. Each of you chose this veil of solitude that flesh represents, not just at the level of being unable to merge physically with another third-density entity but in terms of metaphysically finding many divisive factors in relating to other selves.

A legitimate and continuing portion of the experience of the illusion is and will continue to be that pressure of solitude that this instrument would express by the old spiritual song, "You have to walk

that lonesome valley. You have to walk it by yourself. Ain't nobody else going to walk it for you. You have to walk it by yourself." There is a simplicity and a sorrow to that old spiritual phrase that is legitimate and is real. Only the release of physical death will assuredly and reliably remove from you the illusion of aloneness at the personal level. However, in all densities and between all densities, save this density, all portions of the creation is indeed aware that none is alone.

The entire fabric of increasing light contains warp and woof of connection between entities, between groups of entities, between groups of groups of entities until finally all truly is one being, all knowing what all parts of the Great Self have thought, done, and intended. There is a strength and power to this kind of unified knowledge that is part of the rightness of creation. And there is, naturally, a hunger and a thirst for this connection in each and every mind/body/spirit complex as this instrument calls people, spiritually speaking, that is most understandable considering the basic nature of creation.

We are aware that each of you has a good working knowledge of the reason for this veil of forgetting that places each entity upon your planet in a cocoon of solitude. Each of you is aware of the helpful nature of this cocoon and of the challenge that it represents, for the cocoon of a lifetime incarnation is as the stage of life of the butterfly that precedes the flight. Unlike the undeveloped butterfly, however, which is as it is and will develop along instinctual lines within the cocoon the third-density human cocoon is one ripe with possibilities. There are entrances into this cocoon, entrances which unify and strengthen the work that is done within the cocoon. It does not mean that there is an escape from the process of maturation. It does not mean that the pupae does not become a larva, and the larva does not have to do the work that is involved in becoming a butterfly. What it means is that the work is not only on the level of the development of the physical vehicle, although in many cases the cocoon of an incarnation does include a progression of more and more learning about how to take care of and cooperate with the evolution of the physical vehicle.

For the most part the work done within the cocoon of an incarnation is emotional, mental, and spiritual. The emotional and mental being far more obvious, but the spiritual being tremendously important as well. The feelings of isolation and independence from others create that opportunity that cannot be bought outside, of incarnation, to live by faith. Outside of the cocoon it is obvious that all are one. Inside of the cocoon it is isolated and protected. And the only thing that is obvious are the thoughts and the entity inside of the cocoon. What are those thoughts? Do they lead to an open heart? Do they lead to other thoughts along spiritual lines? Do they lead along threads of forgiveness, forgiveness of the self, forgiveness of others? Do they lead along lines of communication, more and more openness between the self and others within the environment? These are all good questions to ask when the self is feeling isolated within that cocoon. For as one moves through the day one may pass a dozen people. Each of those is also an immature being of light within a cocoon. Each of those also feels isolated and alone. In what way? By what smile or gesture or word could a connection be made? These are questions to ask the self within the cocoon.

Within relationships there is an enhanced opportunity, both to feel

isolated and to search for connection. And certainly when there is the opportunity to work with a settle friend or mate or spouse this opportunity becomes most attractive, for each entity touched by the cocoon of self is an entire universe with connections through the energetic body in virtually every chakra and every finer body. Thusly there are, if not infinite ways to connect with others, certainly many, many ways at many levels to make genuine and helpful connections with those other selves that share that vibration that expresses your own nature and divinity. Company is a precious thing whether or not an entity has mated. There very few entities within your Earth plane which are able to grow in true solitude, and even when it is apparent solitude that surrounds an individual the threads of connection that exist in actuality are yours. For no entity can live without procuring the supplies needed to preserve life. And in order to do that there is the need to depend upon, to trust, and to interact with, either directly or indirectly, hundreds and even thousands of other entities who manufacture goods, who create goods, who distribute goods and deliver them to you. So in all these ways there are connections through the cocoon that empower and strengthen the self.

The spiritual community is the certain kind of connection, but it holds a special place. In one way this special place is created by the simple mechanics of multiplication. In this instrument's holy works it is written, "When two or more are gathered together in my name I will grant their requests." This message from the teacher known to you as Jesus was a hint about how groups of a spiritual nature work. We would, rather than hint, simply say that the vibratory energy of one entity, when joined in meditation with another entity, doubles the strength of that entity. When a third entity joins a group sitting in a circle of seeking, that energy doubles the energy of two, meaning that three people have become four. When a fourth entity joins the circle of seeking, again the energy of the group is doubled. Thus four entities vibrate with the power of eight. And when a fifth joins the group, the strength of the group doubles bringing the power of a sitting group of five to be equal to sixteen people who are sitting unconnected to each other. You may extrapolate from this to see how rapidly the power of a sitting group, of a unified nature, can grow. But there is an increase in not simply the vibratory power of a sitting group because of its being more than one person.

Secondly, there is a strength and a power that is drawn from being a portion of a group that is attempting to be a spiritual community that is of service one to the other. There is a feeling that there is someone to talk to, someone to share with, someone to laugh with and even cry with. There is a sense of comradeship and a sense of shared principles and beliefs. This is very strengthening.

The area of the third strengthening, however, is the most difficult to catch in words, and at the same time by far the most important of the three aspects of the helpfulness of groups. In joining a metaphysically oriented group there is what this instrument has often called the switching of universes. And when a group of entities does this together there is a strengthening of the thought structures which exist in the very deep mind, which this instrument would call the archetypal mind. Normally this material remains in the very deep and unconscious portion of the mind and only sparks through the threshold of consciousness in visions or dreams and then in a muddy or confused fashion. Within the influence of a group the shifting of universes means that the power of spiritual coincidences increases and the sheer

number of things that are said and seen and heard, both in and out of the environment of the group, will greatly increase in the sense that more and more of those things that are seen and heard will have bearing on the spiritual journey that is undertaken by each of you. The universe is always trying to speak to the cocooned being. The creation of the Father is constantly trying to get its messages through. It does not know that it is trying to get the messages through. It is simply sending forth that message with every fiber of its being. To the flower, to the tree, to the plant a human being is a portion of the creation like any other and the vibrations of the plant pour out to it in glad fullness. Further, those second-density creatures are trying to drink in all of the vibrations which each of you might offer to them. There is no fear that that which is felt, intended, or said might not be attractive to the plant. There is only that all-accepting experience of welcoming and inviting all energies from the other. This is what the creation of the Father has to offer, not simply the welcoming of the human into the environment but the willingness to hear whatever that human has to say. What this means is that many things that cannot be said to other cocooned beings—that is, other humans—can in the context of the group soul nature not only be said but be heard.

Further, the creation of the Father has the power to heal that which is broken, especially in the realm of the mental, emotional, and spiritual. So there are many finer body adjustments that can be made when interacting with that group which is the second density. In the third-density group such as this one, or any other spiritually based group, there is that nature shared with second density and all higher densities of absolute love for the waking human consciousness within the cocoon and absolute willingness to absorb and accept all energies coming from the cocooned energies that the being within the cocoon is experiencing. This means that through the subtle connections made within the meditation within the group there lies the potential for vast amounts of healing that can come only from the surety of being loved and the realization that one is completely and totally acceptable. It is not that the other human beings within the group are giving each of you this although they may well be on the conscious level. It is that the connection of the circle of seeking opens to each, with a power of the group on an individual basis, the deeper self within.

You asked about how the group could offer to the individual an enhanced ability to have patience and we are sure that the question extends to other spiritual characteristics that are greatly desired and difficult to obtain within the illusion of experience within the illusion of separateness. For faith, a sense of humor, persistence, and compassion are certainly those qualities which are often sought but usually imperfectly found, and yet how blessed it is when the seeker can find a moment of utter patience, utter humor, utter acceptance, or utter love. And all of these streams of emotion flow through the channels of the deep mind in pure and undistorted vibrations, for they are part of what this instrument would call the default setting of the vibration of creation itself, the Logos of the one infinite Creator which is Love.

When one attempts to talk about love one ends up talking about qualities such as compassion, faith, hope, patience, and humor. But these are all as the rays of light which comes from the sun of Love, each a slightly different color, each a definable and recognizable



quality but yet each a ray of light from the heart of the Creator. And what the spiritual group does is to bring that sun a little closer to make it more possible to find a conscious, honest faith in the existence of this sun or source of love and light. It is a permeable cocoon, this cocoon that your experience of incarnation in flesh. Through your energy body there are tremendous numbers of entrance into finer densities. Through the gateway of intelligent infinity which is part of the energy body there is access to inspiration and realms of teachers and guides.

And through the openings into the self which are through the heart, not just in the chakra or in the finer bodies but in the physical heart, there is entrance into the deep mind. And all of these sources of light are aided in the clarity with which they enter the energy web within the cocoon by the subtle enhancement of group energy. Each of you is much more than you know or can sense. Each of you brings to a group such as this one a variety of qualities over which you have little or no control and many of these qualities are greatly helpful to the group. Each of you brings, in essence, the universe and all the energy and power that fuels that universe that is yourself. And when you open that universe in meditation there is a golden connection and in any circle of seeking there is that connection that encompasses the group, that runs between each member of the group, and that exists within the finer bodies with a physical, if you will, truth. No connection is ever lost. And each connection increases the light. Indeed, it is by a series of connections with other awakened beings that each of you creates the net of love that is lightening your planet at this time. We are happy to say that this net has become more and more articulated as more of those upon your planet awaken. There are many around your world, none of whom this instrument or any in this group knows, who have joined this group because they are aware that this group meets at this hour. And these unseen friends also add greatly to the power of the work done by each within the group. And, finally, of course, there are those many, many beings of spirit who are drawn to a group such as this and whose delight is in enhancing the experience of the group for all those who are attending. We would at this time encourage each ... We correct this instrument. We would at this time transfer this contact to the one known as Jim that this instrument may continue this contact. We leave this instrument in love and light and thank it. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our honor at this time to ask if there might be any further queries to which we may respond.

S: I'll start off. My wife wishes to ask concerning our trying to sell our business. We are not real happy with the people that we are working with. She wanted to know if we are going in the right direction, with the right people, should something not be done, should we do something that we are not doing? Could you shed a little light on that?

I am Q'uo, and am aware of your query, my brother. We would speak to the point with a desire of avoiding the infringement upon free will, for it is matters such as this one that entity's are, for the most part, upon their own when it comes to receiving advice from those such as are we. For it is in the give and take of difficult decisions that the ability to exercise decision-making power is most enhanced. In this regard, and with this consideration, we would recommend that when

you feel that there is a point upon which there is a disagreement, a point upon which there is confusion, whether it be the entities with which you work, the terms of the agreement, or any matter pertaining to this situation that you look together within the meditative state that you might seek your heart's direction. For the steps that you take within each incarnation are steps well taken when they are, shall we say, in the context of the incarnation, the direction, the attitude, the mode of seeking that which is most helpful to the learning and serving that each has come to do. Thus within the meditative state one may ask any question, then wait in patience, and receive a direction from that which we have called the heart. Or perhaps it would be more clear if we called it the higher self, angelic presence, guidance, unseen hands. Each entity has this assistance available. Knocking upon that inner door is the most, shall we say, salubrious method of achieving a direction and an answer. Is there a further query, my brother?

S: Touching on something you said earlier about the group dynamics and learning and growth. With those such as yourself where you don't have the limitations and have a broader view of things, how do you spiritually advance or continue with your seeking?

I am Q'uo, and am aware of your query, my brother. Those such as ourselves. We assume that the removal of the veils that hide the truer self and the appropriate path are the qualities that you have referred to as advanced. We would, in our situation, be able to make a decision by simply following the path that we now move upon, for we move without the so-called veils that hinder perception, that remove confusion, and that allow us to do that which is appropriate but without the challenges which you face. For the illusion in which you move is one in which the veils are very much in force and which make more challenging, shall we say, the determination of direction. However, these veils also enhance one's ability to grow in the metaphysical sense in that with this degree of difficulty provided by the mystery of the veil one is able to move one's feet in an appropriate manner and one has achieved much. One then has achieved far more than we who move without these veils, who move without such encumbrances but who move without the degree of learning that is possible in each instance that is possible for you within this third-density illusion. Thus though we move in a more efficient manner we move in a more pallid sense in that there is not the challenge, not the intensity, not the difficulty that so enhances your experience in this third density as you make your choices as to the direction of seeking and the path to the heart. Is there another query, my brother?

S: Not right now. Thank you.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I have two, but I would like to follow up S's and ask if you would describe the learning that you do now as refining or would you describe it as continuing to increase the light, or how would you describe it?

I am Q'uo, and we must pause briefly that this instrument be allowed to work the recording device. We are those of Q'uo.

(Pause)

I am Q'uo, and am again with this instrument. We would ask that you repeat the query, for this instrument was distracted and was not able to perceive the entire query.

Carla: I'd be glad to. Q'uo, I was wondering, to follow up on S's question, how you would describe your learning at this time. Would you describe it as refining or as increasing the light or as working with your groups to learn that way? How would you describe the spiritual evolution that you are now participating in?

I am Q'uo, and we thank you for the repetition of the query, my sister. This instrument's mind is often divided and it is not well trained in concentration. Our experience is one of the refining of those choices which we have made in a far more previous experience, that being both the third-density illusion in which we were able to achieve our polarity and in the fifth ... We correct this instrument. And in the fourth density in which the compassion necessary to fuel our wisdom was gained. The choice which is made by any in third density as to the nature of the polarity is one of such a fundamental nature that there is constant refinement of the desire to serve as the compassion is gained that allows one to develop a method of propulsion, shall we say, where the desire to give love to the Creator is foremost upon the mind and within the heart. The gaining of wisdom in the third ... We correct this instrument once again. The gaining of wisdom within the fifth density is an experience which is, again, a refining of the basic query to the self of how best to serve. The blending of the compassion and wisdom qualities of sixth-density experience again refines that which has been made as basic choices in previous densities' work. Thus we continue to refine that which has been chosen previously and seek continually the transformation of the self into the one Creator which we feel is our basic lesson in each experience.

Is there a further query, my sister?

Carla: Yes, there is. Thank you for that. Quickly, just with procedure. I like to be responsible with my channeling and right at the end there I was moving along and I got just the beginning of the phrase, "We would encourage each" I think it was, and it just stopped so completely. It is so unusual to have something like that happen. Usually you get the concept cluster that you have started with and you go through that and then there is another. But you stopped right in the middle and then started with a whole new cluster and said that you were going to transfer. That was unusual, but what I thought was that you realized that it was time to stop and not launch into the next portion, and I just wanted to know if you could confirm that is what happened?

I am Q'uo, and am aware of your query, my sister. We find that we must invoke the Law of Confusion in this situation. We apologize for being unable to speak further.

Carla: Could you give me some ideas as to what boundaries you are protecting?

I am Q'uo, and am aware of your query, my sister. This instrument is somewhat distracted in general and is unable to pick up our contact in a reliable fashion. We find that this difficulty was somewhat of a problem, shall we say, for your contact. Further than this we cannot go. Is there another query at this time?

Carla: Thank you, but I am wondering if it might be better to hold the query and let you and the instrument decide. My original query was somewhat divided. I was going to ask about patience since it was not covered overly much in the beginning query and I was going to invite you to say something about patience, but I would also be perfectly happy if it would be better for the instrument and you to end the

contact at this time. I'll just leave it up to you. I want to thank you and also the instrument.

I am Q'uo, and we appreciate your concern. It would be well if we ended the contact at this time, for this instrument is not in a proper state for reception. We appreciate your concern. We are those of Q'uo.

Adonai, my friends. Adonai.

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Sunday Meditation

March 18, 2001

Group question: We have just about got A Wanderer's Handbook ready to be printed, and we are going to be sending a flyer for it out to people on our mailing list. Many of them likely are wanderers or spiritual outsiders of one kind or another and we are wondering if Q'uo today would like to say something to these people about the concepts in the book or the quality of being a wanderer, of being alienated and isolated in the spiritual journey.

(Carla channeling)

We are those of the principle known to you as the Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank you for calling us to your group this afternoon. It is, as always, a great privilege and pleasure to speak to you. We want to thank each who has come for the sacrifice of those other things that were not done this day in order that each of you might seek the truth and rest in the silence that binds us all in the love and in the light of the one Creator. It is wonderful to be able to share our humble thoughts with you. We do want to be clear that we are not authority figures, but seekers upon the same path with you. Perhaps we have walked a few steps more. Perhaps we remember a few more of the experiences that we have had, and, therefore, perhaps we can offer opinions that may be useful and may be interesting to each of you. But we do ask that each of you listen with a discriminating and careful ear, listening not for all of our words but for those words that seem to resonate within your heart. For truth is a very subjective thing, and when something is part of your personal truth it will have a certain ring to it, and you will recognize it. Trust that resonance of recognition and not the seeming authority of any source, for you have responsibility for your mental, emotional and spiritual evolution. You may choose the rate and the process of change. And we would not wish to become a stumbling block as each of you seeks the truth in his or her own way.

With that said, we are very happy to share our thoughts on the occasion of this special newsletter, which speaks to those who have enjoyed other material that we of the Confederation of Planets in the Service of the Infinite Creator may have offered in times previous to this. For many to whom we speak, we simply say, "Welcome home," for one thing that is very common among wanderers and all those who have begun the process of awakening from the sleep of Earth is a feeling of not being at home in the Earth world, of not recognizing the colors and shapes of your beautiful planet. As lovely as it is, yet still it does not feel like the shores and the fields of home. And this is because in many cases we speak to those who do not originate from the planetary environment that you call Earth but, rather, are those who have chosen very deliberately and specifically to come to Earth on a voyage of service and learning.

For many others to whom we speak, Earth is the native sphere, the beloved home, and yet the spirit has awakened from the dream of Earth. And more and more, in the awakening process, Earth has become an alien place, not because its shapes are unfamiliar but because the thinking of its peoples and its culture has begun to jar against the newly found shapes and resonances of an awakening awareness of the self as a citizen of eternity and infinity. Whether you listen as one who is an Earth native or as one who has come here from elsewhere, yet still we speak to you as absolute equals, for all of those who have awakened have become wanderers upon Earth. All begin to experience the dislocation of living in two worlds at once. There are certain characteristics to this experience of awakening and finding one's self, attempting to make sense out of that which seems more and more not to make sense about which we can speak.

One very common experience is the experience of isolation. It is as though a separation had occurred between those who think in physical terms and the self, who is thinking in metaphysical terms. The reasons and the considerations for making choices in the Earth world have to do with practicality, finances, schedules, what people think, what the mores of the culture are and so forth. To the spirit who has awakened, there has been a switch of universes, and the reasons for doing things in the Earth world do not seem to hold the fascination and the attractiveness, if ever they did hold attractiveness. Rather, there comes, more and more, to be a yearning of the heart, for truth, for essence and for service.

The self, once realized as a metaphysical entity, is also realized as an ethical principle. And you can see yourself more and more clearly as one who truly can be responsible for doing her absolute best to do the ethical thing, to hold the highest principle, to hew to the road that seems the most beautiful, the most moral and the most right for the self. Often that which the world considers right and that which the inner self considers right will coincide. However, not infrequently issues looked at from the standpoint of Earth are looked at with an eye to the protection of the self and the maintenance of the environment, whereas looked at as a metaphysical issue, often the solution is transformed, and roads may be chosen that do not seem as practical, as convenient or as down to earth. For in the switch of universes there is the release of the forms of the world and the realization of forms that are higher in the metaphysical universe. All things are energy and vibration and your thoughts and intentions are far more important than whether or not, in the eyes of the world, you have succeeded. It is a cliché among all cultures of Earth that many a fool cannot seem to be practical, and yet many times, from the standpoint of spirit, it is very important to be impractical and to hew to that which this instrument calls the highest and best. Again, such value judgments are very subjective, and another's opinion of what is the highest path or the finest or most beautiful principle by which to live may not agree with your opinion. And we say to you, one way to become more at home in this strange world of the awakened spirit on Earth is to be decisively impractical and to know, going into decisions, that you shall be making decisions with an eye to spiritual values. Often these decisions will not make sense to others. And we encourage each to have the courage and the faith to follow your principles, your guidance, your light. For what each of you has awakened to is a precious awareness of self as essence. Each of you has become aware that you live in a very busy physical world. It is a world of never ending detail, a world which this instrument often characterizes as one offering too much good work to do. It is not that the world offers one bad choice after another, though this is often the case. There are many beauties and blessings to the world as it is, in all of its confusion. Yet there is a simple factor underlying all of the busyness and detail of physical life, and that is the essence that you are, that each of you is. We would look at this essence for a moment, for it is at the heart of what we have to say.

Each of you is very, very real. Beyond the dream of Earth, beyond the dream of ether, beyond the dream which is at that level at which we are now speaking, beyond all dreams of which we know, each of you is very profoundly, ultimately, uniquely real. You are, in fact, the stuff of creatorship. Each of you is a spark of the divine, and without each of you the divine would not be complete. Each of you was, before time and space existed. And each of you will be, beyond all thought, beyond all telling, beyond any creation's end, for in infinity an end is always a beginning, and you shall forever be the only you that exists, precious, beloved of the Creator, an essence, a light, a love.

You are here as awakened beings to be, not to do. This is a terrifically difficult concept to receive within the context of incarnated life because life as you know it, as you experience it, as the culture teaches you to experience it, is about doing. You were taught to value yourself as a worker, as a producer, as an accomplisher of deeds. They may be many different kinds of deeds, but at the next gathering to which you go, you will be asked not, "Who are you?" but, "What do you do?" And you will be valued by many people according to how that answer goes. And yet we say to you that you are not here primarily as a doer, but as an essence. In the energetic or metaphysical sense, each of you is a field of energy. Now this energy is not simple. Each of you has, as a core vibration, the one great original Thought. Each of you, at the core, is the Creator. Indeed, the basic goal of evolution is to come once again into full vibratory congruency with the one original Thought that is the Logos. This Logos could be described as love, and yet that word has been so sullied by being used for different kinds of passion and emotion and devotion that it is inadequate at heart to express the fullness of that quality that is creative and divine love. To this original Logoic energy you have created distortions or variations or complexities that add to that basic vibration and that make you that unique essence that you are. As we see your vibratory pattern, we see your name metaphysically. You are as a rainbow of color and a certain pattern of shape that is, in its own way, exquisite. And we would know each of you anywhere, not from what you are thinking, not from what you are feeling at any particular moment, but rather from the great accumulation of self, through many experiences and many densities. Each of you comes to the present moment vibrating in a very discernibly identifiable way, and this is the great gift of each awakened being to the self and to planet Earth and to the peoples of Earth. For once each has awakened, each becomes an agent of the love and the light of the one infinite Creator.

It is part of the nature of the ethical, biological entity that you are that you shall express in this way. Here is the plan that we believe each of you set before yourselves before incarnation. The plan was to choose a set of relationships and a set of lessons as the one known as T. was saying in the conversation before this meditation. "I know that this problem has come to me," he said, "because I set this up for myself, and I am looking to sit with this difficulty, to enjoy this challenge, and to move through this process with as much love as possible." Your plan as learning entities, interested in the evolution of spirit, was not to be here and be wise, but to be here and be confused. You are hoping, by coming into this very dense physical illusion, to become completely disoriented and to wake up in the midst of a true sea of confusion. And the reason that you hoped for this was that you had the feeling that you could come to a better balance of self, a more pure choice of polarity, and a more passionate desire to seek the truth.

Before incarnation it seemed not so hard, because before incarnation, gazing at the scope of the entire incarnation, it seemed fairly obvious what these lessons were and why these relationships were important to follow through. It seemed unlikely that we could possibly avoid awakening. Yet in most cases awakening is not an easy thing but a process that moves in jerks and fits and starts, going

through many an epiphany and many a dark night of the soul. Your hope here was simply to become so aware of the confusion of planet Earth that you would finally stop attempting to control things from the mind, from the ego, from the head, and would abandon what would appear to be an inadequate resource for dealing with that sea of confusion that is Earth life. You hoped that you would begin to move into the heart, for it is the heart, its intuitions and emotions, which contain the true harvest of wisdom, love and truth that lie within you within the sea of confusion.

When the awakened seeker begins to move into the heart and allow the heart to open and remain open, even when it is the most vulnerable, then it is that somehow the issues begin to seem simpler. Then it is that unseen hands begin to lend their aid and messengers of bird and beast, word and sign, and relationship and association seem to begin to pop up here and there and everywhere, forming a synchronistic web of coincidence and connection that teach and offer help when it is least expected and least seen ahead of time.

Attempting to live by essence, attempting to be oneself, is the work of the heart. Often it does seem very impractical as a way of living, for the opened heart seems very unprotected and very vulnerable. And so it is vulnerable to confusion and challenge of all kinds. The strength of living in the heart is that slender strength called faith, that lifts one on angels' wings and takes one above a problem, so that even if the body is troubled and the mind is confused, there is a serenity that comes from the release into knowing that all is well, and that all will be well. This trick of living which is called faith is a great key in switching universes, for faith takes the place of control in the Earth world and doing becomes being. Details become essence, and a life moves from the inside out rather than being driven from the outside in.

Another aspect of being a wanderer, which is common to those from elsewhere and to those who are native to the Earth sphere, is the enormous yearning to serve. And we say to each that the main service of each of you is the service of being yourself. For when you are most truly and deeply yourself, when your heart is open and vibrating in its fullness, you become a crystal capable of receiving energy, transmuting energy and releasing energy into the Earth's sphere. Many of you from other planets have come here specifically to do this. It is a simple process. You breathe in. You breathe out. You allow the truth to flow through you. You allow the infinite supply of energy that is the love of the Creator to flow through your energetic system and out into the Earth planes, and as you bless this process, encourage it, you intensify and enhance those vibrations that move into the Earth plane. Each of you, by being the way you are, is at this time a servant of the light, and you need do nothing more than live and love to fulfill your mission upon Earth. Naturally, each of you gave yourself gifts to share, lessons to learn and outer services to perform. And we encourage each to move along those lines of talent and gifts as you perceive them, looking for ways to share those gifts. But realize that, more than those outer doings, the inner essence is the true and central gift of the life, which you have come to offer. It is a beautiful gift. It is a gift that will take you all your life to give, and our encouragement to you is to give this gift and do this service regardless of what else you seem to be doing in your life.

You can work on opening your heart within the process of the workaday world, within the process of any present moment, under the storm of any challenge. It is impossible for any thing or any one to keep you from pursuing this service of being, and we want you to know that you have many helpers to aid you in this service. For each of you has guidance, personal guidance, deeply impersonal sources of guidance, inner planes teachers that shall come to you if you have a desire for that which they have to share. Many are the unseen spiritual aids that are available to the persistent and asking seeker. The key here is simply to ask and to keep asking with all of your heart. For it is true, as this

instrument's holy work says, "Seek and you shall find. Knock and it shall be opened to you." Your desire shapes a tremendous amount of that which you shall receive spiritually. So trust that self that desires. Do not scorn it, but rather seek to know yourself more and more, and to define and refine to yourself that which you truly do desire, that which you truly do seek. For that which you seek, you shall surely find.

Each of you is a tremendously powerful principle, spiritually speaking, and a wonderful haven of help and healing to others. You are a particular kind of spiritual being, and although it may seem that you are isolated, that you are different and that you cannot be effective, yet we say to you that this is far from true. You cannot know what importance a smile or a word from you may have to another. You cannot know who will oversee some action or thought that you take and become comforted and inspired. You do not know, when you reach out your hand, how it will be received, and yet the impulse to do that is gold, spiritually speaking. Know yourself to be one who is truly powerful to serve, one who is worthy, one who, by doing her best, shall have done all that is necessary. This instrument often says, "Is there ever enough?" having noticed in so many ways that she is seldom satisfied. Yet we say to you, "Yes, you are enough, just as you are at this moment. Know yourself to be of great value as you are, as you sit, as you rest, at this moment. And know that all of the confusion of Earth cannot remove that essential quality from your being."

We greatly sympathize with the confusion that each feels within the Earth plane. We admire your courage. We rest in the comparative sureness of knowing of our density, in which many, many things are known, in which all thoughts are clear. Our confusion and our seeking lie in the mystery beyond that knowing. But to you, even that, the knowledge of self and the knowledge of other self, is so often hidden. It is as though each of you were in a scene from the television program this instrument knows as "The X-Files," looking around with flashlights in one dark corner after another. Such is the spiritual world. Within the Earth plane it is a very dark plane. The inner planes are not clear, and often there is no observed light. And yet we say to you, trust the light that is not seen. Trust that candle that is your heart, and know that as long as you keep that candle lit, that is your only responsibility, not for other's thinking, not for other people, and not for outer issues, but only to open the heart, to offer the self to love and be loved, to know the self as part of the Creator.

I am Q'uo, and we are aware that we have taken a great portion of your time speaking to you this day. We would, at this time, take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. Copyright © 2001 L/L Research

**ABOUT THE CONTENTS OF THIS TRANSCRIPT:** This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Sunday Meditation

May 6, 2001

Group question: The question today has to do with the eternal spiritual principles that each seeker of truth pursues. At some point in the spiritual journey a seeker will lose some of the original passion that propelled the seeking to begin with, and we would like Q'uo to give us information about how the seeker can find again that



passion in the seeking. How can we as seekers of truth keep our passion high, or is it necessary to have periods of rest?

(Carla channeling)

We are those known to you as the principle of the Q'uo. We greet you in the love and in the light of the one infinite Creator. It is our privilege and our blessing to be called to your group this afternoon, and we thank each who is a part of this circle, those present and those who are joining this circle from a distant location. The dedication and desire for truth that each of you expresses creates the vibration that has called us to you. And we thank you very much, for it is our chosen service to offer our thoughts to those who would seek to hear a slightly different slant on that story which is always and ever the same. That story that is always the same is a story about love. Your question to us this day is also, in an important way, about love. For when you are in a passionate stage of seeking your heart is on fire with that which is love. The story of love is a very simple story. The Creator loves each and every spark and atom of creation with a love that is beyond all that can be imagined. This love is as the energy which drives the infinite universe, and it is the spark within the heart of each of the Creator's children. The love of the Creator is as a unified, infinitely intelligent Thought that we have often called the Logos. Logos is the word which the one known as St. Paul the Apostle used and the one known as St. John when they wrote those books of your Bible in which the love of the Creator was discussed. The one known as John, who wrote the Gospel of John in your Bible, also used this word when this entity wrote, "In the beginning was the Word." In the beginning was the Logos. And each of you is made of that same Thought that is the Creator and the created. And each of you, having received this infinite gift of life and spirit and being, has created through the winding trail of experiences and thoughts many, many shadows and variations on that original Thought of Love so that each of you vibrates in love, and yet with many unique characteristics of your own which mark each of you with a signature which is unmistakable. We would know each of you in any density and in any form of body which you would take, for each of your souls is unique. The question this day concerns the cycles of seeking that you experience, the ups and downs of being very excited about a certain body of material that seems to hold true and then being not so excited about that material and perhaps, then, being drawn to another body of material and becoming excited about that. As this instrument was saying earlier in the discussion that preceded the mediation, there is only one truth. There is nothing new under the sun. And we would be the first to agree with this instrument. We have often said to this group that our story is too simple to be told in an understandable fashion. We work through channels such as this one because each channel has a personality and an attitude which enrich our simple story with words and images that we are able to use to find a new way to share our hearts with you. And this is what the thousand thousand entities who are inspired with the love of the Creator offer. Some of these sources have been codified as holy works. Some of these sources have never written their words down at all. And many are somewhere in between.

Each entity that you may meet as a seeker, each book that has been offered, is one of the thousand thousand faces of the Creator, one of the million stories about the Creator, one of the myriad of structures in thought for happening upon the Creator. Within the incarnational

cycle of living there are numerous cycles. The day revolves light and dark. The year in its seasons brings about the warmth and the chill of summer and winter. Each cell of the body is renewed every so many years of your physical vehicle, and each has experienced daily, monthly, yearly and multi-year cycles of growth within the emotional, mental and spiritual parts of yourself. It is natural indeed that even the most devoted student of the very best story would find after a certain period of time that there was enough of that source within the being, that the self is full and sated with that story, with that truth, with that face of the Creator. This does not necessarily mean that it is time to move on, as this instrument has experienced within her walk within the Christian faith. She has found that walking through the desert of unbelief, walking through the difficult and bleak times when there is no spontaneous inspiration has its own very powerful effect upon faith.

And those who choose a religious path or a philosophical path as a life path are very wise to remain upon that path in good times and in bad. But there are many entities, many sparks of the one infinite Creator who are not able, for one reason or another, to resonate and respond to the story, the truth and the face of the Creator that lie within that religion or philosophy that is offered. These are entities that will make their own paths, and these are entities that may well find themselves not simply moving in and out of a passionate love of one body of material but in and out of respect for and devotion to and learning from several or even many different sources of inspiration and guidance as the path moves through years of living and experience. We do not in any sense recommend one way of pursuing truth over another. For entities such as this instrument we find one path to be extremely helpful and the sticking to that one path extremely wise.

For those who do not resonate to one path but who find their food from this and then another and then another source we simply commend to those seekers all that is old and all that is new in their experience. Even if the seeker attempts to stick with one body of material she will be cycling each time she reads through the same holy words into another period of her own learning and, therefore, she will come to that material as a new person, so that spiritual words are never actually old, for each time that you come to them you are a new entity with a new and more informed mind and heart. Sometimes it may seem to you that you are actually moving backwards and regressing, and this is expressed well by the one known as T who was somewhat disappointed in himself because his passion for the particular material that he had previously loved so much was no longer running so hot. And yet we say to those who may feel this way that even were you to move back into that same material and be kindled anew for that material, it would not be coming back to the same material. Rather, it would be looking at it with new eyes and finding a new level of learning and inspiration within those pages.

That which the seeker seeks may seem to be within the words of holy works or inspirational works, but in fact the truth lies beyond the words of those books. For truth cannot be written down. Truth lies within the heart. Truth lies within essence. Within your illusion, within the poor words which we offer through this instrument, within all words, lie nothing more substantial than dreams. The world as you experience it is a very thick illusion made up of atoms and molecules and a great deal of space and energy fields. Those energy fields are thoughts. You as an entity are a kind of thought. And what you hope to

do, what you seek to do, what you yearn to do when you are seeking for truth, is bring your thought, your energy field, your light, if you will, more and more into tune, into harmony and eventually into unison with the Thought that is the one great original Logos of love. This desire is what calls you through all of your seeking and whatever reading or studying that it may call you to, you will find, as you move more into a particular study, that this study is not bringing you to truth, but, rather, is bringing you to a place from which you can begin to think about truth in a way that resonates to you. And this is why it is very important for those who are not inspired by a certain book or a certain source any more to move forward, to keep the eyes open and the heart open to receive a new story, a new image, a new way to think about the Divine. Whatever inspiration comes to you, the truth within it lies beyond it. The truth of all words, philosophy and religion lies in the silence that is invoked when the seeker comes to the end of the words, releases all from the mind, and allows the heart to open to the silence that is the true essence of the ether or fluid within which true learning takes place, within your spirit or soul. Religious and philosophical seeking brings the student to the place where finally all the stories fall away. The heart is opened, and at last the soul can rest and tabernacle with the one infinite Creator in power, in peace and in love. The comfort, the joy, the bliss of that companionship of the one infinite Creator is not out there somewhere, but, rather, within the heart, that same heart that beats so strongly within the body. This heart has a metaphysical component that is just as powerful a pump as the physical heart. And the Creator waits for each of us within that heart energy.

We wish that our words were not so poor. And yet at the same time we are grateful that we are able to share them. We wish we could share truth instead of the story about truth. But as long as we use words we will be telling a story. We will be dreaming dreams. Yet know that within the dream of each of your lives, within the seeming illusion of everyday, the reality of truth and love abides. There is nothing unreal about your illusion. It is very real. It is just not what it seems. The Creator is everywhere. Your heaven is everywhere, within you, without you, in every speck of the creation of the Father. Teachers are everywhere: the frog upon the rock, the iris blooming in the garden, the raven out the window. All the familiar images of this particular day in this particular year within this particular life experience are divine as well as mundane, enspirited as well as illusion. In many ways we have nothing to say. There is nothing to teach and nothing to learn. For that which is truly within each of you is already perfect. It is a matter, always, of finding those resonances, those special words, those special people, those special images that bring the Creator alive to you that you must value and be on the alert to look for. They are everywhere, and the Creator is extremely redundant about being sure that you have many messengers to keep you on the track that you hoped to be on within your incarnational experience. You asked whether it was a good idea to attempt to be on fire for the Creator all of the time. And we would say to you that it is not a state of mind that on the surface is passionate, that we would encourage seeking as a steady state. In terms of the surface experience we would encourage experiencing as truly and really as possible what is being felt at each moment, for you are not attempting to direct the way you experience the Creator. Rather, you are simply attempting to know more of the Creator. And so we ask you to release

from any judgment your view of yourself as being good when you have passion and being not so good when you are less passionate about a way of seeking. Rather, we would encourage in terms of the steady state the remembrance of the Divine, the remembrance of who you are and whose you are. It does not matter how you feel about that. What matters most is the persistent and heart-felt orientation of the self with the Creator. Simply to remember the Creator is what we would recommend as the request made by the self of the self for every day. Attempt, if you can, to remember every day that you are the Creator's child and that the Creator loves you more than you can ever imagine. Try to remember every day to find a thankfulness for the opportunity of life and being. If you can but remain faithful to the remembrance of your true essence the flow and the stream of life will bring you every lesson you need, every inspiration, every truth, every opportunity for service. It may not seem at times as though this were true. It may seem at times as though there was nothing but confusion and chaos and not much comfort. And yet we say to you simply remember in good times and in woe that you are the child of Love and that you are here to love and to be loved.

If you can but enter the silence for five minutes within each day and tabernacle with that love that created you, that would be a tremendous achievement, and certainly all that you need to ask of yourself as a seeker. Of course, each of you will be inspired to many more than five minutes in the silence in many days. There will be times of excitement and they will cycle predictably. Realize that when you see yourself going through the cycles that it is a natural phenomenon, not born of your shallowness or your unworthiness but, rather, of the seasons of your soul, that come and go, that blow hot and cold with the warmth and the chill of a close or a distant Creator. These are the ways things will feel to you and this is part of the experience of life. It is acceptable to us, each shade of that cycle. For no matter where you are on that cycle, you still are vibrating with that unique signature of self. You still are a creature made of love and expressing love. Every moment of your life will not be inspired. But every moment of your life will be filled with love. For that is all that there is, the Love that created you and the light from which the Creator made your body and all of the creation. We always greet you in love and in light because that is all that there is. All that there is, is the one infinite Logos.

We would at this time leave this instrument and transfer the contact to the one known as Jim. We leave this instrument in love and in light. We are known to you as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to ask if we might be of service to those present by attempting to answer further queries which may be upon the mind. Is there another query at this time?

Carla: I have a question (from M) that asks, "I am a follower of Rael and it was revealed to him in 1973 and 1975 that all life on Earth was created scientifically by extraterrestrial Elohim as it was described to him in religious texts. What is the role of Rael in the spiritual evolution of humanity?"

I am Q'uo, and we are aware of the query, my sister, but we find that there is a concern that you are well aware of, that we are not willing to infringe upon the free will of what this entity has to share. We are aware that there has been a great deal of, shall we say,

assistance from sources of extraterrestrial, as you would call them, visitation from your days of old in which there was interaction between the population of your Earth at that time and many who came from elsewhere with the intention of assisting in the evolution of not only this planet's population but this planet itself as well. This we can confirm. However, we would not suggest that the entire population of this planetary sphere was so seeded by extraterrestrial sources.

There have been much, shall we say, later additions by more normal means to this planet's population. The entity, Rael, is one who works in this area with a desire to be of service. However, we find that our ability to speak upon this entity any further must be bated by our concern for the first distortion. Is there a further query, my sister?

Carla: As a follow up I was wondering if you would identify this group Rael is talking about as the entities Sitchin is talking about in his books as the Anunnaki who came to the Sumerian and Egyptian regions allegedly about 11,000 years ago?

I am Q'uo, and am aware of your query, my sister. There is a connection that is related to this entity from those called Anak, the Anunnaki. However, there is much distortion as well within the writings of the one known as Sitchin so that there is more emphasis in these writings given to the influence from elsewhere. There is also the difficulty of the time frame. We do not choose to correct this difficulty, for there is some infringement possible there as well. Is there a further question?

Carla: No, Q'uo. I would just say that those are two more stories about the infinite Creator. Thank you very much.

I am Q'uo, and we thank you as well, my sister. Again we apologize for our lack of information in this area. As you have correctly noted, all such stories are stories of the one Creator and its movement within the one creation. However, some of the entities of your peoples are enough swayed by this kind of information that we must take care that we do not influence such beliefs overly much. Is there another question at this time?

T: Yes. I have a grandson named D, and I have a very strong feeling that he and I are connected, more so than we all are part of the Creator. I feel that there is some connection to my former wife, E, and I don't know if you can comment, but I would appreciate some elucidation on your part.

I am Q'uo, and am aware of your query, my brother. As you have yourself realized there is indeed a connection that is karmic and is one which has connections [to] other entities as well as the one which you have mentioned. As is often the case in the reincarnative pattern of entities upon this third-density sphere there has been interaction between you and this entity, the one known as D, in many previous experiences. However, we are not able to give more specific information at this time because of our desire to maintain the free will of both the one known as D and yourself. Again, we must apologize for being shy of information. Is there another query, my brother?

T: No. Thank you. Thank you very much.

I am Q'uo, and we thank you for your sincerity, your compassion and your dedication to seeking the truth. Is there another query at this time?

S: I have a question. My wife has many times fallen back into the patterns that cause her a great deal of stress. Is there anything that I can do or provide to alleviate this stress that she feels?

I am Q'uo, and am aware of your query, my brother. When an entity such as your wife has repeated experiences of a similar nature, in this

case the carrying of the load of stress, it is difficult to share such a load until this entity has been able to fathom the depths of the lesson to be learned. There is the matter of the feeling of responsibility which is felt by this entity that is connected to the feeling of the stress. The responsibility itself is also added unto by the entity's feelings regarding sustenance, abundance, plenty. This entity explores these areas of its own nature in order that it might more fully experience the presence of the one Creator in its daily round of activities. This exploration of the connection to unity, to power, to peace is one which this entity has long pursued and which this entity wishes to balance by its current experience of that which you call stress. There is much which can be done to support such efforts and lessons in that there is the need to value both upon your part and hers the amount of work that is truly necessary for this entity's learning of that which she has set before herself. The basic questions in this series of lessons concern the amount of effort necessary to secure the feelings of abundance, self-worth and the providing for those in this entity's care. There is a boundary now that we find beyond which we do not wish to go, for again there is only so much of the setting of the table that is possible before infringement occurs. Perhaps at a future time further queries may be appropriate and further response given. Is there another query, my brother?

S: It gives me plenty to share and think about myself. Thank you. I guess my last question is again, our unseen visitors seem to be bashful and I was wondering if you could tell us anything about our unseen friends here today?

I am Q'uo, and am aware of your query, my brother. Those of the goodly company, shall we say, are what you may call somewhat boring in that their constant aim is to assist each by offering the vibrations of love and light to all those within the circle of seeking to be used as each sees fit. This unspoken offering of assistance is one which is offered to many of the inhabitants of this planetary sphere, indeed to each by some entities, for this is their work, as you would call it, in regards to this planet's current position in the harvest of souls. For the population of this planet at this time is seeded according to those whose likelihood of attaining harvest is greatest. Oftentimes it is not possible to do any more than send this unseen love and light, for many entities are not open to any other kind of communication or assistance from those of the Confederation of Planets in the Service of the one Creator. Those within this circle of seeking, however, are more familiar with such entities and the concepts which are shared in these sessions of working. Thus, the assistance can frequently be altered into more perceptible offerings, that being the hunches or intuitions which each feels when considering certain options or actions, paths to pursue in future endeavors. Thus it is well for each seeker to not only seek with persistence and sincerity but to take careful note of those feelings or flashes of inspiration, of intuition, of purpose, of direction that come in the silent and sacred times of meditation, contemplation and prayer. Here, within the inner room, is the opportunity to meet more closely those who stand in the shadows behind the curtains of light, shall we say, to offer what is possible to offer. Is there a further query, my brother?

S: So, is it appropriate to not only appreciate the efforts that they have given, to also ask for that assistance from them to help others when the opportunity arises?

I am Q'uo, and this is most appropriate, my brother, for the request for intercession on behalf of other entities is one selfless means of service that is always appreciated by the goodly company, or the heavenly host. Is there another query, my brother?

S: I just want to say that it is greatly appreciated from this side, too. I have no other queries. Thank you.

I am Q'uo. And again we thank you. Is there a final query at this time?

(Pause)

I am Q'uo, and as we feel that there is no further query at this time we shall thank each present for inviting us to join your circle of seeking this day. As always it is a great privilege and honor for us to do so. We would remind each that we do not seek to be authorities and would ask that each use the personal discrimination to take those words which we have offered that ring of truth and to leave all others behind. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This session from L/L Research contains the work of the Confederation group entity, Q'uo, as channeled by Carla L. Rueckert and Jim McCarty, and The Three, the personal guidance system of David Wilcock, as channeled by him. These two sources are substantially different in tone and in subject matter, and we encourage the reader to use discrimination, as always, in reading this transcript, as the material contains substantial inconsistencies between these two sources of information.

Sunday Meditation

February 9, 2003

Question from J1: The question today from J1 has to do with the difference between belief and faith. He considers belief to be a lower channel of data and catalyst processing than faith. We would like Q'uo to give us some information on what they see to be the difference between belief and faith.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come today. It is a great privilege and a pleasure to greet each of you, and we wish to thank you for arranging time in your lives to come to this circle of seeking, to spend time asking and yearning and opening doors in search of the truth. It is those who persist, and those who do not quail at the thought of further truth being shown to the world, to whom that truth comes so richly and so generously.

And for us, you are our truth; you are our primers of beauty, service and learning. We thank you for sharing those vibrations of your meditation with us. As we share our thoughts on belief and faith, we would ask each of you to do us the favor of listening with great discrimination, and choosing only those thoughts that appear fair to you to keep and to think about, letting all the rest go without a second thought. In this way we may be assured that our opinion remains opinion and not authority, as we would not wish to be a stumbling block for any.

We wish to thank the one known as J1 for such a perceptive and probing question.

Indeed, we have a very simple story to tell, and our story is in part the story of the difference between belief and faith. Our story is a story about unconditional, pure and creative love, a love so powerful that it has created all that is, all that has been and all that shall be. It is also creative and powerful to destroy, and all that has arisen likewise moves into transformations which remove it from one form into another.

And this same energy of unconditional love is that energy which creates that benign and most kind gateway to that which is the life to come. Thusly, this Logos, this great original Thought of the Creator, is responsible both for your energies of life and your consciousness and for those limitations upon the form which you now enjoy, which shall put a period to the apparent lifetime of you as an individual. And indeed may we say that it is more than an apparent ending, for each personality shell that you choose with which to come into incarnation does indeed have its appropriate period, when that personality shell has done the job for which you assembled it.

It is difficult to imagine, faced with the riches of one's own complex and subtle gradations of personality and beingness, that that which you experience as yourself is only a tiny portion of your true self. And yet this is indeed true. That which you experience within a single incarnation is as that tributary that is a portion of the stream of soul that is you, but it is as that stream flowing from the beginning at, shall we say, a distance from the center of the circle of life, and flowing towards the center that is your soul stream; that is, rather, a soul ocean. And each individual life experience is at the same time, in metaphysical time, flowing towards that center of the ocean of self. Consequently, it is well that you are not able to remember or to know that which is going on in all the other radials of this circle of self, for the information would be too much to bear.

Nevertheless, it is within this rich milieu of discovered and undiscovered self that the question of faith and belief arises in its best context. For it is questions that move beyond transient material that are generally thought of as the life-and-death questions, and these are the questions that seem to ask for belief or faith as that which is used to address the uncontrollable and implacable forces of this great creative love that births and that puts an end to life, with equal generosity.

What is the entity within third density to do with these inarguable forces of life and death, being born and moving through the gateway of death? There is within the heart of your people an absolute instinct towards what you may call either faith or belief, in the general sense that it calls forth a spiritual response. The catalyst of being faced with one's mortality creates the situation in which the self faces the unknown and asks, and there is a great hunger behind that question: What? Why? Who am I? Why am I here? Why am I poised between my birth and my death? Why did I choose birth? Why did I choose a state of mind, body and spirit that will end inevitably in the dissolution of body? These are fundamental queries about which the spiritual instinct of third-density entities will naturally cycle.

When this entity was a young woman of teenage years, this entity discovered that it could not believe in the dogma of its church, this entity being what she calls Episcopalian or Anglican. The point of dogma upon which this instrument choked was the virgin birth. And so this instrument asked for advice from its spiritual advisor, an entity of great authority in this instrument's church. He suggested to her that the Christian story was a mystery which, in the particular church that is Episcopalian, is not expected to be understood, but rather is held as a point of faith, as a mystery to be understood at a later date, not within this lifetime. This view of the story of the virgin birth, and of all the other points of faith in the Christian creed seemed to this instrument to be far more tolerable, and to this day this instrument retains firm and loving ties



with its parish church. Nevertheless, this instrument has never been able to absorb, accept or understand the need for dogmatic and dogmatically held beliefs.

However, we believe that we grasp the nature of the need for articles of faith that are dogmatically believed, perceived and promulgated, and perhaps if each will think within its own mind and heart of those times when structure equaled comfort, it may be more easily understood what the attraction might be for those who desire and crave the black and white world of right and wrong, acceptable and non-acceptable, that is implied and created with the acceptance of a dogmatic structure. Basically, that which is belief always has content of a specific nature. This insistence upon the nailing of spiritual value, truth and beauty to specific words and only those words chosen by a specific dogmatic editing of holy works, each point which is used to describe another limitation of specificity, is as the builder who wishes to build itself a house to keep it safe from the whims of doubt and change. There is the desire to create a structure of belief that will be stout and firm against the storms of those issues that inevitably bring one face to face with what seem to be the gray areas of self.

In such times, as inconvenient and limiting as belief systems may be, the comfort of knowing what one must do often seems fairer and more desirable than existing within the outdoors of an unconstructed spiritual path in which the only features of the landscape which are distinct are those features that come at one at their own time, out of their own fog, bringing their own gifts in hands that are open to give, loving, but above all, unknown and unexpected. And let us look at the processes of faith, for faith is that which accepts a truth without content. For the structure of faith is such that it is expressed in that leap into midair, where all that is known is that it is the Creator's world, and all is well. Thusly, one launches oneself into the abyss of the present moment and what comes next, because one has lost all fear of the consequences of being out of control.

In the Buddhist story, there is a tiger above and a tiger below, and the seeker clings to the side of a cliff, and the question is, "Shall I let go?" That is the question of faith. The question is, "Shall I let go?" Thusly, perhaps it may be seen that the choice between belief and faith is the choice of arranging a protected structure in which faith may stay the same, and arranging an open structure where the sanctuary that is built exists primarily within the heart. We would pause for the one known as "GuS" [Guidance System] to speak through the one known as David. And, may we say, the pleasure of sharing this communication with the Guidance System of the one known as David is indeed a privilege that we appreciate to our very toes.

We would at this time pause, awaiting this instrument in love and in light. We are those of Q'uo.

(David channeling)

We speak this day as the Guidance System of that entity known as David Wilcock. We greet you in the love and the light of the one infinite Creator.

When enunciating the peculiarities of semantics in such a question as the differentiation between belief and faith, one must pause for a moment and be somewhat guarded in the dissemination of wisdom in accordance with said words or sound vibration complexes, for it is a fact that those of your peoples are more than capable of using either of these words in a variety of contexts.

We do understand the framework of the question as implying a selective bias preferential to the idea of one concept complex over another, and we would ask that you recognize that there are negligible degrees of semantic overlay between these two concepts, such that you may discover one entity using one concept in a completely different fashion as would another. And so, there is certainly one aspect of personal definition whereby the term known as faith would be seen as a

less distorted view of the one infinite Creator in all its majesty and glory, as opposed to that of belief, which, [as a word,] has more of a "herd" mentality [in which the Creator] is apprehended for a sense of purpose or satisfying curiosity, rather than for enhancing one's love and ability to serve. This is the aspect that we will focus on in the course of this session. But let us begin first of all by describing the characteristics of the words themselves, in terms of how they are most commonly utilized.

It is indeed true that both belief and faith can be seen by your peoples as a positive. Both of these words can be used in contexts wherein the entity has found some aspect of meaning that informs existence, and that gives pause before one would otherwise indulge in repetitive behavioral patterns that have become so ingrained as to wear a circle in the rug of your mind, so to speak.

And let us also say that it is indeed quite a fact that in the name of belief and in the name of faith there have been many great evils committed. And thus both of these words could be used in a decidedly negative context, depending on the will of that person, for the benefit of others or for the benefit of self, and how those terms are then contorted.

It has been said that truth is a moving target, and in one sense this is true, and in another it is not—so thus you see the pun. The essence of truth is indeed an individual process. As was enunciated in the Law of One material, the primary gestalt through which one views the Law of One is that of free will. This gestalt implies, fundamentally speaking, that as long as you understand the importance of each individual's path as being totally unique, and its own Christed self in action, then you shall never fall again into the whims of the ego, or that personality-self that seeks self-annihilation, that seeks separation, that would seek to fragment the creation into a series of disparate parts rather than to allow the melting influence of love to form that energy of allowing, which does then cause all of these various separate aspects to again fuse together.

So let us be clear, therefore, that although truth is a moving target, there are those philosophical principles that act as over-arching beams of support upon which the stage of life is being played. It is important to have a steady diet of spiritual materials that gives you an adequate respect for these principles, as otherwise it is all too easy to use either the principle of belief or the principle of faith as your platform through which to expect that a particular belief construct that you would have or a particular aspect of faith that you would experience is also right for others. We are speaking in broad generalities here, because we are aware of the disparate levels of consciousness from which many of our readers will be coming to this material from. And thus this is not to imply judgment or blame in any way, as we are aware that you understand this. Given this construct of free will as being the overarching support structure through which your game is being played, it is wise to then understand that you are in a system of causes and effects that has a very discrete motivating purpose, regardless of whether or not you are conscious of it. This system of free will shall be preserved. It has been said in the Law of One material that you are free to have any experience that you desire. It is only when these experiences begin to infringe on the free will of another that you then would experience those balancing acts that would manifest into your physical sphere, so as to offset the energetic disruption in the harmonics of your field and in the fields of others that had been produced.

Therefore, if you can step aside from the drama of self, from the passion plays of whether you will be enlightened or whether you will make the ascension or not, you can have loads and loads more freedom and information coming into your being by simply recognizing that every single path that is being followed is precisely perfect for that entity; that every entity at some point or another becomes aware of this under-arching framework often known as karma. This

under-arching framework is not something that can be easily stepped aside [from]; in fact, it is our job as your guardian, as your higher support structure, to insure that, without judgment and without blame, karma is carried forth.

And therefore, there are many of those of you who would experience those elements that would seem to be of a balancing nature, that would seem to produce those experiences that you would tend to label as suffering, and therefore there is a subconscious bias in your mind that we, as your guardian, have in some sense cast a foul judgment upon you, that we have seen you as impure, that we have seen you as disgusting, or that in some fashion you have not lived up to our expectations.

We recognize that this is a belief, that this is an essence of perception that is brought forth in the illusion that is wrapped around you, which you perceive as being the three dimensions of length, width and height in which you experience your lives. Understand that outside these three dimensions, there are those densities of higher energy; higher energy that is not directly visible to you but which nevertheless exists all around you. And thus, one possible way that you could look at this is that the energy is beyond the threshold of the speed of light. And thus, were you capable of raising your vibrations beyond the visible speed of light at 186,000 miles per second, you would then perceive other structures that existed around you, such as those angelic beings who are ministering to your very needs.

We want you to understand, therefore, that the beings who are standing around you in the room in this very moment are those beings that exist outside of the apertures of your perception—outside of the capabilities that you have to understand and to resonate with your experience. There are those upon your plane who have not been given adequate compensation by the mainstream media, who are nevertheless capable of crossing this threshold of light and becoming aware of the energies and emanations that surround them. These entities have their own sets of experiences that have informed their faith, and have informed their belief.

In previous epochs of your history, and in those times which are now known as history, you have had other examples of those souls who have come forth and stepped up to the plate, so to speak, to then raise the vibratory frequencies to such a degree that the threshold point of light is then crossed, that these unseen worlds of emanations are then directly apprehended by the sensory organs, such that it is no longer [behind] a veil shrouded in mystery, but rather that of the completeness.

Even as you do this unto others, so are you doing it to yourself. Thus there is that parable in the Bible:

When the Son of man shall come in His glory, before Him shall be gathered all nations; and he shall separate them ... as a shepherd divideth his sheep from the goats. And he shall set the sheep on His right hand, but the goats on His left. Then shall the King say unto them on His right hand, "Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world. For I was an hungered and ye gave me meat: I was thirsty and ye gave me drink: I was a stranger and ye took me in.[1]

In this melting away of the difference between self and others, there is a unity. There is a unity in understanding that if you could go beyond that threshold point of light, you would see that your body is enmeshed perfectly with the others around you. And thus, as the sixth-density entity, Ra, once said, it is impossible for us to see you as separate beings.[2] Recognize this for yourself, and then begin to understand how it is that this universal law of cause and effect, the preservation of free will, is the primary motivating factor behind those corrective experiences that we would then bring about. They are corrective much in the same sense that a chiropractic adjustment would

realign your skeletal system so as to be in greater harmony with the necessary functions of the physical body in its optimal state.

You can understand that we [3] are making adjustments to your energy body by bringing about those experiences that cause you always to return to a state of perfect balance. And thus, if you have just found yourself going through a situation where you feel as though some aspect of what you may term "bad karma" has occurred, recognize that it is simply the precise degree of balance that is required to bring you back to being unified.

In that moment of unification, once again you have the opportunity to rest in faith, to rest in belief, to rest in the understanding that, if you choose to believe, if you choose to have faith, you can see that once again we have taken the necessary precautions and steps to bring you back into that state where your karmic report card is 100 percent straight A's—where you have not failed in any way, as there is no concept of failure, but rather that you can see that you have been returned to a state of balance, the balance that you think is implicit within these moments of readjustment.

The balance comes about by virtue of understanding that, regardless of whether you see this unseen structure of cause and effect that informs your experience, it will nevertheless continue. And thus, what we do find is that in that discernment between belief and faith, whereby one would see faith as being the higher vibratory frequency, there is the understanding that faith comes about when one allows the illusion of belief to fall by the wayside.

The illusion of belief is that which can be ascribed to many things. Many of your peoples still would believe that which is read in your mainstream media, such as the newspaper, the television media. Thankfully, this is changing, as this has been a source of many distortions. However, let us remain on this point for a moment and take one of many examples.

It is widely understood that there have been those sightings of UFOs, that there have been those entities who have directly experienced them, including many of your astronauts and many of your best airline pilots.[4] And yet at the same time there is a very curious silence within your mainstream media structures as to any mention of these events. Also we would encourage you to reflect back on the event known as the Disclosure Project conference on May 9, 2001, whereby 39 top-notch whistle blowing members of the government and of military structures assembled together at the National Press Club in Washington, DC to give a final and definitive statement to the world about the fact that this presence was real, and having the proof that was required to show beyond any shadow of doubt that this phenomenon did indeed exist.[5]

What we find is that this conference was only covered very briefly in your mainstream media, if at all. And thus the perception or the belief that there is no such thing as UFOs has continued, by virtue of the lack of support within these structures. Thus, be aware of the fact that belief is highly subjective.

It boggles the imagination of most entities to try to contemplate and to understand how something that appears so ubiquitous and overarching as the mainstream media that you are infiltrated with every day could be actually not entirely believing itself, and actually not entirely informing your belief in a fashion that is most suitable, that is most capable of giving you a true glance of that which is perceived.

Another example that we would share is that of the ruins that have been discovered under the sea off the western tip of that island known as Cuba. These ruins include structures that look just like your Stonehenge, structures that look like pyramids of those step-pyramid varieties known in Mexico and in the central Yucatan area, and even those known as sphinxes. These structures also have inscriptions on them that are clearly written. The problem, as seen by your geologists, is that these structures are only seen as being capable of being above water as early as 11,000 of your years ago.[6] Now, it is the combined

team of Paul Weinzwieg and Paulina Zelitsky of Advanced Digital Communications, or ADC, that gained permission from the Cuban government, through Fidel Castro, to take sonar readings of these areas, and thereby make a study, as previously the Communist regime in Cuba did not allow such undersea analyses to be conducted. Recognize as well that it has been publicly announced that these entities did sign a contract with the National Geographic Corporation to then bring forth a documentary to the public. Recognize as well that of course, nothing further has occurred, and that this story has never been covered except on certain internet media, such as MSNBC.[7]

Therefore, what we see is something that potentially is an earth-shaking paradigm shift, something that gives the definitive smoking-gun proof that there is a civilization before the one that you now know, and that it exists right now on your sea bottom—that it has been discovered, that it has been photographed. The evidence already exists and has been seen. And yet, it is by virtue of the pall of consensus reality that is drawn over the eyes of many in their desire to believe in what they are being presented that this information goes unreported, and that it is still possible for those entities around you to make choices which say to themselves that there is nothing mysterious in the universe, that there is nothing beyond that which is in three dimensions and is right in front of one's face, that there is no history beyond that which is taught in your books and your texts.

We would ask that you understand more fully now how it is that belief has been instructed, and not necessarily having the greatest degree of discernment in the instruction. Furthermore, we would ask that you understand that faith is a choice, in the beginning. Faith is a choice of moving outside of that which is necessarily presented for you to be spoon-fed as a belief. Faith, as has been expressed by the entity Q'uo, is that of the ineffable. It is not something that can be easily defined. There is no empirical equation or formula that will give you the necessary ingredients to experience faith; that will give you the necessary discernment to understand if your faith is indeed that which will consist of that which is for your highest and best good, or whether there are those aspects that are in conflict.

We say again, therefore, that these underlying support structures of free will, or that which was termed as the first distortion of the Law of One [8], gives that which does inform faith, and does inform experience. If you can understand how important it is not to infringe on others, you then have the game of karma understood, and never again will you have to experience those balancing acts where you are once again brought back to that undifferentiated state of unity by having those karmic events occur.

We want you also to recognize the flipside of karma, and this is where faith becomes so important. The flipside of karma is equally automatic. So many of your people get tied up in the idea that bad karma is destined to happen, and you, in a sense, fear the Lord your God. Recognize that you are just as amply rewarded for the good things you do as for the negative. It is so easy for many of you, however, to become aware of karma and to become more aware of the negative transpirations as they appear for balanced proportions rather than those of positive feedback for that which you are doing that spreads light and love to others.

Therefore, when you are serving, it is not in vain. We are not asking that you serve as a system of reward or punishment. We are not asking that you do this as a Pavlovian system where, if you hear a bell, you will receive a food pellet to encourage salivation. Rather, we are asking that you understand how it is that by melting into the joy and the beauty of that world of energy that exists beyond the threshold of light speed, you come into an awareness of the scientific reality of the fact that you are connected with all others.

Therefore, anything that you would do to another is that which is done to

yourself, and you understand beyond any shadow of doubt that there can be no other act but service. Even if you appear to be doing things that are selfish, this too is a service, for the Creator aspect has both the Shiva qualities of destruction and those qualities that would build up and renew and mend fences and heal. But this healing energy does often come through as a result of the destroyer aspect of Creation. Both yin and yang flow together in divine symmetry and proportion, and your life is a balance of this.

We have said that to be harvestable you must be slightly above fifty percent service-to-others polarity. There is still a great degree of service to self within the self [at this point]. Therefore, it is wise to comprehend the idea that there are those aspects that in your historical traditions would be known as "sins" that can still exist within you, these drives that you may have towards service-to-self behavior. And by simply accepting and healing and renewing the fact that these exist, you are coming into a greater degree of faith.

Faith, therefore, is not simply having the faith that you will promote yourself to a point where these distortions will not exist. Rather, faith is the belief that you can have the distortions, that you can have certain blind spots. You can have certain areas where you may rub against something that is not comfortable as you go through life, and nevertheless that point of discomfort is that which calls your attention to becoming ever more optimal in your energetic functions as a divine being.

The more that you understand these principles, the more that you recognize how it is that you can build up the line-of-light spiraling energy within yourself; the more you can again spiral higher and higher into your own awareness. [It is then] that you can see that belief is a choice, and that faith is more of an understanding. Faith is simply an allowing of yourself to be that which you are. There is a certain genius of motivation that must be present in order for you to make this leap into faith, and hence the term "leap of faith" is often used.

You have plenty of evidence that you could choose to "believe," that would allow you to think that faith could not exist, by virtue of the fact that you exist in a Godless universe, or so it would seem when there are so many injustices or apparent injustices around you. In a grander vision of faith, you understand that you can have faith in the process of karma. You can have faith in the process [so] that when you do something that is of service-to-self nature, it will be balanced.

You can have faith in the fact that there is no judgment when this is done, contrary to what many of your peoples have thought. There is no judgment. All experiences are acceptable, and you can move through these experiences, accept yourself as they are happening, and accept yourself in the realization that will allow you to get down to a deeper layer of the onion, so to speak.

And of course, as you do this there are many tears that will be shed. But as you get deeper and deeper into your core, you come into a grander understanding of the positive aspect, which is that by simply allowing yourself to be present with others, to be present in that moment of opening the heart to the Christ self, of opening the heart to universal freedom, to universal bliss, that you have become undifferentiated. And in that moment, if even for just a slight touch of a thought, you can grandly experience the true ineffable nature of your being, where faith becomes a living process, a living consciousness. [It is] a consciousness that transcends all boundaries, all distinctions, that exists in the ever-present now and that is yours in that moment when you have that breathtaking joy and bliss, the true knowledge that you have never been left behind, that you have never been abandoned.

(Side one of tape ends.)

And thus, even in those moments when you have no faith, when you have no belief, the structure exists. And this is a structure that loves you. It is a structure

that has an identity. You can think of that identity as the Christ self. You can think of that identity as your Buddha nature. You can think of that identity as the part of yourself that is the one infinite Creator, such that when you are looking into the mirror, you see the face of the one infinite Creator. You see this face when you look into the faces of others. You see this face in the environment all around you. You see this face, indeed, in everything and everyone.

And as these boundary lines and distinctions melt away, you understand that faith and belief also melt away, in a sense. For you become the living embodiment of belief and the living embodiment of faith. Again, we say that it is not necessarily plausible to fully apprehend this in each and every moment, as this requires a great deal of work on the self. But, rather, we do want you to understand that if your humble efforts are significant enough and sufficient enough, then you can indeed tap into this pure state of consciousness. Even just a few moments of it can fill you with the wellspring of emotion and joy that will [allow you to] shed tears as freely as a flowing river. Once again you know that you have never been left behind, that you have always been protected, always been loved and always been cared for, now and forever. Amen.

At this time we return the microphone to that entity now known as Q'uo, and we thank you for this time that we have shared.

(Carla channeling)

We are those of Q'uo, and we are again with this instrument. Grasping the dominance within third-density of that distortion known as the Law of Confusion or free will, it may become clearer why the third-density illusion is made in such a way that it shall always be impossible completely to satisfy the requirements of proof for spiritual truth. It is necessary within third density that all choices to believe in spiritual matters in a certain way be made completely in freedom, that freedom that only exists when there is no proof and it is a matter of faith.

The instinct shall always be within the human breast to reach out to that energy that it senses as being greater than it is. Many are the stories told about this mystery of the Creator, the Logos, the Grandfather, the Father/Mother God. There are many and many a name, and many a story, and in each name and in each story some may find comfort. And in the words that those entities have said that were written down, or that were written down on behalf of these entities, some may find tremendous and substantial resources. Therefore, the spiritual panoply of riches lies open to the seeker. Yet what shall be that which increases faith? What shall be that for you this day?

The nature of faith is that it is a state of consciousness. It is a state of consciousness that already exists within you, within each spark of the Creator, within each of Its children. Not that this can be proven, but that it is the truth that calls the spiritual seeker to awaken, and, once awakened, that calls that seeker onward and onward to find that for which it thirsts and for which it hungers.

We suggest to you that that which aids in inducing that particular state of mind that opens the heart to the awareness of that consciousness-state that is unconditional love is that which is available to each of you each day. It is that time which, like this meditation, must be gouged out of a day that is already so crowded with good things to do. It is that time when you give yourself to silence. It might be only a five minute silence, but if it begins your day, or ends your day, it may completely change the attitude with which you look at that which lies before you when you open your eyes.

So we encourage each of you in your own way to find some silence, either by walking in nature, by silent meditation, by taking an image and moving into contemplation from gazing at the rose, or the sunset, as the one known as T was speaking of, or whatever visualization or image takes the mind beyond itself so

that it rests in beauty and in truth.

The essence of faith is a realization that all is well, and that that which is needed is in hand. All that you need is coming to you. All that you do not need is falling away. The processes of a loving and nurturing Creator insure that all is well, and that all will be well. Not as the world in which each of you experiences the illusion of life might define wellness, and yet this core attitude, this point of view that states unequivocally and without proof that all is well, is as that seed that grows every time the sun shines, that sun which is the open heart.

This instrument is fond of saying, "Center. Move back to the Center." What are your thoughts this day? Where is your center? Upon what do you rest?

We would transfer this contact as we make this last point. We would transfer this contact to the one known as Jim, that we may address any shorter queries that remain within the minds of this group. We thank this instrument and we leave it in love and in light.

(Jim channeling)

We are those of Q'uo.

David: Can the entity speak to the opposite side of faith and belief, which is when one is scared, when one exists in fear, so that we may better understand the process of balancing, and that we may experience faith without the weight that this fear imposes upon the self?

I am Q'uo, and am with this instrument, and we greet each again in love and in light through this instrument. We are aware of your query, my brother.

As entities begin the conscious journey of seeking that which you may call the truth, and begin to ask those questions of which we spoke at the beginning of this session, seeking to know who is the self, what is this love, what is it that the seeker believes about this life and the journey through it, the fruits of continued seeking for truth; when the seeker begins to fashion some form of concept or quality that answers for it one query or another in relation to those fundamental queries asked by all seekers, this gathering of beliefs, shall we say, is as the beginning of the journey, during which there may be many difficult moments which challenge the beliefs.

There may be fear, doubt, confusion, anger, grief, jealousy and so forth. Each instance of the challenging of beliefs gives the seeker of truth an opportunity to call upon a more, shall we say, nebulous feeling, that being the quality of faith, that is slowly, quietly and assuredly developing as the seeking continues, as the attempt to answer these queries continues, as the facing of difficult catalyst continues.

Therefore, this quality of faith is powered by what you may call the exercise of will; the continuing to seek, the renewing of the thirst, the asking again of questions, the getting up when catalyst brings one to one's knees. To continue, seek relentlessly, persistently, without fail. Even if there is failure to seek at one time, there is the renewal of the seeking at another. Thus, the exercising of the will is that which builds this quality of faith within each seeker; that which will nourish the seeker when the catalyst is fierce, when the doubts rage, when the anger boils, when harsh words are spoken, when relationships are shattered.

The faith, then, is that which rises from the very soul, being called forth by the continual exercise of will in the face of all catalyst, that which you may call good, that which you may call bad. Therefore, we recommend to each that the will be featured and focused upon as one faces all catalyst, including those of the negative nature.

Is there another query at this time?

V: I have one, and with Q'uo's permission, I would like to direct this one to David's Guidance System. As has been done by those of Q'uo and by those of Ra, I would very much like to hear from David's Guidance System what is their point of



origin and their identifying vibration?

(David channeling)

We are the Guidance System of that entity known as David, and we have heard your query and shall respond in due course. Understand that the entity, David, has been working with us for some measure of time in various incarnative states, and that we exist through a triumvirate system, or a tripartite system, if you will, meaning that there are three essential aspects. There is, of course, the sixth-density aspect of that known as the higher self or oversoul of the entity David, and this source is the same source as that which spoke in the Law of One material. However, it is wise to reflect on the fact that to have a pure and undifferentiated sixth-density contact requires a great deal of tuning and the assistance of other selves.

It has been the status of David's work up until this time that there was not the capability to bring forth others to the process of this seeking, and therefore we may reflect on the fifth-density aspect of self which also exists for each entity. These aspects may be many in number, but it is very common, as you would think of it, for there at least to be one aspect which is of the masculine propriety or gender in its overall energetic bias, and one entity which is of the overall feminine bias. This refers back to material that is spoken of in the earliest sessions of David's material, whereby the masculine aspect introduced itself with the archetypal sound vibration complex of Grandfather, and whereby the feminine aspect introduced itself with the archetypal sound vibration complex of Lucia, or Light. Therefore, we see the interesting paradox of the fact that the feminine principle is named after Light, and the masculine principle is named after Love, as many souls have the opportunity to love their grandfather.[9]

And so, what we would ask for you to visualize is simply that we stand before you as three, that there is a process of dissemination of information that involves the inspiration from the higher self which is then transduced through these fifth-density contacts to then impinge upon the energetic fields of that entity known as David, so that the speaking may then occur. We trust that this is as satisfactory of an answer as we are wont to give at this time, and we thank you for your query.

We ask if there is another query present at this time, that it may be posed to any of the three channels on this day.

J2: I have one query and this is directed towards David's Guidance System. I am a bit confused sometimes about clockwise and counter-clockwise in the use of the spiral needles. I just wanted to ask if the clockwise motion is actually pulling energy out of the body, or is pulling energy and light into the body, if this is correct or if it is in the opposite.

We are those of David's Guidance System, and we thank you for your query. It is wise for others to understand the context in which this question has been asked. Recently there has come to the attention of David the work of those Russian scientists that has brought forth new meaning to the understanding of torsion fields, or the spiraling wave of consciousness. There are waves that are of clockwise movement, and that propagate through the vacuum, or aether, as such, as well as those of counter-clockwise movement.

There is also the entity known as Dr. Alexandr Shpilman, who has designed a device which does then create either a left-handed or a right-handed torsion beam. These beams do then have a very beneficial effect in either capacity, by virtue of the fact that this is the energy that feeds the body. There are those times in which entities wear clothes that are made of the synthetic materials which do then act as a torsion shield, such as those known as polyester, and this does then impinge upon the amount of torsion fields that are brought into the body.[10]

There are those upon your plane known as non-eating saints, who do not have to

ingest food and water and such, but rather draw directly off of this spiraling energy for their total sustenance and support. Therefore, what we are dealing with in the question of these needles is a particular design of metallic substance that does then have the archetypal shape of the spiral worked into the end of the needle; that spiral known as the phi ratio, of that of 1 to 1.618 in proportion.[11]

Understand that by creating a needle with this configuration, there is a funnel produced, so to speak, for this energy to be circulated. Therefore, what the question deals with is the difference between the left-handed and the right-handed beam, or that of the counter-clockwise or left as opposed to the clockwise or right-handed beam. It is the left-handed beam which actually brings energy into the body and its aura systems. This beam is that which is more fundamental to the basic energy and structure of consciousness.

However, just like any other process of consciousness in your system, there is that which must be purged and released. Similarly, you can eat but you also must excrete in order to remain healthy. Therefore, you see the right-handed beam or the clockwise beam as representing that which takes energy out of the body. Therefore, the needles can be used in such a fashion. We thank you for your query.

J2: Thank you.

Carla: Is there a final query at this time, for anybody?

(Pause)

(Jim channeling)

I am Q'uo. As it appears that we have exhausted the queries for the moment, we shall once again thank each present for inviting us to join you in your circle of seeking this day. It is always a great pleasure and privilege for us to be asked to do so. We would also remind each that we are available to aid in the deepening of your meditation. A simple request, mentally sent, is all that is necessary. We shall speak no words but simply blend our vibrations with yours in order that your meditation may be deeper and more centered.

At this time we shall take our leave of this instrument, leaving it and this group in the love and in the light of the one infinite Creator.

We are those known to you as Q'uo. Adonai, my friends.

[1] Holy Bible, Matthew 25: 31-35. The parable as channeled was somewhat garbled from its Biblical lines, and so the original story has been located and inserted as per David Wilcock's suggestion.

[2] "The distinction between yourself and others is not visible to us. We do not consider that a separation exists between the consciousness-raising efforts of the distortion which you project as a personality and the distortion that you project as another personality." Law of One, Book I, p. 67.

[3] In the sense of the Guidance Systems of Everyman and Woman.

[4] For personal examination of this issue, a good starting point would be [www.dreaman.org/usufoirc.html](http://www.dreaman.org/usufoirc.html).

[5] Information may be found at [www.disclosureproject.com](http://www.disclosureproject.com).

[6] Information may be found in Kevin Sullivan's article, "In Cuban Depths, Atlantis or Anomaly?" Images of Massive Stones 2,000 Feet Below Surface Fuel Scientific Speculation. Washington Post Foreign Service, Thursday, October 10, 2002; Page A25, [www.washingtonpost.com/wp-dyn/articles/A3507-2002Oct9.html](http://www.washingtonpost.com/wp-dyn/articles/A3507-2002Oct9.html)

[7] More information may be found at [www.dwij.org/pathfinders/linda\\_moulton\\_howe/linda\\_mh8.html](http://www.dwij.org/pathfinders/linda_moulton_howe/linda_mh8.html).

[8] Law of One, Session 13. "RA: The intelligent infinity discerned a concept. This concept was discerned to be freedom of will of awareness. This concept was finity. This was the first and primal paradox or distortion of the Law of One. Thus the one intelligent infinity invested itself in an exploration of many-ness. Due to the infinite possibilities of intelligent infinity there is no ending to many-ness. The exploration, thus, is free to continue infinitely in an

eternal present."

[9] In the Law of One series, Light/Wisdom is often associated with the masculine archetype and Love with the feminine.

[10] Information may be found at [www.rialian.com/rnboyd/spin-torsion.htm](http://www.rialian.com/rnboyd/spin-torsion.htm).

[11] Information may be found at

[www.mcs.surrey.ac.uk/Personal/R.Knott/Fibonacci/phi.html#golden](http://www.mcs.surrey.ac.uk/Personal/R.Knott/Fibonacci/phi.html#golden).

Sunday Meditation

January 20, 2002

Group question: The question today has to do with the concept of how we create our experience, our reality, by the way we think, by the way we believe. We would like for Q'uo to give us any indication as to whether that might be correct and if it is, how does that work? We would like to have more information on how we can create a more harmonious reality.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, whose service we share with you. We thank you for forming a circle of seeking on this snowy day. It is a blessing to us to respond to your request for thoughts on the notion that beliefs can change your future. We are aware that in the sense that the world sees things this may be very difficult to grasp. However, we believe it is correct and we would be glad to share some thoughts about it.

First of all, we must remember the creation that you experience and the creation that, shall we say, is the reality of which the creation is the illusion are very, very close together but are not the same thing. The illusion is as close as a heartbeat to reality but is invested with physicality so that you are actually a traveler in two worlds at the same time: the world of your outer experience and the world of your inner experience. To suggest that the inner experience influences the outer experience would not be to suggest something very unusual. For it is clear to all of those in the circle how much difference a person's attitude can make with regard to most situations faced. Certainly it is easy to see that the glad smile or the way of making light of some perceived difficulty will always create an atmosphere of the people around one, if not the self, to feel better about an existing situation.

Wherever the self or other people are concerned the words said create not just an atmosphere but a feeling. And that feeling predisposes the inner self in ways that are difficult to see, looking from the eyes of the world. In actuality even that reality that you sense that is a heartbeat away from the illusion is not the end of the seeking for reality, for each of you is part of a group oversoul, shall we say, or a larger self that contains many seeming individuals that are not the self but in actuality are part of the self. And these larger entities are part of even larger entities until you get to the level of planets and sun bodies and the kind of entities that have many orders of magnitude beyond the one that you now experience.

All of these orders of reality are alike reality and illusion.

However, the level at which one is working is very difficult to pin down in words because in no case will it be that which is congruent with the outer reality which is an illusion. Consequently a great deal of the path of seeking the truth is, as the one known as R said, discovering the depth of the truth that one cannot control all things in order for the self to feel comfortable, for the self will never feel comfortable. For all things cannot be controlled, and most things

are not even supposed to be controlled. That is, we suggest to you that the apparent chances and changes of an everyday life have elements of excellence in all of the offerings spread before your experience each day, not simply the seemingly fortunate happenstances but also those accidents and misfortunes which seem to be quite the opposite of fortunate and seem to be ill-starred and unlucky or even tragic.

The way the illusion is set up is almost guaranteed to make it impossible for you to be able to control the inner universe. It is a situation where the outer personality shell attempts to order things so that the self will be comfortable. This is the usual choice for entities. They attempt to control the environment for comfort and for perceived goals that have to do with security and protection. The film that this entity was talking about earlier is an offering by a scientist who suggests that the role of the physical things that make up the body, the genetic structure of the body, is not as controlling and elective as it appears from the outside in, that what one has in the genetic structure of the self as inherited appearance is not necessarily that which must be experienced. This entity explained that these genetic structures have a garment and that garment is kept over the genetic structure in such a way that it does not appear or become activated in the life experience as long as this covering is allowed to remain over the genetic structure. This covering is made of proteins. These proteins are excited by incoming signals which cause these proteins to express themselves, first by electrical pulse, then by the exciting of the precise proteins that the electricity encourages. And then another electrical pulse to complete the errand started by the protein which come to either uncovering the genetic structure and causing it to be triggered or leaving it as it is.

This entity was simply saying that the belief of the person has the actual physical power to change the input signal that electrifies the proteins and that this change in belief will change the reaction of the physical body so that if there is a tendency towards cancer in the family, by figuring out what positive things keep that sleeve on the cancer gene and figuring out what things to avoid to keep from taking that sleeve off that gene that cancer gene never needs to be excited, never needs to be uncovered and never needs to be experienced. This is the basic idea behind this approach to attempting to bring the outer world and the inner world into one and create the reality that we would prefer, rather than the reality that we see in our genetic structures and our heritage from our parents.

This is the sense of this video tape that the instrument was talking about earlier. This is sound in terms of your own world's science. It is also sound in terms of what we believe to be so. It is very difficult for us to get into the real nitty-gritty of how you can talk to yourself as opposed to how someone else will talk to himself or herself. Each person has habits of mind which are not, shall we say, of the most hopeful or positive point of view. And with each person there are different areas. These areas are very quirky, as this instrument would say. It is very much a matter of the day, the hour, the mood, and the catalyst within the life in any one day as to what areas of the thinking that you do in talking to yourself you get into, what mistakes that you make in that particular day. And are they mistakes, indeed? For if you are telling yourself something that is disempowering, like "I don't think that I can do this job," perhaps

you are telling yourself that so that you can stop and take a good look at the job and really ask yourself, "Is this the job I want to do?" Or with a relationship to ask yourself, "Is this the footing on which I want to be, or is there another footing that would not only be more skillful but actually make me a happier camper, a happier person, a more efficacious human being," one that is more capable of learning, loving, serving and all of those things that you hope to do?" So I suppose that what we are saying is that it is true beyond our ability to prove it that what you think to yourself, what you say to those about you, has, to the extent that you believe what you are saying, or that you do not believe to the contrary, a power over your future. The question of time is most confusing, but is very relevant to this discussion because it is the nature of how time flows that is critical to the grasping of how it is possible for something as invisible as thought to affect physicality. So our first statement is simply that you may take it on faith, if you have faith, that this is so and work with a will to discovering how to talk to yourself and how to talk to those about you in order to express what you most truly think is true, what you most deeply feel to be the case. Consequently, we are not suggesting that it is possible to look at a situation where a house is on fire and say that this is perfect. This will not stop the house from burning down. We will agree completely that thought concerning a seemingly unfortunate situation will not change the structure of that situation, at least not in the physical. However, think about the last time that you heard of someone who came through a fire. What were they saying? They were probably saying, "Thank God that my wife and children are safe. All we lost was the house." Somehow it is the function of bad fortune not to create tragedy in people's lives but to open possibilities for thankfulness and for positive change. It might be a terrible opportunity for positive change to see one's house burn up or to see other disasters strike. Yet at the same time, with the gift of hindsight one is able to look back on such passages through difficulty and one is able to pinpoint the real quality and appreciated nuances of that experience that seemed in the present moment to be a dreadful thing but seen from the future looking backwards becoming almost the opposite: almost a boon, almost a point of fortune because of the learnings and the maturity that were gained during the experience. So when faced with something that you perceive to be a difficulty we are not suggesting that you put on rose-colored glasses and say that the difficulty is not a difficulty. Rather, what we encourage is that thoughtful approach that is willing to accept the two-natured quality of all apparent experience. There is an outer quality to the experience, and that is what you are seeing, feeling, tasting, touching, sensing in that way. There is also an inner quality to this experience. This inner quality is a very subtle thing and not a simple one. It is made up of the way you are at the moment on the surface, on the surface personality level, plus those deeper levels of the self where you have let some sunlight into deeper parts of the self where you are aware of some of your geographies of mood and emotion that have created themselves into structures in your inner life. You might be in that inner structure where you are comfortable and you are in a role that you might enjoy. You may be in a structure where you do not have everything explored yet. You are still the seeker, the discoverer of the self. You may be at that level where much is unknown and where you may feel relatively uncomfortable. Yet you feel that you are in a

very true part of the self. It is just one which you have not become fully acquainted with yet.

And these structures of familiar roles and unfamiliar roles, old things and new things, create a kind of three-dimensionality to the inner life that is almost impossible to put into words, but we feel that you grasp what we are trying to say, that there is in the self that comes to the moment a great deal more than what meets the eye, not just the personality meeting the day, but the personality at a certain point in a very long journey, with a lot of energy behind that journey and a lot of energy in front of that journey. And you're just picking a point in the illusion to come into awareness and have this lifetime and have these experiences. And so you are just sort of sticking up into the outer reality with this physical vehicle, and this personality shell and this enormous weight of many, many lifetimes, many, many experiences and many desires fulfilled and yet unfulfilled. This is each seeker's situation as the awakening occurs. Again and again there is the awareness that the situation is far more than a simple present moment and that the full reaction to that present moment is coming from places near and far within the self so that the self that meets the moment is always a unique individual, unique to that day, that time, that mood, that catalyst.

We do not see time as you see time. We see time in more of a circle. We see your experiences as circles within that circle, and we see all of it with much more capacity to allow for the complexity of the true situation without needing to define it. Consequently we find it much easier to have, shall we say, a pleasant existence. We are not in that dense physicality that blocks much of the vision that you have in an inner sense. It blocks it specifically because you are supposed to be thrown off balance and disturbed by the illusion. You are supposed to become involved and lose your objectivity and make mistakes and when you do that you feel that you have failed and at the same time you are fulfilling each desire of your heart, just not in the order and with the comfort that you had perhaps intended. Yet all of these things that seem to crop up in the present are a mixture of those things that happen in the outer world without any rhyme or reason: the weather, the car breaking, and so forth and those things that happen for a great many inner reasons that create situations where it will be a totally different experience if there is poor weather or if the car breaks because of the richness of your inner experience and the way that it has delivered you to the present moment.

Now, in this present moment you are sowing the seeds of a future and this is where it gets interesting from our point of view because of the fact that this is what so many of those who have awakened have come here specifically to do at this time and that is to make a difference in the future of your planet in the short run. And the difference has to do with how each individual seeker sees the present and sees the future. And here is where self-fulfilling prophecy comes into play. It is easy enough to see that if this entity named Carla can smile when she is in pain she affects the lives of those around her to the point where, as they did before this meditation they asked this instrument, "How is it that you can feel pain and not react?" To this instrument it was not a question easily answered because as far as this instrument knew she was reacting to pain. She simply was apparently better than she thought at keeping it to herself.

This is true of each of you. Each of you has these areas that other people think "Oh, that person is doing very well." But to you,

yourself, you are aware of the gap between that which was hoped for and that which was achieved in terms of the quality of the personal response of that moment, the quality of the response of the heart, to consciousness itself. But we say to you that each of you is a tremendously powerful fulcrum and the present is the pivot, and what you do in this present moment with regards to your belief about the future of humankind will redound either to the safe birthing of planet Earth into fourth density positive with all of the inhabitants of the planet more or less kept safe, or it will redound to a global catastrophe where all of the magnetic fluxes which are presently unstable will become stabilized. Either future is at this time, as far as we can see, entirely possible. The future is in the hands of you and you and you, each of you. And it is within the belief system of each of you.

Think how one person who chooses to bring faith into the present moment, to bring the love of the heart into the present moment, affects that present moment and affects the mood of those about that person that is expressing love and light. Think about those moments in your own life when you have found that moment of grace and won through to a good attitude and how empowered you did feel and how it did change the outward reality simply because you had risen to the occasion with a happy heart. Think of how you have blighted your own life in times when you have taken the negative view and talked yourself deeper and deeper into sadness and sorrow and despair.

It is not always possible to create the future in big, bold strokes. It is not always possible to express in a day, in a week, in a month, or in a year the beauty that you are capable of appreciating in even one moment. It seems on a thousand different levels that the treasure of life and its beauty were falling away far quicker than life's difficulties and travails. And we suggest that for the faithful one the path lies in continuing to play the hand that you were dealt, to enjoy the weather that the day holds, to deal with those chores that seem to need to be dealt with as best you can. And retain, insofar as you can, beyond all of those things a remembrance that has nothing to do with what has happened, a remembrance that is stubborn against seeming reality, a remembrance of an internal reality that, to you, overmatches the pale colors of the physical world. And that is that inner world of your own heart, your own soul, your own spirit.

When you are quiet in those moments that come to be so treasured when they do come you feel the truth of the self, the beauty of your sweetheart, the strength of your soul, and the power that is within you. Rest insofar as you can in the memory of those moments when you did feel connected to the Creator, when you did feel that you were part of the love that is all that there is, when you had the connections that made you unified, positive and hopeful.

A life in faith is not a life in which the faith is always expressed. Rather, it is a life that is full of mistakes that, when self-perceived, are addressed with the best that the self has to address those perceived mistakes. If you have the willingness to retain that sense of self when everything else goes wrong and to win through after all the difficulties and emotions have been expressed to the remembrance of that self, then you will be living a good spiritual life. For it is not living smoothly and wisely and all things being even that is the hallmark of the rich spiritual life but, rather, it is that often challenged self, that self that is held accountable after being comforted and comforted after being held accountable. That

is where the skill lies: in not giving up upon the self, and not giving up because of perceived failure, but rather in seeing that one cannot see at all times into the pattern that lies beneath the seeming chaos of the day. That remembrance is enough to keep you faithful or faith-filled with regards to the future. It is as though that remembrance of the self beyond all of the mental and emotional patterns, the remembrance of that spiritual self, the remembrance of those times of connection with the Creator, enables the self to pick itself up, brush itself off, and try again. And there is that skill with which the future will become a positive and ever more shining thing, that bare remembrance of who you are and what the process is all about. It is not about creating beautiful moments, although it is wonderful to create beautiful moments. It is about being real, as real as the self can be, and that will often lead one astray, that will often lead one to errors in judgment, self-perceived by the self, to wrong decisions, self-perceived by the self.

The more the thought is taken, the more the mentality is invoked to rationalize and to analyze the less the self will be able to connect with those deeper strata of internal structures which actually are slowing up the deeper patterns of life in your incarnation in terms of the large strokes of life: the relationships, the jobs, the situations that are seen to continue from year to year and constitute continuing lessons for the self.

You are not a solid. You are a vibration. You are an energy field that has connections to absolutely all other energy fields in the universe. You are connected to them through a series of orders of magnitude and, shall we say, reality, that are understandable only from the larger viewpoint. Many times within the life experience you will not be able to see how a certain situation could possibly be one in which love abides. But this is always the question to turn to, that one offered by the ones of Ra, "Where is the love in this moment?" This is a question that is always productive, that one may ask the self in a crux in the present. And by finding where the love lies for you in this moment and placing yourself there, there is how you affect the future. You are choosing what you desire because you desire it. That is understood, but in terms of responding to that which is given you have the skill and you have the chance at each offering to ask the self, "Where is the metaphysical structure of this moment? What speaks to me from a larger point of view that really informs the situation for me?"

The one known as R suggested the fear contracting around the vehicle breaking down and needing to be fixed even though the financial situation was no longer so tight that this constituted an actual emergency, yet still even though money could now be spent on the car and it simply needed to be fixed there is the contraction around the event simply because of old impulses, old emotions have set a pattern of belief. Now, you may continue having that pattern and fearing and being glad when a repair is accomplished, or one can take the opportunity as the one known as R has done to ask the self, "Is this actually the best pattern for me to go through this experience holding, or should I perhaps hold a different pattern since my illusion has actually changed?" Naturally, we agree. We would suggest that the one known as R create a new pattern, one that makes this entity comfortable with having to deal with the necessary maintenance of all that is physical, for those things which are within your illusion have as their heart mortality, though it is known beforehand



that all machines and engines will not work and they will have to be repaired. This is the inevitable price of being in the illusion at all. Your time is limited, and the time for you to think about what you truly desire for the future is limited. This is indeed the hour when all entities who wish to serve the light can feel assured that their service will count. Each of you is here upon Earth, as are we, within the influence of your Earth's inner planes, because of the exciting and interesting times in which you live. Each is aware of the powerful wind of change. Each is aware of the potential of the future for good or for ill. How shall you react to this present moment? How shall your beliefs create your future?

We assure you that you each have a great deal of power. And it is a power that is precious. For many, many upon planet Earth at this time this is a crowning incarnation. This is the end of a pattern or the potential end of a pattern and the beginning of new patterns. It is a very exciting time. It is a difficult time. Each of you has, shall we say, sacrificed a great deal to be upon Earth at this time to do what you could to serve the light. So we just encourage you to take heart. You are on course. Those efforts that you sense will be helpful are those efforts that you should focus on, opening the mind always for new ways, but trusting in your own inner feelings and hunches, those intuitions that tell you that, "Yes, this is where I should be, and this is what I should be doing. All is well."

You truly do hold a world in your mind. May you birth within your own mind that sense of self that is at peace with what is and that seeks only the presence of the one infinite Creator and the witness to that infinite Creator—to yourself, and to the world about you, as you are given the light [so to act]. Each of you has much to give. Each of you has inspiration to share, some in one way, some in another. Some by pounding nails. Some by walking streets. Some by what they say. Some by what they do to serve. Everyone is a part of an incredibly rich pattern in which you are involved in all of humankind, and all of the life within your density and within all the densities of this creation and of all creations beyond. Allow yourself to rest in the oneness of all that is. Allow yourself respite and comfort and yet at the same time ask of yourself always to be responsible when you have the light to see that responsibility. And notice simply the responsibility to be who you are and to be true.

We would exercise the one known as Jim and would leave this instrument in love and in light, with thanks to this instrument. We are those of Q'uo. We transfer at this time.

(Jim channeling)

I am Q'uo and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which may yet remain upon the minds of those present. Is there another query at this time?

S: I am just kind of curious as to where Q'uo spent its third-density experience. What can you tell us about it?

I am Q'uo, and am aware of your query, my brother. As you may be aware we of the principle of Q'uo are a principle because we are of more than one source or origin. Those of Latwii, who are of the density of light, have joined with those of Hatonn, of the density of love, and also have joined with those of Ra, of the density of unity. Those of Ra, as you are aware, experienced their third density upon the planet which you call Venus and were honored to have a most efficient experience within the third density of Venus. The many entities which

formed the eventual social memory complex of Venus had a most harmonious third density upon that planetary sphere and moved quickly, shall we say, through that experience with a significant portion achieving graduation within the first cycle of 25,000 years, a larger portion achieving graduation during the second cycle, and the third cycle saw the joining of the social memory complex by all of the population of that sphere. Those of Hatonn and those of Latwii had somewhat similar third-density experiences upon planets which are distant from this solar system and which are as yet undiscovered by your astronomers. Thus the name or place of such is meaningless, yet each social memory complex has found the third-density experience to be that which has produced the tempering of seeking, and the fire of the testing was intense and true. And we have been privileged to become that which you call Q'uo for the purpose of these transmissions at this time. Is there another question, my brother?

S: With all of these different originating points how did you meet or come together to become a principle?

I am Q'uo, and am aware of your query, my brother. As a planetary population moves from the third density, the density of choice, into the density of compassion, love and understanding there is at that time the obvious blending of each individual within the social memory complex. And this blending is assisted by those, what you would call, angelic presences or teachers and guides which represent the Confederation of Planets in the Service of the one infinite Creator. This confederation, then, when there is the opportunity to offer membership, shall we say, to a new social memory complex does so by sending emissaries of light to acquaint the potential members with the opportunity to expand their service to others and to the one Creator by becoming a part of this confederation of planets. And in this confederation there is the opportunity to blend energies, efforts and services with many other social memory complexes. The formation of the principle which you call Q'uo has been an effort to maintain contact with this group by those who have previously served this group in a particular fashion. Those of Hatonn have offered introductory messages for many years through this group and through many others as well upon this planetary sphere. This is true also for those of Latwii although to a lesser degree for those of Latwii are more, shall we say, silent in that they serve as what you would call Comforter for many individual seekers upon this planetary sphere and others as well. Those of Ra have had contact with this group in previous times and were desirous of maintaining a contact, however stepped down it was necessary to be so that there could be the continuing of the service which was begun more than two of your decades ago.

Is there another query, my brother?

S: When do you perceive that conditions would be right for making a more direct contact? Any time soon?

I am Q'uo, and am aware of your query, my brother. And we do not see any more direct contact with the population of this planet or any portion of it than that contact which we are now honored to pursue. Is there another query, my brother?

S: Not right now. Not from me. Thanks.

Is there another query at this time?

S: Maybe I lied. Maybe I have one more. My understanding is that Venus is not indigenous to this solar system. My understanding is that it is from 19 light years away. Was Ra's experience before or after Venus became a wandering planet?

I am Q'uo and am aware of your query, my brother. We are aware that there are many theories as to the origin of each of the planetary spheres in this solar system. There are many who seek to be of service by giving information of one kind or another. The transmission in many cases has been tenuous and occasionally misinterpreted. We are not aware of the planetary sphere which you call Venus having been of any other origin than the solar system in which it now moves and has its being. Is there another query, my brother?

S: No. Just curious. Information from another channel that I was curious about. Thanks.

I am Q'uo, and we thank you again, my brother. We do appreciate each query which this group offers to us at these circles of seeking, for we are aware that each entity does have within it the great desire to pursue those areas of mystery and the unknown, for both within and without each seeker there is an abundance of mystery. It is the purpose and the focus of the mind to seek those answers to queries which the heart asks. However, there are often more opportunities when both mind and heart are opened in harmony.

We are known to you as those of Q'uo. At this time we would take our leave of this instrument and this group. We leave each in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai.

Sunday Meditation

February 24, 2002

Group question: Our question this week has to do with communication, real communication. It's hard enough to be honest and to speak clearly to another person about what you are thinking and feeling. We are wondering how a person can also engage the heart so that the intellectual communication that you share isn't just a means of attacking or defending but that you are also able to engage how you really feel and maybe the higher principles that you believe in, the concept of love and forgiveness and compassion. How would you recommend that people having difficulty communicating—not so much being honest—how would you recommend people be able to get to their hearts, be vulnerable, share what's really of foremost importance in their lives?

(Carla channeling)

We are those of the principle known to you as the Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is a great blessing to us, as always, to be called to your group, and we thank each for setting aside this time to seek in the silence for truth, that truth that often has no words but is shaped in the silence and molded in infinity.

We thank you for the thoughtfulness of this question. Truly, communication is a principle avenue through which learning and service may take place among your peoples. And we find it a provocative subject, one with many subtleties. We are glad to tackle it with you this day. We ask that, as always, each maintain a degree of discrimination concerning anything that we or any other seeming authority may have to say. Do not buy anyone's ideas because of the excellence of their character, but rather subject all incoming thoughts to your own indwelling powers of discrimination, for you will recognize those truths, pleasant or uncomfortable, that are yours. They will resonate for you and not leave you. Focus on those few thoughts that really ring a bell for you. And we would ask that you leave all others aside, for ideas that are not resonant to one can only confuse, and we do not wish to confuse but to aid. So, please, we ask each of you to use that discrimination that is yours.

To speak of communication is to speak of many levels of conveyance. Much more goes on within a communication between one entity in third density and another than is seen upon the surface. Upon the surface there is a two-dimensional

quality to the shape of words and the structure of sentences, and if communication were a matter of the words then our discussion would be very simplified. Yet, in truth, communication is a far more multi-dimensional process than the words alone would suggest. When we speak words through this instrument, in actuality we usually are offering to this instrument concepts which do not come in the shape of words but, rather, have that quality of infinity which rounds the two-dimensional into the third, the fourth, the fifth, and the sixth dimensions, all of those dimensions being the layers of meaning and reference that each entity has created within its own internal structure, far below the level of words, into which incoming information shall be placed so that the same words coming into the field of twelve different entities will mean twelve different very complex sets of things. And when communication becomes more complex than asking for something to be passed or requesting that something be taken from one, when communication becomes a matter of expressing shades of opinion and discriminations of feeling, then the subtlety of possible techniques of communication becomes more and more obvious.

It is helpful, we think, to step back and look at who is communicating. As you sit in your chair within this circle each of you would seem to be a fairly well-defined physical object. You weigh so many pounds; you have so much mass; you have certain color hair; you have a certain color eyes; you present a fairly simplified picture of a finite entity. Yet in truth, within your finite bounds, each of you contains the heavens and the earth and all that in them is. Each of you is all that there is, and all that there is resides within you. How is this possible? It is not possible in a linear world. Of course, we do not believe that any of us lives in a linear world. We see that as a simple illusion, an illusion within a larger set of illusions, and all of these illusions are acceptable and proper and as they should be, not in order to keep people in the dark or confused but in order to express the endlessness of being. For each of you is, within the tiny structure of bone and muscle and heartbeat, the Creator, the created and all that between them is.

So you are infinitely valuable and of infinite proportions and size, and as you approach each other you are as stars that rotate in their orbits so that they come into contact with each other, two incredibly radiant, powerful beings whose effulgence and splendor is beyond description.

And how shall that star which is you shine in such a way as to communicate to that star which is shining back at you? If you hold this image you may see that within this image lies the question of energy fields and how they attract or repulse each other. It may be seen that some entities will be helped and pulled together by the forces that will naturally drive other entities apart because each entity has a certain quality of vibration which carries a certain charge. And we would not call this a positive/negative dynamic because that would suggest that in communication one entity may be positive and the other, therefore, must be negative. This is not so. It is more subtle than that. It is simply a matter of each energy field, each person, that is, having a very discernable, clear signature of being that expresses far below the level of self-awareness. You put out a very clear signal, each of you. We can recognize you as you and pick you out from all of the billions of entities that dwell now upon your planet. There is only one of you. There is only one of each of you, and each of you is precious and unique and quite necessary. If, in human communication it can be remembered that each entity is worthy of respect, is necessary for the survival of the group as a whole, and is that which is acceptable, then we feel that communication would perhaps become somewhat less difficult. In truth, we are fully aware that in the hurry and scurry of ordinary life it is extremely difficult to remember that entities that are upon the surface displeasing to the self, nevertheless are beautiful, necessary and perfect in their own way, just as you are beautiful, necessary and perfect in

your own way.

The goal of communication often seems to be to come to a resolution, to effect a change, to get things done. And again we would suggest that it is helpful when working upon communication to realize that there are times when the goal of communication is not so much to obtain the desired goal but, rather, there are times when communication has the goal simply of expressing the dynamic that is occurring, not with a drive to find a solution but in the spirit of clarification, so that between two entities who differ there comes into being, as a result of the communication, the sense of each entity having a growing understanding or grasp of that fuller nature of that other self that lies behind the seemingly flat surface of a disagreement or a point of discussion.

Within your world, processes take on the qualities of chemical interactions where there is always a vector, there is always a direction, there is always an arrow pointing from one to two to three to four processes. This is what entities tend to expect from communication, that information will be received and processed, work will be done, decisions shall be made, and all entities shall be fully informed and able to go forward. And certainly there are many times when two entities may accomplish these things with very little effort, and those are blessed times. However, you asked concerning those communications which seem to have gone awry. And as you ask these questions we could sense within you that assumption that the goal of a conversation would be to come to a conclusion, and we would suggest that this is not always the model that is most helpful for communication. We would suggest, rather, that there are times when it is important that each who attempts to communicate simply be able to express the emotions, mental structures, and spiritual considerations that have injected themselves into the matter about which communication is taking place. For all of the things that are in your life are placeholders for things of the spirit. All things are alive. All things are ready to tell you their story, so you have a much more complex interesting, intricate, vibrant universe than the intellect perhaps can perceive. There are upwelling energies from the archetypal level that are simply waiting for the opportunity to work their magic within the fragile structure of human incarnation. There are wonderful, powerful spiritual energies that are just waiting for channels through which they may run, be blessed and come into the power and ownership of the Earth in general. Communication sounds simple, but in the processes of communication lie the salvation or redemption of the entire group. And it is very much as a group that those of planet Earth shall move forward and not as an individual and then as another individual. But each of you is as an ineluctably intertwined portion of the group that is the humankind of planet Earth. And there is a tremendous amount of energy that wishes to cooperate with that group's working together to move forward as a group. Consequently there is a tremendous spiritual bias towards attempts at communication no matter how clumsy, awkward or seemingly unsuccessful.

In the face of this great bias on the part of the Creator towards communication we may say that it is tempting, even seductive, to enter the list [1] of communication as if it were a medieval jousting match with the communicators loading up their armor and getting on their destriers and heading towards each other with a shield in one hand and a lance in the other to communicate this idea and that idea and get across to the other person and in the process, of course, knock that person off of his steed and win at the list of communication. This is not a model that we would encourage. We would encourage rather the model that realizes that right and wrong have only a limited amount of energy whereas truth and love are equal in their energies so that there is not a one-time linear truthfulness to any opinion or feeling that is being communicated but, rather, that which is being communicated is the tip of an iceberg, and that when the skillful person hears that which is communicated that person is willing to

open his awareness to take in, not simply the point of the iceberg that is showing above water, not simply the words, but is willing to open to the unseen presence of all that is below the waterline, all that is unsaid, all that fills out the substance of an opinion or a feeling that is being communicated so that each can see the other as a positive source of information and support, even when there seems to be huge discrepancies in opinion and ample evidence suggesting the impossibility of a happy conclusion to the communication. It is not necessary to have a happy ending in order to have good communication. Nor is it necessary to have the opposite to have a seeming tangle and disagreement and one entity prevail over another. These dynamics are dynamics of illusion. That which is valuable is the spirit within each of the parties who communicate so that if left to choose between someone who says all of the right words and someone who is able in any way to enter into the respect of the infinite qualities of the self and other self, we would choose every time that fool who was not communicating with particular skill but who was receiving communication and offering communication in the humble awareness of the infinite qualities of self and of other self.

A growing awareness of this nature of hidden things in the most simple communication is very helpful to the developing spirit. And in any way that you can, we encourage you to support these growing awarenesses within the self that begin to see into that other self in a way that lifts judgment and takes it away from the field of vision so that the self may see the other self in a sweetness of reception based upon the awareness of that entity's deeper nature and value. How is this possible? How can the ordinary person give up the linear processes that seem so clear and obvious and, instead, embrace those values that lie beyond sense? We can only say that it begins within yourself. For the first entity with whom each of us, on whatever level of learning, must communicate is the self. How do you communicate with yourself? What conversations have you had with your self this day? Have they been clear communications? Have they been kind? Charitable? Have you respected yourself, even when those thoughts that you had in your heart were not what you would have chosen? Do you scold yourself? Are you honest with yourself? How do you treat your own self? We would suggest that many of you, if not all of you, have habits of abuse with yourself. This may sound as if it were not so, but look into your treatment of yourself, and we think that you will find that you are as impatient, upset and rude with yourself as you are with others. Before others can hurt you, many times, by the way that you treat yourself, you have already caused yourself pain. We would suggest to you that there is great value in listening and in silence, in opening and letting go, in being empty and being comfortable with being empty. We would suggest that it is not the first goal of communication to make sense or achieve objects, but, rather, the first goal of communication is to open the heart to another entity and allow that entity to see your heart. In terms of energy, communication is far beyond that which is thought of as communication among your peoples. What passes for communicating among your peoples is that which never achieves any energy level beyond red, orange and yellow-ray concerns. Much communication among your peoples does not involve the heart, and we would suggest that skill in communicating involves becoming a spiritually viable entity that moves into the heart, anchors the self within the heart, and only then turns outward with a willingness to share ideas. Were entities to invoke their own open hearts before each communication, we feel that much that is contentious among your peoples would naturally fall away. Again and again it is necessary to move into the silence of one's own heart. Call to yourself this day with that inner tolling bell of love unknown. Let that bell within toll for you. Let it ring out and resound in the shoals and the deep waters of your being. Open yourself to the wonder of that which is within you and allow a larger picture of self to emerge, a picture of a self that sees the

creation as made and says that it is good. For you are co-creator in a far more specific way than perhaps you realized. You, by the seeds of love that you sow this day, create the love of tomorrow. Thusly, we simply ask of each of you to lift the linear judgment away from the limitations of eyesight. Lift away from the limitations of that which is seemingly being communicated in any situation so that as you come to the communication in its seeming outward form, which is words, inflections, and body language, you have as much realization as you can bring into your heart of the beauty, the sacredness and the worth of each and every entity that is within your world.

The processes of linear thought shall continue to work as they have for third-density entities for millennia. But the value of communication never remains at the level of problems solved and information shared. The value of communication lies in the reception of each by each in such a way that each is a helper to each. Each is a supporter and encourager to each. When communication finds ways to embrace this realization of the preciousness of each other then that which is communicated enters into the mutual systems of the two in a far more enhanced way which is very powerful in deep, subconscious levels of connection. For you see, what you are actually doing in communicating betwixt each other is creating connections of a certain kind. The hoped-for result of communication for those who are service-to-others oriented is an energy exchange which is helpful to both parties. It is this particular instrument's opinion that when she responds to a request for help from someone who assumes that she is a teacher, what she is actually doing is not sharing information so much as sharing love. And it is in the acceptance of that other self, the honoring and respecting of that other self, that the communication begins to have real worth, not simply in what is said, but in the energy that runs beneath the words.

Thusly, we ask each of you, what energy runs beneath the words that you say? Are you powering your communication from the heart? Are you powering and empowering yourself by the respect and honor that you give yourself, regardless of the mistakes that you may seem to make? What judgments have you made against yourself this day, and what merit do those judgments have?

We pray that each of you may ponder these things. Truly you ask a very advanced question when you ask concerning communication. Communication, when it is truly working, is a spiritual event, a mutually strengthening, mutually validating experience. When you can come to communication with yourself and feel that you have honored and respected yourself, only then can you be said to be ready to communicate fully with another.

It is extremely helpful to realize that the nature of communication is that of speaking to a mirror. The other self with whom you are communicating is a very faithful mirror of you. And those things that you see in that mirror are those things within yourself with which you either greatly agree or greatly disagree.

Usually, amongst third-density entities the preponderance of reactions that one has concerning other selves remains loaded with bias and judgment and a lack of love. And this is as it should be in an environment in which each of you is attempting to fathom what love is and to begin to make choices that are loving choices. Realize each time that you begin to communicate that you are communicating with the Creator and that that Creator is communicating back to you, offering you a mirror in which you may see your nature.

We hope that these poor thoughts may not confuse but help each to open the heart to the profundity and limitlessness of the spirit. You are ethereal beings caught into a matrix of birth and death, living and dying, light and dark. You walk this road at this time for infinite reasons, but with finite steps. Thusly you are a creature of two worlds at once, one with measure and one which is immeasurable. And both of these parts of self are equally so. Yet dealing from the standpoint of infinity the life experience opens before one in a very different way from that life that is approached from the level of linear sense

and activity.

Thusly, we point you always to the value of silence and the opening of the self within that silence to the infinite unknown and to the goodness and beauty of that which is not yet known. Allow the mysterious to empower your imagination. Allow those infinite qualities that do not seem to be a part of communication to enter into your willingness and that shall open up your ability to move through difficult material in such a way as to empower each, yourself and other self, in ways that move beyond linear truth. For the greater truth is always unity, harmony and consolidation of disparate things into beautiful and useful patterns. There is a beautiful and useful pattern in between each and every soul with whom you shall come in contact in this life. There is always a full possibility of resolution, peace and moving forward, no matter how infinitely impossible the two points of disagreement may seem to be.

We thank you for allowing us to speak with you this day and realize that we have spoken too long as we sometimes do, so we will take our leave of this instrument at this time and continue this communication through the one known as Jim. We thank this instrument and leave it in love and in light. We are known as those of the Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to ask if we may speak to any shorter queries that may yet remain upon the minds of those present. Is there a shorter query at this time?

Carla: I have a question. Earlier the group was talking about our ongoing discussion with P and our strong feelings that it is better to accept P even though we don't agree with him than to attempt to control the situation and have our will over his and wrest our material back from him. We realize that it is a very unworldly way of thinking. I wonder, do you have any comments to make on our continuing feelings that this is the way we should act?

I am Q'uo, and am aware of your query, my sister. We feel that in this matter it is in the general area of "walking the walk as one talks the talk." This is a phrase that we have heard used many times in your metaphysical discussions where the principles by which entities such as yourselves live are tested. When such a test presents itself to the seeker it is well that the seeker set those priorities by which it lives its life and then remain steadfast in those priorities' observance though there may be a price in worldly terms to pay. For that which you seek to do, though it is in this world, is not of it. You seek to be more than you are. You seek to be beacons of light. If, therefore, you shall be a beacon of light worry not about the splinter that is in another's eye.

Worry about how clearly you see yourselves. Is there another query, my sister?

Carla: If you will pardon me, I do have another one on a different subject entirely. I've had three different people say to me in the last two weeks that humankind needs more DNA than it has and something must be done to improve the DNA structure or humankind won't make it out of third density into the fourth and will be, as a group, stuck here repeating and repeating. The model that all three of these people have used is that we don't have it and we need to go out and get it. They are referring to extra strands of DNA that would enable us to do this and that. My model of it and the one that I feel at this point is more correct by far is that we have everything that we need and it's been turned off. We just have to find the place to allow it to be turned on again. Of those two models would you have an opinion as to which one is more accurate, or would you feel that this is even a valid concern at all?

I am Q'uo, and am aware of your query, my sister. As third-density beings your mind/body/spirit complex has been equipped with all the necessary prerequisites for utilizing the catalyst of this choice-making density. It is not that you need more equipment but to refer to your owner's manual. The answers are in your



heart, not in your DNA. Is there another query, my sister?

Carla: No. Thank you.

L: I have a query, and it may be rather simple but I've taken to collecting quotes from readings in church, Bible reading, that kind of thing. And just from one I remember the last phrase, "Obey me," and that can mean "Obey me," taken from Bible text, or "Obey me," as like with what you hear from the Holy Spirit. What do you take that to mean? It's so hard to know if I am doing it.

I am Q'uo, and am aware of your query, my sister. To this query we would respond by suggesting that to obey is to give over one's personal decision-making in favor of another's who perhaps one feels is more wise, more powerful, more loving, and so forth. This is a free will choice which any can make. Each entity, as it matures within your culture, comes under the influence of many authorities that must needs be obeyed for a certain period of time: the parents in the upbringing, the teachers in the schooling, the bosses, the entities that are placed above one in the work environment, that this work may be accomplished in such and such a manner. However, at some point each entity must exercise its own ability to choose that which it shall do, that which it shall say, that which it shall believe, that star that it shall follow that it might reach the higher goals of the spiritual life. At some point the obeying of another is not enough to take one to the highest levels of being, of serving, of loving. It must be instead the inner-directed spiritual seeker that fashions its journey from all that it has learned, from all it believes, and from all that it seeks to gain.

Is there a further query, my sister?

L: No. That's a great help. Thank you.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

(No further queries.)

Carla: Thank you so much, Q'uo. We are just grateful to have you to ask.

I am Q'uo, and we also are most grateful for each query that has been presented to us this day, for it allows us to serve in the way that we feel is the most helpful. Thus together we aid each other on the journey of seeking the one Creator in each experience, in each other, and in ourselves. For, indeed, the Creator resides in all things and in all people.

At this time we shall take our leave of this instrument and this group. We leave each, as always, in the love and in the ineffable light of the one Creator.

Adonai, my friends. Adonai.

[1] Carla: Even the Oxford English Dictionary said this word was obsolete, but it is in there, as a race track for horses or other paced off and fenced or otherwise demarcated place for contests or races. One joins a list in the sense of enlisting for the match. But the way it was used in the novels in which I became familiar with the term was that one entered the list as one signed up for the jousting and got one's armor on. It was always a "game," never a real battle, but the testosterone flowed.

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removed.

Sunday Meditation

September 1, 2002

Group question: The question today has to do with the concept of gratitude. We are told by various sources that we should give praise and thanksgiving in all things whether they be what we think are good or we think are bad, and we would like Q'uo to give us some information today about why this is so effective; why giving praise and thanksgiving in all things seems to produce so much of what we call good or the feeling of being in the right place at the right time, of being in the flow. We appreciate anything Q'uo's got to say about giving praise and thanksgiving.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the infinite light of the one infinite Creator. It is in the Creator's service that we find our joy and our employment, and we are extremely grateful to be called to your group by your desire for seeking. We thank each of you so much for the many things that had to be laid aside in order that you could join this circle at this time. It is a great blessing to us to be able to share our opinions with you on this subject of gratitude and thanksgiving. We ask only one thing of you and that is that you carefully employ your own sense of judgment and discrimination as to those things that we may offer, for they are our opinion. We are not an authority of any kind but rather your brothers and sisters. If you will allow us your ability to discriminate, then we feel that we will not infringe upon your free will by those things which we share. We would greatly appreciate that kindness. And we thank each of you for the beauty that you bring to us as we meditate with you and see the wonderful rainbows that each of you carry. It is a great blessing to us to share in these vibrations; to see that each of you, as the one known as H has said, is the master and at the same time joyfully encased in a shell of flesh and playing the part of the clown and the fool.

What is it to be thankful? What is it to give praise? To seek this, we must go a little deeper than zeroing in on that word of praise or thanksgiving or thanks, because the word, "gratitude" or the word, "thanks" does not in and of itself explain the power of the word or the concept that is behind that word. Indeed, in all spiritual realization, the awareness is bounding beyond the ability of words to describe the textures and the depth of the concepts that are moving through the seeking entity.

Let us pull back enough to gaze at each of you as stars or cosmic entities. Each of you, like a star, has an energy. Each of you is capable of radiation. Each of you is capable of being greatly affected by the radiation of other energy fields. It seems within the veil of flesh that each of you is some little pinpoint of consciousness gazing out at a common world; that is, a world held in common by yourself and all those who agree on consensus reality. Whereas in fact each of you is the Creator of your universe, and, as the one known as J has said, sometimes it becomes very clear that the universe lies within, that the reality lies within, that all that seems to be "out here"—as this instrument is pushing at the air in front of her body—that "out there" is that space that is around those fragile, delicate, human bodies that you experience at this time. In actuality, this awareness is but a tiny portal upon the awareness which you carry deep within yourself. You carry it as a precious gem. You carry it in rich and fertile soil.

You can, through meditation, find those gems of self and ask them to shine for you so that you may see their beauty. For you truly have not simply one but many of these gems within you, crystallized essences of beingness of various hues and energies that you have, through countless lifetimes, developed and in this particular lifetime have come into a specific and a beneficial balance or shall we say dynamic imbalance seeking towards balance asymptotically. This is your character: you are the crystal, the light, the energy that is the deeper aspect of life rather than being a specific shell, a specific weight, a specific appearance, and all these details that appear to be the most important part of consensus reality.

These beings that you are vibrate to the highest truth of which the crystal of your being is allowed to become aware. If the highest truth which you allow yourself is the truth, for instance, of what this instrument would call right and wrong, then you are established to the extent of the truth of that concept in a vibratory nexus, and your spirit will rest within a comfort zone within those thoughts which identify and specify that which is wrong, that which is right, that which is good, and that which is bad. However, neither that which is right nor that which is wrong tends to create, within the energy of an entity, that emotion which partakes of what you have called thanksgiving, praise and gratitude. Rather, it holds one within the spell of this particular density, which is the spell of polarity. It is quite necessary for your environment while you are learning, that polarity be displayed in a marvelous amount of detail; that the details of the physical universe be actually infinite, so that one can lose oneself endlessly in the examination of the illusion. However, in truth, the energy which created all things, which binds all things together, which unifies, is an energy that is so far beyond words that it is ineffable, and yet perhaps one of the closest locutions to that emotion is gratitude.

We normally greet you in the love and in the light of the one infinite Creator. We do this in a fairly formalized way, because we are indicating to ourselves and to each of you what our vibratory energies are. The Logos which is the one infinite Creator's original Thought is that which we call love, and all that is manifested by the energy of this Thought, acted upon by free will, we call light. Part of that light is the energy of your body and the organs within your body and the molecules within those organs and the atoms within those molecules. Then, upon a completely other level, in the finer bodies, in the energy bodies, that energy is pure and more refined, and what each of you has come here to do is to refine that energy further.

Whatever love that you came into this incarnation carrying is a part of the gifts of your previous incarnations which you harvested for this particular illusion. You hoped to add to that store and to further refine and purify your idea of what, who, whose, you are. For investigating essence takes one almost instantly beyond the words, and yet this word, gratitude, is so powerful, because it carries the vibrations of the Creator.

Gratitude is not what it seems; gratitude is not a thanksgiving for blessings received. At its best, it is a way of being so that one breathes in thanks and breathes out praise; breathes in that which is and breathes out, "Thank you," not because of any outer detail but because it is the nature of consciousness to find an overwhelming, ever-overflowing cup of beauty and peace. And as one comes into even the shadow of this energy that lies within your hearts, there is an

upliftment, and all of the energies that had seemed chaotic within the being begin to find a rhythm and pulse in harmony with the environment about you and the thoughts within you so that all of the finer bodies and the earthly body that is yours and the bodies that are wind and rain and planets all begin to harmonize and to vibrate and to speak to you. And when the universe is speaking to you, then there is always bliss and joy and peace and praise and infinite thanksgiving. The trick of the illusion is to coax one into the seduction of believing that the dynamic dance between the dark and the light can be solved by choosing the light, or the dark, and turning the back upon the other choice. Certainly, a great deal of third-density existence, especially in the beginning of that process of learning that we call third density, has to do almost completely with sorting out that which you as a soul feel is positive and that which you as a soul feel is negative; that which is desirable; that which is not preferable. Sorting these dynamics out within the personality doesn't take a great deal of experience for many people, for there are many things that seem fair until they have been utilized and experience has been gained that indicate the failure of that beauty over time and experience. These are the last days of this particular cycle, and each entity that dwells upon this planet at this time has basically chosen its polarity. Perhaps not in a way that activates the spiritual progress that can indeed be accelerated, but the experience of each has been rich and decisions have been made concerning the choice of the light or the dark. What we ask you to think about, in the context of gratitude, is that land which lies beyond polarity, that unification that is very much of higher densities and very much of the fourth density which is at this time coming so close now to that vibration which is your so-called consensus reality that, more and more, there is a transparency that comes and goes for entities, so that suddenly those truths of fourth density and unconditional love are indeed opened to that entity, and that entity feels, understands and sees, as if "real," the perfection of all things and the beauty of the play of light and dark as the soul spins, evolves, balances and regularizes in that spiral towards oneness with the one infinite Creator. What is gratitude? Gratitude is breathing in and breathing out with the awareness that this act is a gift. Each of you is like a cut flower. You have sprung from the soil of physicality, you have the life of a blossom, and your only responsibility is to blossom, to be, to share that which you are and take in that which all else is exchanging with each other's energy fields, those dynamics which lie between the two of you. It is easy to give thanks when there are good times, but that is not the heart of thanksgiving. The heart of thanksgiving is to see in all things the gift of manifested experience. Oh how precious that is! Oh, how dear! We cannot convey to you our appreciation of the challenges that you face by being in a physical body and in third density, and yet we say to you that such an adventure calls to us simply because each of you is experiencing, within the illusion, the ten thousand colors and shapes and forms [1] that are what the Creator knows about itself so far. As each of you takes in the air and gives it back out to the universe, you are singing a song that no one else has ever sung, lifting to the heavens a beauty that has never before been seen. And the Creator knows more now than before, because you have been open and vulnerable to experience, and the world and all its experience has been opened and made vulnerable to you. This is the heart of thanksgiving—the knowing

that every breath you take is significant, meaningful and helpful to the Creator, truly a gift given and a gift received.

We sense that there are other questions, and the one known as J has specifically said that she would like to question upon a different subject. Consequently, we would like to thank this instrument for its offering, and we would wish to transfer the contact at this time to the one known as Jim. We leave this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

J: Yes, there is. Hello, Q'uo. I am the one known as J, and I just wanted to tell you that we have golden spiral Milky Way needles, and they're made of gold, iridium, palladium, ruthium and rhodium, and, as we understand it, all those metals work on different parts of the body. We use them as healing instruments, pulling out energy that isn't necessary and bringing in light. We're very excited, and we wanted to share that with you, and to get your opinion about our golden spiral needles. Thank you.

I am Q'uo, and we are aware of your query, my sister. We greet you and we are most happy to attempt to speak to this query. If you will remember that which those of Ra spoke concerning the upward spiraling line of light that is the path all creation takes, then these Milky Way needles may be seen to reflect in a small way this upward spiraling line of light in the healing modality, as you attempt to relieve various distortions and imbalances that the human body, mind and emotions are wont to accumulate from time to time due to the participation in your daily round of activities. If you will also remember that there is a phase shift, shall we say, a change of energy that is possible when entities move in a certain direction. When placing energy into that direction which moves at 90° to that direction, traveling at speeds that are in your measurement great, in what are frequently called craft of the UFO nature, then it is possible to change dimensions or densities of light with this phase shift. If you combine this information with the upward spiraling line of light, you may see this spiraling line of light as being a continuous phase shift, so that there is available to each entity that is seeking the healing from these devices a kind of amplified energy that is able to, shall we say, untangle the knots that are within the mind-body-spirit complex of the entities within this illusion. Another way of looking at these Milky Way needles is to see them as one would see the pyramid energies. The pyramid takes the ever-present energy of prana, the love of the Logos, the intelligent energy which creates all things and focuses it in such-and-such a fashion, much as the drain in your bathtub focuses the water as it leaves through the drain. Thus the pyramid and these Milky Way needles tend to focus this upward-spiraling line of light energy so that it is available in the healing modality.

Is there another query, my sister?

J: Not at this time. Thank you so much for sharing that with me.

I am Q'uo, and we thank you, my sister. Is there another query at this time?

Carla: I've got one. I've noticed that two very bright lights have moved to town recently, my friend, V, and the one known as H, and,

previous to that, I have very recently met others within this circle that seem to me to be very, very resonant with my own personality. I wondered if there was more than synchronicity involved? Are we of the same soul family? I just feel so much resonance with these people, and the energy change is so sudden. It's just noticeable, and I wondered if you could comment on that.

I am Q'uo, and am aware of your query, my sister. Without infringing upon the free will of any present, we may suggest that those present within this circle of seeking and many others as well have, before incarnational life began, made certain arrangements, promises, shall we say, that there would be the effort made at a certain time within the experience of the harvest to give the life's energy and direction to aiding in this harvest. There is always the ability to share the load, shall we say, that those who are of service wish to partake in, for the joy of seeking and seeing and serving the Creator is multiplied manyfold when there are many harvesters, shall we say, working in the same fields. Thus, one may see those entities who have recently joined this circle of seeking and have relocated themselves to this particular geographical area as hearing the sound of the music, shall we say, the music that is the promise made before the incarnation now come to fruition.

Is there a further query, my sister?

Carla: That's beautiful! Do you have a thought about how we can work together, because I know H and I both, as group leaders, have real hopes of somehow acting to unite the planet in love and world friendship. Do you have any suggestions for how we might collaborate better together or what we may support and encourage in each other? I am Q'uo, and am aware of your query, my sister. Again, we wish not to infringe upon free will by suggesting that which has not been chosen already in your free will. However, we may suggest that each entity within this incarnation is able to be of most service by being most authentically who each entity is. Each has brought certain skills, desires and talents to this incarnation, and each encourages the other most effectively by encouraging each to be, first of all, to be firmly rooted within the harmony, the love and the light of the one infinite Creator, to be who each has determined before the incarnation each can most effectively be. For each of you is unique, though each of you is the one Creator, each of you has yet another way of shining forth that love and light as a faceted jewel. Thus, encourage each other in whatever direction feels most appropriate. Your hearts can tell you the direction, your meditations can show you your heart. Seek them together however you can, and light and love shall come from this joined seeking, light and love which can heal a wounded planet. We then would suggest that you do as you do seek, share and love together. Is there another query, my sister?

Carla: No, thank you, Q'uo.

I am Q'uo, and again we thank you, my sister. Is there another query at this time?

R: Yes, I have one. My name is R. With all the earth changes that are happening, the dynamics that are happening with the people that are on this planet at this time, the rage that they're feeling, what is your suggestion to help balance that out towards a smoother experience?

I am Q'uo, and am aware of your query, my sister. We are aware that there are those within this group and within many other groups as well who take time each day to meditate and to pray and to send love and healing energy to all who are in pain; to open their own hearts to the

healing love and light of the one Creator; to send that energy to Mother Earth, herself, for her healing as she brings forth a new Earth into fourth density; to send that love and light to each entity upon the planet which feels pain, which feels weariness, which feels the sickness and hate and disappointment and disease and all those other various ailments which can take the attention and turn the mind to darker thoughts and ways of sharing that do not open the heart but close it. We would suggest that, whenever it is possible, upon a regular basis that you take time to pray, to meditate and to send love and light to all who need it.

Is there another query, my sister?

R: I don't know that I have the words for it, it's the astrological things that are going on ... how amplified energies are. I'm having a time putting it into words.

Carla: How about "spiritual momentum"?

R: Yeah. There's a lot going on in the positive, but the rage among the people is really amplified. Where's that amplification coming from? Is it just for clarification? It seems like it's more than that.

I am Q'uo, and am aware of your query, my sister. As we mentioned previously, this is the time of harvest, the time of the change of cycles for not only each entity upon this planet but for the planet itself. For all move in the upward spiraling line of light as if in accordance with the hands of a clock striking the hour of change. The time grows short. There is much work yet to do. This planet has for many of your millennia suffered the difficulties of factions warring one against the other. This anger of war and bellicose action has seeped as heat into the crust of the planet, heat which must be released. Each entity, as well as the planet itself, is therefore asked in the spiritual sense to take a larger share of the ability to transmute this heat and anger. Those who have no firm foundation of spiritual seeking or outlet of sharing in a metaphysical manner take this extra share of energy and transfer it as anger. Thus, those who are aware of the change occurring upon the planetary and the cosmic level which reaches into each individual heart, do well to see in their meditations and their prayers hearts that begin to open, minds that begin to open, arms that begin to open, so that there is acceptance and love, compassion and forgiveness, in place of competition and anger, confusion and ignorance. Therefore, we recommend most heartily that the prayers and visualizations be added to your meditations in order to aid other entities in their attempt to open their hearts, which is the purpose for each entity here on the planet at this time. Some are more, shall we say, effective, more able to do this than others. Those who are able to open their hearts first then teach others by example and in their meditations.

Is there a further query, my sister?

R: No. Thank you.

I am Q'uo, and we thank you, my sister, for your query. Is there another query at this time?

(No more queries.)

I am Q'uo. As the queries appear to have been satisfied for the nonce, we would take this opportunity to once again thank each for joining this circle of seeking this day. We are aware that each sacrifices much in order to make the time and space in the daily round of activities available for such a gathering. It is always a great joy to be asked to join you here, and we would remind each that in your own, private meditations, we would be happy to join you there as a

conditioning vibration to help deepen your state of meditation. A simple request is all that is necessary, and we shall join you there. At this time then we shall take our leave of this instrument and this group. We leave each in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

[1] Carla: This expression is a reuse of the Buddhist term of the world of Maya, translated as the world of "the ten thousand things."

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Sunday Meditation

January 5, 2003

Group question: The question today has to do with the grid of our planet as we are moving from third into fourth density. We are assuming that there are points on this grid that are in need of some attention, some sort of focusing energy which we would like to be able to do, in our meditative state and maybe even in general, just the way we are able to live our lives to produce compassion or love or mercy or forgiveness in our daily round of activities. We would like Q'uo to give us some sort of an idea about how we might be able to be of service in this respect; in strengthening the grid, the road to fourth density from where we are in our daily round of activities in dealing with the catalyst of the day, with our own distortions, with our desire to serve and our feeling like sometimes it's just too much.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator. We consider ourselves to be those who are part of what this instrument's teacher calls the godhead principle, and we speak to that part of you which has called us here, that part of you which is also the godhead principle. It is in the sympathetic vibration of that likeness of focus and polarity that we link and find ourselves in this most agreeable and blessed condition of sharing this time of seeking with you. We thank you for the privilege of being called and for the careful way in which our nature was defined by the parameters of the tuning and challenging of this instrument. We greatly appreciate the care being taken with the tuning of the connection to enable us to experience clear communication with this particular, shall we say, biological instrument; one of the more complicated wind instruments, shall we say, being the human bodily instrument. In this case, the instrument is also the composer of the song which creates a fascinating context for us to work within in shaping these awkward bundles which are called words, to attempt to speak of concepts which exceed the limit of any words. We ask only that each take what seems sensible and helpful, from those thoughts we share, and leave the rest behind, for we are not those who are in authority but rather those who share experiences as your neighbors and co-creators.

We are glad this day to speak with you concerning the metaphysical



road-building in which this particular instrument and the one known as Jim have been much interested in late months, as the experience of entering fully into the twenty first century and dealing with the weight of previously known information has brought these two entities to a condition of perception at this juncture which seems to indicate work in the direction of this metaphysical roadbuilding.

We would first comment upon the concept of time, for much of what we say has a certain timbre which can create sense only within a limited context, that being the illusory context of space/time. The metaphysical universe is not the space/time universe, and so, consequently, a query concerning the physical aspects of metaphysical work draws a response which must straddle both space/time and time/space considerations. The outer activism which is the interest of this instrument, especially, is dependent upon a network of information and data concerning space/time projections of time/space events. If one focuses upon the space/time continuum and its illusory march of progress, shall we say, the energies of metaphysical structure recede, and the more the effort is made to interact with space/time events and space/time values, the less direct will be the effect of such work upon the time/space or metaphysical continuum, which is a consideration when one is attempting to connect space/time to time/space, insofar as each entity involved is capable of embodying that linkage.

In this regard, we would state our observation that fear and fear-based concern is easily the most challenging foe that stands before the faithful warrior of light at this juncture. We do not criticize or judge entities for their fear-based responses to the space/time events which unfold as part of the consensus reality of your illusion. There certainly would appear to be concerning and substantial issues which indicate almost certain disaster. From our viewpoint as those observing this global culture from the outside in, we would state another observation, that being that, although it may have escaped your notice, there have been few years in recorded history in which there was not disaster, catastrophe and war. There also has not been a time within your recorded history when there has not been a wide range of options for solving all perceived problems. That which appears to be worthy of great fear on another level is precisely that which may be embraced with the most surety, because it is in challenging and novel times that one begins, within incarnation, to learn about the self and to be surprised, encouraged, invigorated and renewed by the experiences one has in learning of the depths of the self, the self's emotions, and the self's hopes and dreams.

Is it hunger that is feared? Then, when that time of hunger comes, take what little that you have and give it away to the common good, and you will find that you can create miracles of loaves and fishes.

Do you fear the cold? Take heart, and when you are cold, move to the company of others who are also cold and embrace them, and together you may live through the night and know the heart of another.

Do you fear having nothing? Take heart, for truly all entities possess nothing, but merely share that which comes their way, that which has been allowed to come their way by circumstance, by pre-incarnational request and by the desire to learn.

Do you fear not having enough? Embrace thankfulness and gratitude and count the blessings of what tiny things you may have in the face of deprivation and you will find yourself endlessly giving thanks.

For once the eyes of gratitude, of thankfulness, have been opened, it

may more and more easily be seen that all circumstances are those for which one may give thanks with a true, honest and cheerful heart, for insofar as circumstances seem difficult, just so far shall they later be revealed as the healers of those deeply buried sores that must be lanced.

Each entity has placed in its own path those things which look remarkably like stumbling blocks and sources of great suffering, and they can be seen that way with perfect logic and sanity. We do not suggest that losing fear is a logical process; we suggest rather that the way the process of living has its impact upon a given soul is dependent upon that soul's point of view and attitude. We are suggesting that the point of view or attitude is powerful and central to the goal of becoming a working crystal which is indeed sending blessed and transmuted light received from the infinite Creator by personal intention into the planetary fourth-density/third-density connection, creating the lighting up of the fourth-density grid. Losing fear is therefore a tremendous and powerful resource to pursue. The ways of losing fear often have to do with more and more becoming aware of how fear has embedded its trigger points within the network of antennae which your personal structure of perceptive priorities presents to you: first, second, third, fourth and so on. A great deal of what is gained from the input of data into the mind and the consciousness has to do with how items are prioritized in the consciousness. The process of perception is far other than the way it seems, entities neither hearing with their ears nor seeing with their eyes, but rather forming a digitized information grid from not only the present moment [grid] but previously organized grids of expectations. Changing the expectation grid of one's prioritizing software, shall we say, changes the information package that one receives from oneself as it inputs the data.

In a way, we are speaking very mechanically and yet the mind works along logical, mechanical and habitual routes, taking shortcuts when it can once it has decided upon the priorities. Moving into the prioritizing mechanisms within the self is deep work and takes a good deal of self-awareness that can usually be achieved only through time. Consequently, this is a long-term goal, for fear is not an absence of love; it is not what is left over when love is ended. Fear is the dark side of love. Fear has its legitimacy and must indeed be embraced within the self and asked to avail its gifts to the use of the light. Fear becomes courage when the fear is faced, and the wolf that has caused the fear, rather than being fled or being slain, is invited into the heart to be loved, understood, accepted and charmed.

We ask you to become storytellers to yourselves, telling yourself the story of the hero or the heroine that you are, the warrior of light who makes so many mistakes and must iron its costume daily, and yet somehow, though the costume is baggy and the efforts are unavailing, this story of the self moves on as one of the fighter that will not quit but never fights against but only for. Gaze upon those fear reactions and ask your most intelligent and clever self what creative things that you can do to target, come to understand, and come to have sympathy for each direction of fear-based thought; not rooting it out, not judging the self for fear, but having compassion upon the entity that is involved in a flesh, blood and bone illusion.

Each entity will perish from the third-density experience. This source of fear is, shall we say, the parent of all other fears, that fear of ceasing to be. We would ask through faith that the entity posit to

itself whether it is worthwhile to fear death or whether it might not be more skillful to see the inevitability of that, and, rather than shrinking from that inevitability, to turn that story from that fear of death to the love of each and every day and hour that remains to you. Time, in terms of space/time, is an illusion, yet it is within this illusion that each of you dwells; it is within this incarnation that each of you now acts; and within your continuum and your illusion it is indeed a very intense time of transformation and change for the planet upon which you live. Consequently, there are indeed aspects of the metaphysical transformation of the planet's population and its very global entity that poke up rather abruptly as mountains on the topography of the present time and space. Many catastrophes have already been seen of the natural kind and of the, shall we say, human or political kind, and you may see that these forces and energies become more sharply delineated, more clarified and more obvious. Embrace this time as a time when those who are steadfast shall be those who are able to function as light transducers, keeping the energy moving into that grid which is made up of love. When an entity's heart has been able to relax and free itself from fear and from the need to protect, it becomes soft and fertile and yeasty with the food needed for the seeds of love to blossom into those beanstalks that truly do constitute a ladder between earth and heaven. Each is aware of the story of Jack and the Beanstalk. This entity gave away its cows in exchange for magical seeds, and the entity came home and planted these seeds and grew itself a beanstalk that reached into another world. It is having the faith, in very non-physical ways, to sell the cows that gives to the light worker the ability to grow beanstalks between third density and fourth. The beanstalk is a seed of faith, and each of you is one who gently and sometimes unknowingly cradles that seed. When you birth it, that is the beginning of the self as an impersonal portion of the godhead principle. When one can see oneself as, shall we say, a priestly or a magical figure, one then is able to move from a metaphysical position, from a position of embracing time/space and time/space values. This is the other side of releasing fear; that is, the discipline of continuing in remembrance of love, continuing in remembrance of who the self is, continuing in remembrance of why the entity is here. We would close this discussion or, shall we say, this primary discussion by touching upon those interests that this instrument has in more specific details of ways to have organization come to a physical effort to support the concept of helping the fourth-density or Christ grid become stronger; helping the connection between this world and the next to solidify. You may tell from the balance of our cosmic sermonette that most of the work has to do with state of mind, for love and all of the energetic essences which underlie and create your space/time reality have to do with the energies of love, those energies which created you and which you now can focus as co-creators, allowing your will and your desire to direct those healing and infinitely beneficial energies of unconditional love that flow through each entity ceaselessly from the Creator. This state of mind is always the choice of the entity and indeed constitutes the greatest and most continual choice of the incarnation. Where shall the thoughts settle down? In love or in fear? When one sees the self in fear, do not abandon the self, do not correct the self, but sit with the self and look at the fear. Let it be. Let it wash over and through one seeing the self as permeable, as

healable, as fallible but [also] as a shining hero dealing with the most amazing adversity. This is your story; we ask you to stick to it; we ask you to think well of yourself. The one known as S, in channeling, enjoys creating a common ending for these channelings just as this instrument enjoys closing with those words which mean farewell and peace in the Creator. This entity closes its channelings with the thought, "Play well together." This is a great road-building statement. Those who play well, with themselves and with each other, are honoring the Creator and the forces of unity that will release fear and open the heart.

There is some science which can be applied to a linear calculation of those plans which entities may create for themselves in order to give more shape and focus to what may otherwise seem an amorphous goal; that of lighting the planet and creating that solid connection to the next world which is at this time attempting to be born and certainly having its own difficulties.

We commend all and any efforts to serve. Needless to say, we must leave plans which have to do with physical calculations in the hands of those in whose free will these plans are being tossed about as dreams, hopes and visions. We commend the group effort suggested for exploring such services and would echo the sentiments of this instrument as spoken prior to this channeling having to do with being willing to rest in mystery and resonance to a certain extent in feeling one's way towards the blending of the physical and metaphysical in service.

We thank this instrument for its service at this time and would transfer this contact to the one known as Jim, leaving this instrument in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each of you in love and in light through this instrument. It is our privilege at this time to ask if there may be any other queries to which we may speak at this session of working.

S: [I have] questions with me. In each meditation we have with you, we offer the lives of those friends and family who may be in need [1], but, since we may not always ask specifically to do that for them, would that be considered any violation of free will, per se?

I am Q'uo, and we are aware of your query, my brother. There is the gift of the one Creator which is the prana, the love energy which is available to all entities as a source of the life-giving qualities of the one Creator. It is to these energies that one adds when one prays for the wellbeing of another. Thus, the entity has the free will to work with these energies as they are given in the daily round of activities, perhaps enhanced by those who pray, by those who wish the entity well, but these energies are added to those which are usually utilized without one's being aware of them.

Is there another query, my brother?

S: The last one is, I seem to have a great affinity for quartz crystals and points, and I was wondering if there is any other light that you could shed on why that might be so, whether it's past incarnations or just the energies they allow or anything like that that I could contemplate on?

I am Q'uo, and am aware of your query, my brother. We find that there is some general information of this nature which we may share without infringement. We would suggest that there has been within your pattern of incarnations a great predilection towards these means of communication and healing which you have utilized in various ways in

different incarnations. Thus, there is within your being a portion of your learning and service which resonates to these crystalline entities and their abilities to enhance one's wellbeing, one's level of élan vital, shall we say, the energy which powers one in the daily round of activities and in the geometric precision with which these crystalline entities may be utilized for healing, for communication and for the far-seeing, shall we say.

Is there another query, my brother?

S: Not from me, thanks.

I am Q'uo, and we thank you, my brother. Is there another query at this time?

Carla: I'd just like to ask, since it was my question and also my channel about the grid, if there was anything that you could channel through the one known as Jim that you couldn't get through me because of my biases? If so, I'd be glad to hear it.

I am Q'uo and am aware of your query, my sister. No, we do not wish to be overly generous in our compliments to your abilities as an instrument. We would suggest that there is a clear entry into your being which we may utilize in speaking our thoughts through your instrument. We feel no distortion or hesitation or bias that would hinder our ability to communicate that which we wish to communicate.

Is there a further query, my sister?

Carla: No, thank you, thank you very much. Thank you for the indication. I'll look at it very carefully.

I am Q'uo. Again, we thank you, my sister. Is there another query at this time?

(No more queries.)

I am Q'uo. We are most grateful for each entity's participation in this circle of seeking, and we thank you for inviting us once again to join you as you walk this path of meditation, of service, of intensification of desire, and of open-hearted sharing, each with the other.

We are known to you as those of Q'uo. At this time, we shall take our leave of this instrument and this group. We leave each in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai.

[1] L/L Research meditation meetings are concluded by a release of stored light from the session, while placing in that light the names of those we wish to offer healing prayers for. Copyright © 2005 L/L Research  
ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

CAVEAT: This transcript is being published by L/L Research in a not yet final form. It has, however, been edited and any obvious errors have been corrected. When it is in a final form, this caveat will be removed.

Special Meditation

February 6, 2003

Question from B: The question today has to deal with the concept of empowerment and enslavement that Q'uo mentioned in the last session.

We are aware of how enslavement in various kinds occurs through governments, military and so forth, but what we would like to know (inaudible) empowerment might even be found in the very DNA that we contain, that would help us to realize our life's goals of serving and of learning, and we were wondering if Q'uo can give us some information about how a person can achieve this empowerment, and what was Q'uo talking about when empowerment was mentioned in relationship to the enslavement. In addition, we would like to know something about what the empowerment in the DNA might actually look like.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are. We greatly appreciate and thank each present for calling this circle of seeking together and calling us to your group. It is a great privilege to speak and share our opinions and we would simply ask that, as always, each idea be taken as an opinion and not as an authoritarian statement, for we would not wish to be a stumbling block for any. With this caveat in place we feel free to share our opinion with you without infringing upon your free will or your learning process.

As we gaze upon your query we realize that there are opportunities to infringe neatly pocketed along the way that we shall need to observe, so pardon us if our information is uneven. It is to be noted that as we tell you this story we ourselves are the legend in the story and when history is revealed in its truth it is almost inevitably made of stories. There is almost never the possibility of achieving a unified truth concerning the events of your peoples. It is possibly to move closer and closer to the full picture but very difficult to move beyond unseen limitations. Some of these unseen limitations lie within us and some within this instrument. Both systems of limitations, whether that be ethical or informational, these things do limit and possibly skew the story that we tell.

The long history of your peoples is preceded by an even longer, unwritten, unrecorded history of those energies and essences and individuals that made their own history at the time of what this instrument would call the last cycle change, or ice age. These entities were plummeted into service of a high second-density nature by entities who wished to have aid and help with their needs. These entities were not intending to be either evil or good, but rather were those who looked upon the second-density life forms of this planet as fair game for molding into the workers that they needed.

Thusly, a new race was created, not merely by the infinite Creator, but by those co-creators which were attempting to work with these life-forms for their own needs. Further energy and further manipulation was offered to these entities, creating within them that which this entity would call soul-streams. These were the improvements, shall we say, that indeed moved into that which was part of the DNA. However, not the same portion of DNA which had been the focus of change previously.

In this second wave of alterations, improvements were made so that entities were of third density, being ensouled and capable of mental, emotional and spiritual evolution in ways which transcended the second-density model of individuals coming from a gene pool and returning to that common memory pool. These entities, then, having been altered twice, were soon joined by other entities from other spheres within your galaxy whose time had run out for their

third-density planets, and whose needs led them to this particular sphere that you call Earth.

These entities through the processes of years, generations and millennia gradually continued to alter and continued to spread and continued to learn. With the steady increase in the sources of population to your planet came an increasingly complex mix of archetypical structures, which were in some ways not so much incompatible as cranky with each other. It was not that the differences between populations was impossible to breach, it was that within the biases of the population groups there survived a good deal of territorial energy from second density, the parent genetic structure being that of the great apes.

Consequently, there was an inborn tendency towards aggression which had only been encouraged by the second wave of genetic manipulation. This set the stage for entities we shall grandly call the space pirates. The space pirates were, in these entities' way of describing them, from the fifth density, and they had many minions from the fourth density, but these densities being in the negative sense a very pure path along the path of service to self.

It was discovered that if these entities used those with a hunger for power to encourage and hone their appetite for power and domination, these entities in turn would do their best, through the processes of aggression and war, to conquer and control that which was seen as desirable, whether it be geography, position, money or power. And these entities found, perhaps due to the limitations of your human imagination, perhaps due to the limitations of imagination of fourth-density minions, that their greatest tool was the very blunt instrument of war and consequently, when the forces that learned their trade within the culture that this instrument calls Atlantis, whenever these entities show up their plan is always to encourage division, strife and, if possible at all, the largest war available.

For this in turn [subverts] the energies of youth and maturity towards the entrainment of conscious thought processes until entities moved into that space within their minds where they believe and accept as true the necessity of war, the rightness of the native land's authority figures, and the real and genuine desire to make the world a better place through rearranging the geography, the people (inaudible) power in a way which keeps those in power in even more power and simply enslaves the attitudes of the minds of all of those who follow them into furnishing the physical vehicles that march off to the war, and by their dying, their suffering, and their injustice thereby spread the suffering, the pain, and those other negative emotions ever higher, evermore violently, ever at a greater level.

The goal of these space pirates is simply to achieve a (inaudible) so that third-density cycles come and third-density cycles go and there is either a very small harvest or no harvest at all, most of the harvest, therefore, being that which this instrument might call spent energy or entropy, except that it has to do with the burden of sorrow, grief, suffering and pain of those who have not made the harvest.

This began to cycle in Atlantis and has moved through its complete cycle at this time. In all three cycles, then, there has been almost no harvest and as your peoples approach the end of this present cycle of time, which is the final opportunity for harvest within this particular planetary third density, the energies of Atlantis remain.

There had been incarnations of groups of entities which first did the bidding of these space pirates in Atlantis. Not yet once, but as the

gazing eye looks at history this group can be found again and again. Within those of Babylonia, within those of Rome, within those of Germany, within those of Germany once again, and now within that which is the United States.

These energies have grouped, gathered and arisen as a natural event, since graduation is at hand and these entities are attempting to graduate in service to self. Consequently, once again millions and millions of earth natives who are otherwise very close to being harvested have been entrained in their minds and in their thinking by the discussion of subjects that lead the mind to war and to the just reasons for it, thereby once again placing these millions of entities in the uncomfortable space of being dimly aware that their true freedom is being taken from them, but truly having no real capacity to figure out what is going on and why there is no rest or peace for them. The one known as B asks concerning the DNA and the empowerment of this DNA, and, indeed, the DNA was carefully adjusted not to move beyond third density by those entities of the first adjustment of the great ape vehicle which was found upon your planet at the end of second density. This adjustment was in its own way a safety precaution, as in a tamper-proof lighter or a child-proof bottle cap, for it was felt that such entities as these great ape beings had been would not be able to withstand the pressure of ethical decisions or knowledge of right actions.

However, the structure of DNA is not limited by these manipulations which may be done by your men and women of science. These spirals of light that cohere for the formation and continuation of [life] are born from states of consciousness or matrices of perception rather than being limited by the current instructions of the current DNA. The energies of unity and unconditional love once welcomed into the heart and worked with in a persistent and conscientious manner begin to lend to the mind of the meditator and seeker of silence access to a state of consciousness in which there are no limitations. In this state of consciousness infinite energies flowing in infinite supply at all times and there is ample energy to fuel any state of consciousness to which the focus, the desire, the purity and the process of an entity has brought him.

Is it easy to attain a state of consciousness that builds new strands of DNA? For a very few it is relatively easy. However, for most it is a great challenge. The hope of the various populations of your sphere, then, may be based upon that hope that springs forever from the heart. That hope to seek and find, to open up that source of magic that makes the impossible possible.

We of the Confederation of Planets have come to tell a very simple story. It is a story of thought. It is a story of the power of thought. It is a story of the power of a certain Thought that created all that is. It is a story of the power of absolute and unconditional love. It is a story of intelligent infinity and the desire of that infinity to know itself. It knows itself with every thought of its children and each entity of whatever density of whatever planet within the infinite creation is a child of the Father, or as many would say in this time of political correctness: Father/Mother.

This work of connecting DNA strands through alterations in consciousness is work that is as accessible as the next moment, that moment when one ceases speaking and enters the silence with a full heart. This moment is as far away as the nearest star. It is the kind of choice that entities may look at from the worldly point of view and



say, what a nice structure, what a pleasant fantasy, that fantasy of creating the self anew and transforming the self into an entirely different kind of person. However, from the standpoint of faith there is available another point of view. That point of view is inscribed within what this instrument would call the magical personality. For a millennia you upon this planet who look straight at the questions of truth, beauty and life have carefully written down this and that observation and experiment with consciousness and with (inaudible) fields. Each attempt at inner knowledge have been somewhat successful and there is available to the seeker a fairly substantial supply of excellent information on what it is to become a magical being, what it is to become a nation of priests, what it is to become a tribe of shaman. It is entirely possible through the discipline of the personality, through the seeking after silence, and through the other giving of oneself to the will of the Creator to move into that space wherein there is a true, real possibility of literally designing and building DNA in many of those who come now to birth upon your planet. The entities you call your scientists begin to find again and again that there are more strands of DNA found within many of the children being born upon your planet at this time and even those who have been born with usual DNA are found to be creating new strands within their incarnation. This is that which we were speaking of when we were mentioning that empowerment of DNA. Indeed, more and more entities among your people are able to share in a charismatic sense a good deal of that state of consciousness for a limited amount of time, it being a yellow-ray sharing rather than that which comes from the truly unified heart. Within this influence it is entirely possible that many would find it maximally potentially doable to lift themselves into a state of mind which indeed is true freedom, that state of mind which no longer is connected to fear, is no longer connected to the desire to defend, but is free to love, to radiate, to embrace. We feel that we have come to a natural pause and would ask if there are any follow up queries at this time?

Question: Has there ever been a time in the history of this planet when human beings experienced unconditional love in a group way?

We are those of Q'uo, and are aware of your query, my brother. Indeed, at this very moment there are many groups upon your planet who are experiencing unconditional love. Such entities have largely been hidden, entities such as this group, entities who are not at all well known, entities who are completely out of sight of any publicity, have always in these ceaseless changing patterns of energy of groups upon your planet found ways to come together to express love for each other. Sometimes it is the force of an idea that for a time blends people's energies so beautifully that they are able, simply by the force of an idea, to dedicate their lives to that goal, to that ideal. We would suggest those known as the Quakers and those known as the Transcendentalists.

Other groups have been formed because of the charisma or beauty or purity of the service of one entity, a woman or a man of extraordinary capability. The great monasteries of your so-called dark ages were opportunities for entities who wished nothing for themselves but everything for the truth. To serve without (inaudible), without record and with exquisitely positive results. Groups such as these will exist as long as there are entities within third density, for it is the absolute destiny of that which you call the human spirit to seek and know the truth. When that seeking for the truth becomes so pure that

it has a force stronger than the need to respect authority or resist change, then such a group moves forward, finds its own strength and serves quietly, lovingly, faithfully and persistently.

Spiritually speaking, history is story after story of those who, for the love of the Creator, for the love of an ideal, or for the love of a wonderful teacher, gave all that they were and all that they had towards the generation and the propagation of unconditional love.

May we answer you further, my brother?

(Pause)

Question: In the Ra books it was mentioned how much of the information that seemed quite sensational was actually transitory and had little importance. When making films, this type of sensational information is usually quite frequently utilized. How best can we balance the need for sensational attraction and the quality information that may not be quite as sensational?

We are those of Q'uo, and grasp your query, my brother. Perhaps we may simply say that when telling the absolute truth the sense of humor is often helpful. May we ask if this penetrates the outer walls of thought at all, or shall we attempt again?

Question: Could you also speak further?

We are those of the Q'uo, and would be glad to do so. It is indeed truth that transient material fascinates the mind of those within the illusion which supports such antics. It is equally true that the substance of metaphysics is naturally and instinctually fascinating to few. The introduction of characters who are wise is often accompanied, because of these biases, by the addition to that character of quirks which while not destroying the creature's wisdom or veracity, nevertheless give a character quirks that are genuinely humorous to that culture. Consequently, the use of humor softens the blow of the use of truth. The use of the various devices of humor, whether those be of language as in the rhyming or in any other ...

(Side one of tape ends.)

Question: In The Law of One books it was mentioned that Star Wars was kind of like a children's story compared to what is really occurring. So many times Hollywood uses fantastic stories to give a message. Is there some way that we could be more realistic, shall we say, in presenting this information?

We are those of Q'uo, and are aware of your query, my brother. We believe that there are an infinite number of ways for such information to be shared. The truth of spiritual achievement is that those among your peoples at any particular time who are able to do work in consciousness dwell side by side with those who have no claim to an inner life. They dwell for the most part very quietly.

We would ask you to think of those known to this instrument as Native Americans, whose rituals are based within the general category of the magical personality [and seen] by ordinary people as an everyday part of a naturally lived life. To entities within this particular culture all parts of the illusion are alive, all first density, second density, and third density entities alike share consciousness and are part of one ever moving, ever living story of creation. The earth is seen as the body of the mother and all of those upon the mother are seen as the children of the mother. All natural elements and energies and animals and plants are seen as various very lively, very energy filled creation which is full of information at all times.

It is very instructive to see how simple and direct many of these exercises in enlarging consciousness are. The truth of enslavement to

fear and suffering and other people's wars, and the possibility of choosing instead empowerment, freedom and the spiritual path is one which lies directly in the path of every day and of every man. It is not necessary to be extreme or inhuman in order to become an entity that truly has a magical personality. Rather, it is a matter of moving through an awakening process and becoming directly aware of the self. Once this point has been reached—and this point is very realistically expected to be reached by one who attempts it—the universe opens and the impossible becomes possible.

The greatest amount of effort for one who is attempting to make this change is the beginning, where it is in the beginning where one must express the faith of that which has not yet occurred. When there is a very good psychological structure which would give characters a reason to pay attention and to begin to work upon the spiritual personality, the magical personality, then it is possible, perhaps, to move into your structure of (inaudible) character the logical and persuasive [proximate] reasons for characters to become part of a group which does attempt to seek the truth.

May I answer you further, my brother?

Question: One particular possibility is to have a dissatisfied business man who has perhaps suffered a loss of a loved one who has the chance to risk his life to save another and this other was not really in danger but was a means by which an ancient brotherhood contacts him and through this interaction between the brotherhood and the man many aspects of love (inaudible) are brought out. Could you comment on this particular approach to the project?

We are those of Q'uo, and are aware of your query, my brother. As in many good ideas there are inconsistencies within the idea. However, we would say on the whole it is an excellent idea. The difficulty that we see with it is simply that the positively-oriented entity is unlikely to set up a situation that is false in order to make a test. Rather, such an entity or group of entities would observe such an entity as moving into such a role and would, because of the emotional colors shown by this entity, because of its emotional purity and love, become a candidate for further communication.

May we speak further, my brother?

Question: So the situation would really be an actual situation that would be observed by the brotherhood rather than being staged by the brotherhood?

We are those of Q'uo, and we can affirm your understanding, my brother.

Question: Could you comment on a second approach which would have a scientist, a geneticist perhaps, discovering that within the DNA there had been a certain quality that allowed the experience of unity but it had been switched off so he begins to work with himself and his own DNA to switch it back on, which brings him into contact with various villains and other characters.

We are those of Q'uo, and are aware of your query, my brother. And this concept is also an excellent one and also has drawbacks, in our opinion, and we would share that with you. The DNA angle, shall we say, is a very helpful one to bring up for entities as it is, indeed, the heart of the penetration into the illusion of the structure of the spiritually or energetically formed world. The changes that will allow entities within third density to welcome fourth density life are bound up in the further strands of DNA that are formed with the full consciousness of unconditional love.

However, the concept of moving through scientific testing and in some

way measurable by scientific instruments at this time discovering how to place unconditional love into the perceptive matrix of an entity is questionable. There is much to study, shall we say, in this angle of DNA research and we would suggest that which has been useful to this instrument has been a specific work called, The Biology of Perception. This instrument, we may say, has had its eyes opened to a great extent, far greater than the eyes were open before on this subject by this very helpful bit of research.

We encourage the one known as B to investigate not only this particular source of information on DNA and perception, but any sources which are suggested in the course of investigation into this particular article or video cassette as this instrument would call it. May we answer you further, my brother?

Question: So when you said earlier that there were children now being born with additional strands in their DNA, is it true then that this would not be measurable by current scientific technology.

We are those of Q'uo, and would say, my brother, that there is always the possibility of doubt when outrageously different or new information is offered, and this has certainly proven to be the case with many other instances of seeming impossible events, such as, for instance, the possibility of meteors falling from the heavens, which was considered impossible at the time that they were finally, once and for all proven to exist.

We find that we are very limited in our ability to speak concerning this because it is more than most of those things that we have offered that which can be plumbed by the use of your techniques of research. May we answer you further, my brother?

Question: What was the connection of doubt that was mentioned?

We are those of Q'uo, and, my brother, we do not doubt that we used the word but we doubt that we can remember why.

Question: Writing about unconditional love is hard to do from the theoretical point of view. Is there something that B could do in the way of another session with Carla or with Q'uo that would help him to experience this quality in order to be able to write about it?

We are those of Q'uo, and are aware of your query, my brother. Certainly, we would be glad to speak with you upon the subject at another time. The one known as Carla is also most happy to share upon the subject. We would also point out that there are two other sources of strength for you. One is that invisible but very present group of entities that are devoted to the one known as B and that have spent many, many years caring for and accompanying the one known as B. Those presences of support, sanity and encouragement that have sometimes being felt are most real and most loving and these constitutes an unseen band of advisers and helpers. The key in invoking their help is in the word, invoke. It must be asked for, and it must be appreciated. With the request and the thanksgiving being the foundations of such a silent communication with those that have no words, this very powerful help may be activated, enlivened and energized by the living entity's faith that they are there.

The second group that this entity has available to it is that visible group known as L/L Research which has a physical location and a location in time which meet your requirements for being upon the planet at the same time and being able to connect with a spiritual group, or, shall we say, a spiritual clan or family, which in and of itself has the potential to be a great source of strength for those who wish to spend time becoming, shall we say, enchanted or charmed by

the magic of that particular gathering of light and energy. Such places, once established, are as the lighthouse which the longer it burns gathers more fuel to burn even brighter.

We are aware that this has been your last query but if we may clear up anything we would offer you that opportunity at this time.

Question: Thank you for your questions, they were very, very good.

We are those of Q'uo, and we would at this time take this opportunity to bless you, wish you well and leave you in the love and in the light of the one infinite Creator. We are always available to you to deepen and strengthen your meditative states. You have only to ask mentally and we will be there in silence and in great love. We are known to you as the principle of Q'uo. Adonai. Adonai vasu borragus. CAVEAT: This session from L/L Research contains the work of the Confederation group entity, Q'uo, as channeled by Carla L. Rueckert and Jim McCarty, and The Three, the personal guidance system of David Wilcock, as channeled by him. These two sources are substantially different in tone and in subject matter, and we encourage the reader to use discrimination, as always, in reading this transcript, as the material contains substantial inconsistencies between these two sources of information.

Sunday Meditation

March 2, 2003

Group question: The question today has to do with, what we, as we talked around the circle perceived, as an increase in the level of energy, the tension, the intensity, the amount of things and difficulty that people are going through. And we had the idea that maybe what's happening for people now is they are reflecting this increased energy by having whatever catalyst [that] is ready to come up in their lives come up—whether it's getting out of one relationship and into another or transitioning from one place to another, one life to another. We'd like to have some information on whether this might be a correct perception. Any type of elaboration on this topic would be appreciated as well.

(David channeling)

We speak as the Guidance System of the entity now known in this sojourn as David Wilcock. We express our heartfelt gratitude for the opportunity to be present this day upon the cusp of the awakening of the human spirit and the treasures that are cherished in those moments of quiet solitude when the distinctions of self and other-self melt away in the blinding light of realization once duly applied to the conditions of personality. We approach you from a perspective of knowing that you are not separate beings, and of seeing you in your totality, as you exist even now.

In this totality your experience is a great chain of being. It is a chain that continues to cycle through the gears of your life and thus it is a chain-driven life, so to speak. As you move through these experiences you have opportunities to choose how you will label them and identify them in your mind. We have frequently spoken in these sessions of the importance of stepping outside of the perspective of right and wrong, good and evil or of joy and suffering and to simply remain steadfast in the understanding that the creation moves in cycles of creation and destruction. There are those times for the building of stones, there are those times for the casting away of stones.[1] The perspective of the present moment is the focus that allows you not to get caught up in the dramas and mundane realities of apparent daily living as expressed through "ordinary" circumstances, as this word is then used to describe the rather immobilized state in which most of your people exist at this time.

The lack of mobility comes from the fact that there are blockages in your energy centers, or chakras, and those blockages only allow for a certain portion of the light/love energy of creation to stream and flow through you properly. The question pertains to the exact nature of how these blockages are being opened up

by virtue of the shifting energies that are present in your time/space and space/time nexus. We have spoken of this in the last session and the session before, and thus we do not need to repeat information. Suffice it to say that, as of your date, February 19, 2003, you have crossed the next major hurdle in terms of intergalactic astrology. You are now moving into a higher zone of energy, to put it in the simplest possible terms.

When there is a heightened amount of energy on your plane, there is the opportunity for the cleansing of those aspects of self that have so far remained cloaked in cobwebs and stuffed away in some far corner of the closet of your mind, so that you are not capable of truly bringing them out and looking upon that which you have chosen to hide away. Now is the time to step outside of those boundaries and distinctions that have limited you to the perspective of seeing yourself as an ego, as a personality that is beset with various experiences that are of a less than positive nature, and thereby [as one] experiencing a certain sense of despair and longing for a life that is somehow separate from that which you have previously obtained. If you could but recognize that you are truly divine, that you are truly pure love and pure light in this moment; if you could see things as we do, you would recognize that any distortions that you may have in your personality are just brimming with light and love, waiting to spill over the fences and burst into your awareness, much as would the crashing of the tidal wave sweep away those pockets of civilization that had grown up and allowing for there to be a cleansing and renewal thereafter.

Now, of course many of your people might think of these earth changes as being negative in nature. However, it is more akin to the idea of lancing of boils on the skin that have grown too large. Recognize that these boils are in your mind. These boils are in the patterns in which you have lived your life. It is a pattern that extends itself through every activity and focus of your sphere. These patterns have enabled you to continue enacting the same behaviors without really thinking about what you are doing. You consider that you are apart from your experiences, that your experiences are happening somewhat automatically, and that you do not have the power or the ability to change them. You see these forces as acting around you, swirling and spiraling, seemingly chaotic, out of your control.

It is our perspective, this perspective of boundless light and limitless love from which we look down upon you, [that we] recognize how carefully you have created every single aspect of that which exists in your sphere of influence. And therefore you can never have any sense of guilt or blame towards others for that which you have experienced.

Now is the time, for many of these lily pads will be forming on the surface of your lake. You will have the opportunity to skip from one to the other, skipping away from the shoreline of limited possibility and moving out towards the horizon where the sun is again rising in your life and where you have the opportunity for the dawning of the new phase of your awareness. This time is one of growth, healing and renewal. It is a time where you do not have to be the wizard any more and try to cook up these elaborate and arcane spells and magical tricks that will allow you to function somehow within the distorted circumstances that previously existed. Now is the time for you to step outside of the need to "cook the books" with wizardry and to try arcanelly to adjust yourself to that which has already been in place. What has been in place will have these upheavals that you had not planned on and that therefore it will be falling away. Your opportunity now is to bless this process instead of trying to fight against it. The energy will seem to move so fast that you have not the time really to consider your actions but rather simply make these actions. This is the case in the lives of those of the L/L Research Team and that of David Wilcock at this time, since there has been a partnership that has been

engendered. This is but a subset of the much larger gestalts of change and consciousness of fluid movement that are occurring within the human energy field, as a totality-consciousness, in its own limited state. This moves towards greater concrescence [2] with each step of consciousness, much as do all the rivers pour into the sea.

So, too, you can allow yourself to refrain from blaming yourself over the past; to refrain from having any sense of shame over those opportunities that you have missed. Now you have the purest of opportunities to start everything afresh, to have a complete tabula rasa, a blank slate, on which you can etch your own engravings. It is the engraving on the tombstone of the life that you have left behind. You can allow this death to occur, you can bless the death within yourself and recognize that from death comes life. From this change comes renewal, comes prosperity, and comes the opportunity once again to revivify within the heart the longings of desire that have welled towards seeking to know the face of the one infinite Creator and recognizing that face as your own. When you have these opportunities present before you, it is akin to stepping in front of the mirror and seeing a new visage, a new conception of your own being. We recognize that there is a great deal of apparent suffering that is involved in these transitions. It may not seem evident or obvious that these transitions are good or beneficial. Instead you may find yourself experiencing more and more a sense of despair over what you have left behind and, in a certain sense, expecting to be paid back by the universe for all the sacrifices that you have been asked to make. We would ask that you simply look beyond the apparent disorder and dysfunction of that which is occurring, and instead recognize the perfection that comes in the joy of sacrifice, in the giving up of those aspects that have not suited you, including the releasing of many physical possessions, as is the case with the L/L Research team and with many others on your plane.[3] By allowing yourself to step outside of the boundaries that have encircled your consciousness, you allow those previous dispositions that have weighed on your consciousness to fall by the wayside. And you find that it is only by cutting these tethers that your hot air balloon is then allowed to rise so that you can once more alight into the heavens and find a greater sense of peace and stability and renewal from the light that becomes yours, in those moments when you have overturned the false longings of the past by recognizing that those cards were dealt to you by your choice. Since you have chosen every aspect of your reality, you chose the very things that you would put your heart's desire on, the things that you would wish for, the things that you would desire for most deeply in your heart. Some of these desires that you have had may include the desire to prolong a situation that is not in your highest and best good. You may find that you desire for a situation to be better without realizing that there are [other alternatives]; other fish in the ocean, other wildlife outside of your own forest.

In one sense, it could be seen as wild living to step outside of this pattern of predescribed distortion and habitual circlings around the same target of interest. However, you can also step outside of having any blame over yourself for having desired these aspects of stability or apparent stability. Now is the time for the overturning of the patterns that have become well worn, as would ruts grave themselves into the roads where the ancient wagons once traversed. How easy it is to allow these shifts to happen, once you understand that you can let go of your pride, of your ego feeling dissatisfied unless you can make the best out of a situation that has become dysfunctional.

We would ask that you also look upon your political sphere at this time. Many of you are now falling out of love with the idea of a benevolent government that will save you from the fears and the illnesses of the outside world. The terror that can be bestowed upon those who would be jealous of your freedom, so to speak, has been presented by those of your American sphere at this time.

The events that occurred on February 15 [4] are recognized very strongly in higher consciousness as an event whereby the collective free will of humanity has voted to have a higher consciousness on the planet. We would ask that you think back to the Law of Squares as it was defined in the Law of One series and recognize that for each entity that marched, of which there were approximately six to ten million, there are an infinitely larger number of requests that are made by virtue of the intent to serve that stand behind these entities, and by virtue of the fact that your Logos is biased in the direction of service-to-others polarity. When you understand this, you step outside of those feelings of despair or doom that hang over your head.

There are many times in your individual life where you will have an experience that appears that something negative is going to happen to you. In the preparation of the self for said negative event, there are those appropriate shifts and realizations that are made in consciousness. You come to understand that, because of the burgeoning event that is transforming you, you can let go of many things that have formed stopping-blocks and holding points in your life in the past. Now you have the opportunity to let them go by the wayside. It is only after you make these shifts that you discover that the negative event itself does not need to transpire, as what was truly required was the change in consciousness and not the essence of actually going through said event.

Similarly, there are many scenarios being bandied about regarding the idea of apocalyptic doom or nuclear conflagration or some other aspect of mass destruction that would take you outside of your zones of comfort and put you into a "Mad Max scenario," as some would call it, some form of complete disruption and chaos. There are adjustments that are being made to planetary consciousness. There are carefully placed strictures involved in what your negative elites are actually capable of performing in terms of physical acts on your plane.

Thusly you see the detention of one known as Jose Padilla, who was accused of having been a terrorist without any supporting information and was apprehended and held in Guantanamo Bay, Cuba, without being able to contact his lawyer or otherwise have access to the normal rights in the Constitution. From this one case, one may project a fear that this will become commonplace; that ordinary anti-war protesters will be denied their citizenship and herded off to detention camps or such things. Since the beginning of our work with David, we have always stated that although these potentialities would appear to be possible, that they will never actually arise into physicality. This is by virtue of the fact that your planet is essentially positive and that there are simply not enough of your peoples who are willing to turn their backs upon others, especially within their own country, and in so doing, create this nightmare scenario that is such a virtual re-depiction of previous negative scenarios on your plane. Therefore, you can choose to have a fear reaction, if you want to, to the events that are transpiring on the Earth at this time. However, we would ask that you make this choice with the understanding that it is only useful to you insofar as it leads you to make realizations about your own life. To put it in a more blunt fashion we can say that as you fall out of love with your negative elite and no longer seek to give them the god-like status that the media would convey, you also take yourself off of the pedestal that you have erected and recognize the ways in which you yourself have allowed negative situations to propagate and to fester. When you become more and more cognizant of the ways in which some of these negative actions in the grand political scheme play themselves out in your own world, you begin to understand how ascension truly occurs.

As we have said, ascension is a process not a conclusion. Ascension is not something that you are simply going to watch happen in newspaper headlines. It is an intimately personal event that transpires within your own life. It is an intimately personal event that transpires within the lives of all as they move



in synchrony together, as one, through these energetic changes. And thus we want you to understand that as you will be seeing the dissolution of these strictures on government and on politics in your sphere throughout this year, so too will you have opportunities within your own personal sphere of influence.

Those aspects in which you have had dysfunction with your family members can become renewed into a grander light and a grander love by simply allowing the various distortions of personality to be OK without feeling that you need to identify and classify each little wrong that is done against you and to rage against it, insisting that you will not proceed forward in your life until every item on your laundry list has been duly satisfied and mitigated through intense discussion. Rather it is OK to allow that ego to die, to allow the personality that clings to the idea that all of its needs must be met in that itemized list to fall away.

You are not here to get along with each other and to have everything be perfect. Rather, you are here to agree to disagree, to allow those distinctions that make one different from another simply to stand as they are. If you are in a situation right now, it is best to choose whether or not the situation is acceptable to you as it is right now. Forget about those goals that you have laid upon yourself of how you want things to be, and of what you appear to be working towards with another person in terms of what you would like to have as the eventual outcome for how you will engage in behavioral interactions. Instead, simply accept the situation as it is. Once you do this, then ask yourself if the situation, as it is right now, is indeed suitable for your patterns. What we often find is that when it is not suitable for you, there is a tendency towards the argument and towards the fracturing of your energetic body. This fracturing does cause a wound, and the wound needs to be healed somehow. This often leads to the psychic vampire effect, where you will attack those around you and seek to find those little things that are inconsistent and amplify them to such extremes that there is then this great conflagration that unfolds.

We ask you to see that the negative elites in your sphere of American influence are seeking to find anything they can possibly get their hands on to justify bombing Iraq. Your "global village" as a whole is seeing that these [justifications] are ludicrous and certainly inconsistent with any chain of logical thinking. Therefore, the situation that now occurs, with this country desiring to bomb Iraq so strongly, is very similar in many ways to the situations that occur in your own life when you have found your own Saddam Hussein, your own petty tyrant, someone in your sphere whom you have labeled as being the cause of your ills. And that you seek to find any small inconsistency in their behavior that would allow you to feel that you have now the claim ticket, the right, to lash out, to drop your bombs of fury and anger and hatred, to cause that scalding, with the hope that, after you have duly caused shock and awe to occur and your bombing campaign is complete, that you will then have unconditional surrender, and all the petty things that you have wanted will be given to you without conditions and that the white flag will be duly raised before the scorched battlefield.

We ask that you not think about this in terms of anything that is a metaphor, for we are speaking in very literal terms here. We want you to understand that those events that transpire on the physical plane are entirely mirror images of exactly that which is occurring in your own sphere. Thus we ask for you to draw these analogies between what is happening in your own life and in your own mind, and that which is occurring in the world.

The consciousness of humanity in general is moving towards a greater acceptance of others. This persistent anti-war stance that is coming out more and more contains the realization that there is nothing virtuous in bombing others for the sake of their leader being inadequate. Similarly we would ask that you not

bomb the other-selves around you for those small fragments of their consciousness that indulge in negativity. We ask that you also become aware of the inventory of overall treatment that you receive, and as we said, to see if it is indeed suitable for you.

You may find yourself being led to quite unexpected circumstances as they shift [your thinking] outside of the perspectives that have encased you in this apparent amber whereby you become like the frozen mosquito in time for millions of years to be fossilized, unable to move, unable to grow, unable to strive towards the light and love of the one infinite Creator. The amber that has encased you is melting. You will ascend with your wings to the firmament and again find the peace that "passes understanding," the peace that moves outside of logical thought or rational/intuitive thinking, either one, and instead moves directly into the zone of being. If you can allow yourself to be, without attempting to have a goal, without attempting to notch things on your bedpost that can say, "I did this," "I did that," "Look at what I have gained," "Look at what I've attained," you move out of having that awareness of past and of future and become in the ever-present and omnipresent Now. You can have this consciousness in this moment as you contemplate the words that we have spoken. At this time we shall shift this work over to those known as Q'uo for additional perspective on the matters upon which we have spoken. We thank you this day for having had the opportunity to be present with you in this aura of thanksgiving. This is truly a time for the renewal of the human spirit and we are appreciative of the opportunity to catalyze your growth in this matter. We thank you.

(Carla channeling)

We are those known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. It is a great blessing for us to be called to your meeting and we thank each of you for creating this circle of seeking, this opportunity for us to share our thoughts with you. We would ask only that each of you listen carefully to that which we have to say, with an eye to keeping those thoughts which appeal to you and have a resonance to you, and laying aside all those that do not, for we would not wish to constitute a stumbling block to any. We ask that each of you trust your discrimination for there is that within you which recognizes that truth which is yours.

Each within this circle has a tremendous amount of experience at thinking about spiritual structures and the spiritual life. And each realizes already, as the one known as David has said, that there is something going on and there is change in the wind, shall we say. Now let us pull back a bit and gaze at the sphere of consensus reality that this instrument sometimes calls the world of Maya.[5] It is the nature of illusion to appear quite real. It is the nature of reality to be an illusion. The essence that is not illusion is unfindable, existing in potentiality only. All of which you may become aware with your present—or with our present—organs of sense or instrumentation is illusion. You are not moving from a third-density illusion into a fourth-density position of no illusion. You are moving from an illusion in which there is a relatively small amount of light into an illusion in which there is a fuller or more generous brand of light, a different animal, shall we say, a new kind of light that has different characteristics and that supports different life forms, different planes of existence, different lessons, and so forth.

This is occurring within that which the one known as GuS [6] called the time/space continuum. And may we say that we are most grateful to have the good offices as the one known as GuS and it is a great pleasure to work with this beautiful spirit. The experience of each of you, as you begin to become aware of those things which built your question this day, the increased energy, the increased [rate] of change, the increase of suffering, the increase of stressful things, is receiving experience in ways other than they seem on the surface. The

third-density kind of light casts a certain construction upon events which transpire within the day-to-day living. The same events gazed at from the standpoint of the next density are seen in a fuller and more generous light. The key to adapting to this time of increased light, increased transparency between third density and fourth density, and increasing amounts of the light of honesty within the self as it matures and grows, is to offer that which is wrapped up in the fuller and more generous light. The information coming into your very body, into the energy system of the body, at this time is information that is light, that is the limitless light of the one infinite Creator, carrying with it overlays of the increasing fourth-density energy which is, as this instrument said in the discussion prior to this "cosmic sermonette," bringing things to the surface that were hidden and making the rough places plane.

The energies of fourth density are those energies which look at distortion with full awareness of the beauty of each distortion and awareness also of those harmonics and harmonies of undertone and overtone that create avenues of progression in which the biases, which may seem less than harmonized, may blossom and open in the sunlight of compassion until a fuller view is seen, a larger area constituting a point of view in which not only can a distortion be seen but also the surrounding energy that creates the distortion and that place which seems to be blocked.

It is, from the third-density point of view, very tempting to make judgments, especially concerning the self. It is very tempting to make these judgments far below the level of conscious thought. In this atmosphere of judgment, whether it is known by the self that the self is judging the self, or whether it is only known to the self that there is judgment against the self and the entity experiences that judgment as being projected from others, yet still there is that spiky, thorny energy of judgment which can catch an entity up into an endless round of self-examination and attempts at healing. So we would suggest that there are things about the fourth-density point of view which are increasingly available to those who look for them.

The fourth-density energy is not an energy in which it is possible to make a judgment. Rather, it is an energy in which distortions are seen in their colors. Let us say there is a different kind of judgment in assessing the beauty, the truth, the purity of a color. Gazing at a distortion it may be seen, shall we say, as green, but is it a beautiful green? Or is it muddy with the overlays of judgment? It is possible in many cases for an entity to sit with the self and ask, "Is this feeling, this color, this bias, a thing of beauty, a thing of honesty, a thing of truth within my being? Or do I carry that which is not intrinsic to myself? Do I carry armor to defend against an enemy? Does this bias carry the pain of self-judgment, the opposite of armoring in which armor is tossed away and the self is played by the judgment of the self?"

Come to a feeling concerning that bias, that color. See that as yourself and accept that bias, not as a third-density entity would, judging its worth, but as the fourth-density energy would gaze upon any vibration which crossed its path. This enables each entity as a person, as a seeker, to have a way of assessing inner feelings, inner biases, without calling the self in any way incorrect, wrong or unworthy. We do not mean to suggest by this that there is no structure within which one may judge for the self the ethical rightness or wrongness of action. This is indeed a very helpful and driving part of the spiritual life. Metaphysically speaking, entities move from decision to decision, from choice to choice and those choices build the polarity which is intended by the intensity of the desire to make the most positive choices.

What we are attempting to move into here is the pattern wherein entities set, deep within themselves, as the one GuS noted, the habit of being a certain way, the habit of accepting this and that as true about the self and those other things as untrue. As change inevitably occurs, some of those things which have

been true concerning an entity change and this process is cumulative, so that many is the person who gazes at the self one day and realizes that a change has occurred and it has been missed until this instant. It is a wonderful time when that realization occurs.

While [each is] the entity who lives within the flesh and bone of third density, we assure each that these changes and disruptions will continue and increase, for there is a time of transformation for this entire planetary entity. The actual changes that are occurring, while exquisitely articulated, are in fact relatively slight. Consciousness among your peoples upon the metaphysical level is heartwarmingly, shall we say, close to jumping that area of resistance which is as the meniscus upon the surface of water, which is as the ocean which runs betwixt the densities, that area of resistance or quantum boundary to cross. You are much advanced as a people in doing this, to the extent that we can begin to address those of Earth as a social memory complex in the metaphysical sense. Certainly there is a good deal of development that shall take place before this process of birthing ...

(Side one of tape ends.)

...that work of being, as the one known as GuS has said. Yet in that being you can become far less troubled by yourself by doing what this instrument has called falling in love with the self. This is the essence of the fourth-density way of dealing with distortion. Each is aware of entities they know which have quirks and habits that are laughable or ridiculous. This entity's love of clothes, for instance, is well known to many within this circle. Yet were those within this circle to speak of this quirk of the one known as Carla, their tones would be fond and their voices would hold nothing of judgment but only affection. For it is seen by all others within this circle that the personality shell of this instrument, while silly, is not criminal. It is simply distortion, and each has its patterns of distortions. Thus, each can see that [it] is possible to love the quirks and distortions of another, finding them loveable and forgivable. Yet as this instrument turns its eyes on the self, this instrument, in the past, has been known to judge itself quite harshly for having this predilection and it has, for various portions of time within its life, simply refused to allow itself to purchase any new garments, feeling that it had quite enough. And yet, within this instrument there was the constant craving for something new to put on the body. Is this a clever, intelligent or sensible way to be? No. And yet it was the work of literally decades for the instrument to come to a day in which she gazed at this distortion within herself and realized that she had fallen in love with herself, that she could forgive herself this: that there were, in her newly expanded way of looking at herself, more important things to focus upon than the details of a personality shell.

Once this lack of judgment began to filter into the roots of personality, relaxing this skein of judgment that had netted and twisted itself about the personality shell, that energy to judge the self faded for this instrument, thus freeing the ability of this instrument to love other flawed personality shells and the souls which they contain. The fourth-density attitude begins with the awareness that each entity is divine, yet a portion of that which we may call the "Godhead principle." The physical being, the personality shell, the thoughts of the surface of the mind itself, are layers of an illusion which is held in place by that system of energies which is at this time beginning to falter and weaken, beginning to give way to a fuller and more generous light. Allow and call for this golden light. Know that you are as capable of receiving it as you are as asking for it. We encourage each to begin to find ways to fall in love with the self. This resource that you have within you of forgiveness is extremely powerful and it connects within the tree of mind with those energies which are far more powerful than those archetypal rulers of third density. This is, may we say, a fascinating subject which we could speak upon for some time

yet, but this instrument informs us that we must stop speaking and so we accept that it is time for us to release this instrument from discussing that main query.

We would move to the one known as Jim to pick up any brief queries before we would leave this group. We thank this instrument and this group for bearing with us while we attempt to articulate that which is not particularly easy to say in your words. We thank this instrument and we leave it in love and in light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument.

At this time we would ask if there might be any shorter queries to which we may speak in a brief fashion. Is there another query at this time?

(Long pause.)

Carla: I guess not, Q'uo.

(Jim channeling)

I am Q'uo. We are most grateful to each for inviting our presence this day. We realize that we have spoken over-long and we ask your indulgence and your forgiveness for causing you to have to sit for this period of time. We are most grateful for your patience and for your desire to seek that which is loosely called the truth. We share with you that which is our opinion and we ask that you weigh each word carefully, leaving behind any that do not feel right to you. We do not wish to be a stumbling block in any path of seeking.

At this time we would take our leave of this instrument and this group. We are known to you as those of Q'uo. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends.

[1] Holy Bible, Ecclesiastes, 3:5.

[2] concrescence: the act of growing or increasing by spontaneous union.

[3] Both David and Vara were moving from independent domiciles into one room. For Jim and Carla, the giving up of two of the rooms of their living space also resulted in a grand paring down of material goods.

[4] On this date, millions of Americans and those all over the world protested for the cause of peace.

[5] From the Sanskrit Maya, another name for the Hindu goddess, Devi or Sakti, consort of Siva, meaning in Hindu philosophy "illusion." In magical lore, Maya is the densest of all planes that ascend the tree of life.

[6] GuS: Guidance System.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Sunday Meditation

November 2, 2003

Group question: Our question today concerns free will. We would like to know what Q'uo could tell us about maintaining free will and why free will is the first distortion of the Law of One. Why not the second or third distortion? Why did the Creator of all things feel that free will was the most important of the distortions in order to be listed first?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you

in the love and in the light of the one infinite Creator, in Whose service we come to you. May we say what a privilege it is to be called to your circle of seeking? As the shadows lengthen upon your world in the environment of this instrument, we rest in the beauty of the combined energy and essence of each of your souls as you blend and meld into a true circle of seeking. It is a great blessing for us to be here and to share our thoughts with you. As always, we ask that you may use your discrimination in listening to those things which we have to say, for those things which we offer are opinions and are not to be confused with some source of final wisdom or absolute knowledge. You ask this evening concerning free will and why it has been called, in the words of the Ra, "the first distortion." And we are glad to speak upon this topic. It is certainly a challenging and interesting topic, for it is the penetrating simplicity of the Law of One that it does begin with the free will.

Firstly, we shall address the subject from the standpoint of what this instrument would call logic, although it is a specific kind of logic which is perhaps not entirely linear. The creation is, shall we say, a figment of the imagination of the Creator. The Creator exists in a state of absolute rest within which all things occur, a primal paradox to be sure. The first distortion of this perfect balance and peace is choice, or the use of the will. In this case, it was the will of the Creator to know Itself. Consequently, it is that distortion which precedes the great original Thought, for that original Thought is an active thought—a creative and destructive thought, a powerful, active principle. The one known as D was speaking earlier concerning love and light and saying that the fundamental energy was love, that wisdom was important, yet love in the end was more important. In actuality the love that is the one great original Thought, the Logos; is that which is completely beyond that which the word "love" can express and completely beyond that which the word "wisdom" can express. It is as though one were attempting to name that which can not be seen, held, heard or in any way imagined. Consequently, the first distortion, that distortion moving away from utter potentiality and utter peace and rest, is that freedom of will, employed first by the Creator Itself, to know Itself. In making this choice the Creator became, shall we say, the one great original Thought. It is more of a shift between potentiality and actuality or kinetic reality, shall we say. However, from this Thought, which was love, there came into being that material which the Creator used to build Its universe, and that is light. Consequently, when we greet you in the love and in the light of the one infinite Creator, we are greeting you with the very stuff of the creation itself and placing ourselves, and you and all things, within this framework of all that is, which does indeed exist only in the sense that, as the one known as G was speaking earlier, the word "now" exists.

The creation may be thought of, in a way, as that moment in which all of time and all of space has its heartbeat of a moment. The illusion is that there is a vast march of consecutive moments, consecutive nows, that create years and decades and centuries and millennia and eons. It is just as useful, however, in terms of spiritual growth, to think of the momentariness or the circularity of time. For each of you is far from being a prisoner of space and time. Within your noonday perception it would appear that you have many limits; you are just this tall, just this wide, you have just these experiences, just this knowledge and just these actions to make up the passing of a normal

day. Yet in reality, there is communication occurring, even in the daylight consciousness, between conscious and unconscious perceptions; between the limited consensual reality and the surrounding and permeating metaphysical reality that escapes the senses of the physical world but speaks very clearly to those great centers of knowledge and experience that lie deep within what this instrument would call the frontal lobes, that area which has such great strength and power to offer to the consensual reality self. So there is always, in any situation, a part of you that has escaped all of the limits that seem to hem you in. There is no time at which you are truly a prisoner of your body.

Certainly it may seem so. Certainly within each of the memories within this circle there live those times when the self was very limited, unable to move because perhaps a bone was broken and needed mending or there was an illness that laid one low and there was a need to recover quietly. There are many ways that an entity can feel limited and trammled and yet, always, there exists that continuing communication with all of those forces of the creation which indwell each tiny speck and iota of creation; for all things are alive. That intelligence, which is light, is infinitely full of information and, as the physical vehicle of the self moves through the dance of the daily life, the interaction between that metaphysical side of self and the daylight self is continually going on. The communication can indeed be encouraged by the choices made by each of you. And the first of these choices, as the one known as G said, is simply to ask to be aware of the communication that is going on. Each asking alerts the unconscious and expresses to it a preference. The unconscious portion of self receiving this permission is then given strength. That is how faith builds upon itself, by using it as if it were a muscle. When muscles are not used they become flabby and, sooner or later, an unused muscle will atrophy and become dysfunctional. So it is with the power of faith, which, in a way, may be described as that certainty that there is communication between the seen and the unseen or perhaps more simply, that certainty in the unseen.

It is very possible to catch this as if it were a cold, by contact with other entities who have it. And that is why so often it is helpful for spiritually motivated people to gather in groups such as this one, to share the awareness that moves too deeply for words in the being of each and yet will not be denied. There is strength in a group of entities, all of whom have agreed to posit, as at least a possibility, the reality of there being greater, deeper, higher vistas, views and truths concerning the self than are immediately apparent [within an environment] that seems steeped in trivia, inanity, and folly. We are most pleased to see groups such as this one and may we say how powerful such groups are, not only to help each other within the group, although this is certainly the case, but also the energy created by a group such as this one as it seeks truly is as that light which lightens the darkness, that lighthouse which stands upon the promontory, blessing all with its guidance.

Our first point, then, is that free will is the first distortion because it is the first distortion, that distortion which made all the other distortions possible, which made creation possible, which made each of us and you here present, possible.

There is a second and equally profound thread of thought concerning this first distortion of free will. This entity worships in a Christian manner and within this particular mythological system there

is a three-fold designation to Deity—the Father, the Son, and the Holy Spirit. One may gaze at the Father as the one great original Thought. One may gaze at the Son as that Thought made into something, that Thought made into light. One may gaze at the Holy Spirit as the personification of free will. These are not directly logical connections and we would not ask you to attempt, literally, to understand that which we are saying. We are simply attempting to show a kind of connection between the Christian way of thinking about the mystery of Deity and the similar construction within the so-called Law of One concerning that same mystery. When those within the Christian system, writing early in church history, were attempting to describe the Spirit, when the one known as Jesus was talking about the Spirit, there were similes to fire and to the wind, those things which are not controlled, those things which "bloweth as it listeth,"[1] the wind of spirit, the flame or fire of spirit, coming down into the crown chakra and down into the system of those who pray to that spirit. [They] are asking for the wind to blow them, for the fire to burn them; they are asking for transformation, they are asking for change, they are asking to be changed, and they are asking the agent of that change to visit them. It is difficult to think of free will as that which must be asked for and yet it is important to move into a space within the self where one is able to lay all aside except the desire to know the truth. And in that place of utter humility and unknowing, in that stance of a person with empty hands waiting to receive, the request may be made for that enlivening, empowering Spirit that is free will. It is yours if you claim it. It is yours if you ask. Again, if you do not ask, if you do not claim it, little by little that muscle atrophies and it becomes more and more difficult to move with the winds of Spirit, to move into changes that are truly moving you towards the center of yourself, helping you to know more, and that more deeply, about yourself. So one may look at this first distortion not simply as an unnamed wind or a random fire but as one's very own wind and fire. For the whole concept of guidance from the inner planes is wrapped up in that asking which is done by free will. One cannot drag oneself, reluctantly, to embrace transformation. It certainly can happen that way, for the energies of transformation are absolutely unstoppable. Evolution will occur automatically. It is just rather slow compared to the rate of change that is possible when an entity has decided to cooperate and to lean into the process of transformation. Again and again it is necessary to come to the center of self with open hands, empty hands, full of unknowing, full of all of the colors that have painted your world within the last little while, whether those colors be bright and cheerful chintzes or deep purples and browns and blacks coming from difficult experiences. All of these gifts may be taken into that place and laid before the infinite One, so that you have empty hands, you have an open heart, and you are on your knees, in terms of being without pride, without arrogance, without the need to be sure or to be right. In that state you may ask that guidance system which is yours, that personification of free will which is yours, "What is the truth? Who am I? Why am I here? Whom shall I serve?" And each time of asking is its own experience. Perhaps you shall not hear words. Perhaps you shall not have an experience that you can talk about; perhaps you shall. But those things that you ask, when you ask the Spirit, are far too deep for words. They move far beneath personality and that brittle shell of civilization and culture that



are as the clothing that you wear in order to relate within this incarnation to those about you. And finally you stand naked, glorious in the beauty of the self, that self that is a spark of the one infinite Creator. And when you can stand there, or kneel there, content just to be you and to feel that yearning and that asking rise up, then truly have you offered the greatest gift to the Creator that you possibly could. For that Creator truly wishes to know you. And It can only know you as you know yourself. What It knows about you is that which It has already experienced. What It does not know about you is that which you have not experienced, that which you have not run into. It is as though within that so-seductive appearance of personality and face and body there lies an undiscovered country of enormous size, with mountains and plains and rivers and deep underground caverns, all of which are yours to explore. And that which is free will is your guide.

We believe that this is sufficient for this asking and consequently we would open the meeting at this time to further questions, if there be any. Is there a query at this time?

J: Yes Q'uo, I have a query. Two weeks ago I asked you a question about DNA set ups and you told me that my designation was third and fourth-density set ups but not quite turned on. So I am asking your opinion about what I can do to turn that fourth-density connection on? We are those of Q'uo, and we understand your query, my sister. The DNA of which you speak is affected by thought. Consequently, if, by the disciplining of the personality, an entity is able to begin to tune the heart to living in an open, loving, and vulnerable state, such as that state fourth-density entities [experience], the perceptions that come into the mind and that tell the body what is occurring are those perceptions which will automatically hook up that which is not hooked up within the DNA strands. The stimulus for the body is the mind; so in working with the mind to move from what this instrument would call mental thinking into heart oriented thinking, it is the movement from third-density to fourth-density thinking. As the heart is allowed to think and to be strong in moving into a major part of the process of perception, the body will follow, being a creature of the mind. May we answer you further, my sister?

J: No, that's good.

We thank you, my sister. Is there another query at this time?

T: I have a query, Q'uo. I realize that the channeled meditation is mainly a metaphysical event, [and] my being at a physical distance [2] is probably not too important, but I was wondering whether there are any precautions or special preparations that would be useful for me to undertake so that I would not hinder the contact or cause any other difficulties?

We are those of Q'uo, and we grasp your query, my brother. We do not find that there is any concern necessary upon your part. Indeed, as you surmised, the physical location does not matter. We did find at one point in our discussion, when we were talking about the beauty of the lengthening shadows, that we became confused because we were also seeing the beauty of the morning, and we had to smile at our own version of being out-of-towners and not quite used to the experience of working with entities who are not in the same physical location. However, this was in no way a hindrance but rather for us something to chuckle at and enjoy. We are always learning from those within third density and once again we discover humor within your technology. However, in terms of doing anything to better prepare for a contact

with this group and with us, the process which this group goes through, of speaking around the circle, seems to be a very powerful and simple means of melding or combining the group so that it is indeed beating as with one heart and asking as with one soul. Consequently, we are pleased that you chose to join in the discussion beforehand and we feel that certainly, other than that, you bring to the group a great deal of light and we are most pleased that you are with us.

May we answer you further, my brother?

T: No, thank you Q'uo, that was very helpful, thank you very much.

We thank you, my brother.

G: Q'uo, I've discovered, with the aid of a reading I had through D, a pattern where I am bodily present, but a portion of my consciousness will evacuate in a moment in any conversation and I was wondering if you might have anything to offer me concerning how that pattern developed within me? Are there any techniques or exercises that I can utilize to stay present and to inhabit my body more fully?

We are those of Q'uo, and are aware of your query, my brother. In terms of the genesis of this particular mental distortion, it is, as in many cases, the far reaches of early childhood which must be moved into in order to see where the pattern has begun. It is quite understandable that when there is disharmony that is present at a level which is painful to experience, the choice of a sensitive entity, in order to protect the self, is to remove the self mentally from the circumstances, since it cannot do so physically. Certainly the processes of schooling and religious education create further times when it is desirable to put psychic distance between the self and situations which do not please the self for one reason or another. And this also has had its effect upon your personality shell.

The pain which is being avoided is not a physical pain and yet, because of the sensitivity of the particular physical body that you have and its way of being connected to the mind, there is a habit that has been formed which is as the nervousness or tension that another might feel, say, at attempting to move through a door and being unable to get it open. It is a feeling of being closed in or frustrated and yet physically there is nowhere to go to get away from that feeling. Consequently, the trip must be taken mentally. And this habit has become somewhat regularized within your personality shell.

Now in terms of how to work with it, we would suggest that you be creative and start with the premise that you are operating with faulty software and that you need it re-written to some extent. How can one work with one's mental settings to change the default? That is the question! And we leave it to you, for this is your work to do. You have tools at your disposal. You have the dream work. You have meditation itself. You have prayer. You have many opportunities to connect with guidance, to connect with the guidance that is found in nature and so forth. All of these are at your disposal. We would also suggest the light touch, the gentle nudge, rather than a ruthless or full-scale-house-cleaning-type attempt to change the self. This is not the desirable way of dealing with the self. Rather, see the self as lovingly and as compassionately as a father would see his son or as a mother would see her baby. Ask the self, "What do you need?" And then see what you can do to ...

(Side one of tape ends.)

(Carla channeling)

... satisfy those needs. If there is the need for solitude, cooperate

with that need and enter into solitude passionately. If there are suggested to you other things that you may do or things that you may cease doing, follow your instincts, follow your heart, follow that guidance which comes to you.

May we answer you further, my brother?

G: No, that was excellent. Thank you for the most thorough answer, Q'uo. We thank you, my brother. Your kind words make us a blush. Is there a final query at this time?

S: I have a question. I guess you've heard the story I told earlier. I've been looking for other thoughts, other opinions, other ideas about what is going on with me and my life. I would very much like to get your thoughts and ideas, what you see from your perspective. We are those of Q'uo, and are aware of your query, my brother. From our perspective, my brother, we see beauty. We see strength and courage. We see deep humility. We see gentleness and yet at the same time we see strength. We would ask that you may see these things about yourself as well. See that beauty which is yours. Let that beauty light you and light your way. See the sweetness and the kindness and the gentleness that has been your gift throughout your incarnation. And let yourself feel that kindness, that gentleness, that sweetness. You need that for yourself at this time.

Picture yourself holding yourself as if you were a baby. Rock that baby, and rock that baby, and rock that baby again. And rock that baby all night if that baby is upset, because sometimes only human touch, only the human love of a parent can get a child through a cranky night. Perhaps we could say that we see you cutting new teeth, as children will do. It is a very painful process. One cannot move with one's normal comfort. One does not understand why it must hurt so badly because one is, after all, just a baby. We would say that this is the equivalent of that which has occurred within you. It is a natural process. It is a process that promises good growth and new "teeth." However it is a process that is most difficult to move through. So we would ask that you nurture yourself. Realize, whenever you can, that there is a tremendous amount of love around you, not simply from friends such as these within this circle or from family but from a very extended family of those who are with you as guidance and simply those who are with you because they have been attracted to your goodness and to your seeking. This support system is strong to save and quick to respond, and we encourage you to use it. We, ourselves, are available at any time to give you a deeper meditation or a stronger feeling of presence. Lean into the help that is there and above all, believe in yourself, believe in this process, and know that each dark night ends with a beautiful sunrise.

May we answer you further, my brother?

S: I appreciate your kind words. I've even got some that you had spoken two years ago that I keep with me and read. I do appreciate the support and the kindness. From my perspective it's so hard to see, but thank you for now.

We thank you, my brother.

It is with profound gratitude that we say our goodbyes to this group. Thank you for the pleasure of your company. Thank you for sharing with us your hopes and your questions and allowing us to share with you as well. We leave each of you in the love and in the light of the one infinite Creator. Adonai. Adonai.

[1] Holy Bible, John 3:6-8: "That which is born of the flesh is flesh. And that which is born of the Spirit is spirit. Do not marvel that I

said to you, 'You must be born anew.' The wind blows where it wills [in King James version, 'bloweth where it listeth'], and you hear the sound of it, but you do not know whence it comes or whither it goes; so it is with everyone who is born of the Spirit."

[2] T sits as part of the group, which meets in Kentucky, from his home in Australia, by telephone link.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Sunday Meditation

February 15, 2004

Group question: The question today has to do with changes of various kinds, whether it's changing a job or attitude or invoking a new presence of joy, peace and harmony. When we attempt these changes, when we make efforts in the third-density illusion to bring these changes about, we're wondering how we can know if we're being successful? Is there a predetermined path or way made for us already, or is this a choice we make from moment to moment totally of our own free will? How can we know if we're exactly on the beam or not?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you with full hearts and happy spirits in the love and in the light of the one infinite Creator, in Whose service we are. We thank you, each of you, for joining this circle of seeking today. It is our delight to be called to this group, and we would ask, as always, simply that you use your discrimination carefully in listening to our thoughts. For, as we share them, we need you to know that we are not authorities but fellow seekers and that we share opinions rather than proven fact. Please take those thoughts that you like from what we have to say, and leave the rest behind. That will enable us to speak without being concerned that we infringe upon your free will. It is well to guard carefully those portals wherein information is taken, for that which is believed is so. And when that which is believed is sufficiently different from that which is the more natural pattern of truth, the distortion can be difficult to comprehend and difficult to perceive and therefore difficult to extricate oneself from. Indeed, this is a portion of that which you are asking this day, for you have asked about change and how to know when the appropriate change is manifesting; how to go about making sure that the changes are indeed appropriate in the pattern of your incarnation. This instrument was speaking with the one known as B concerning the piece of the Creator's creation which she calls "Avalon." The one known as B was saying that he had spoken with Avalon in that voice that has no words but expresses emotions and feelings, and he felt that the land itself had been somewhat abused in the past, misused and used too hard, so that the soil was depleted of those nutrients that it would wish to have in order to support life, and that it had been neglected and abandoned. Consequently, it was shy of humans and somewhat distrustful.

It had not occurred to this instrument that it was a two-way street, for, in this instrument's trusting and somewhat childlike way, she relates to all things and all qualities as though they were all very glad to see her, and the consequence that is indeed the reaction of the land called Avalon to the one known as Carla [is that] it is delighted to see this sprightly spirit and delighted to relate with her in any way she wishes. However, this instrument has

not attempted to plant, nor has it asked of Avalon that which it wishes. And indeed this is something to think about when looking at a change that is large enough that it cannot entirely be imagined. When the question is asked, "What do you want?" or "What do I want?" the question throws the thinking mind back into the world of form and not into the world of substance. However, if the question is asked of the present moment, "What does it want?," "What does the life's situation at this moment want of me?" that is a blind and non-intellectual question, and consequently it has a big possibility of reaping a harvest of some sense. But that sense may well be a sense of substance rather than a sense of the form of the appropriate path to take. When the question is opened up so that it is clear that there is a relationship between the self and the creation, it enlists the cooperation of the creation which is, of course, an extension of the self, just as the self is an extension of the creation and just as both are holographic in nature, reflecting the Creator.

We have often said that all is one thing, and yet, when you relate to the outer world, that seemingly outer world of consensus reality, consciously including it in the decision-making process and asking it what it wishes, the question is made whole in a very special way. It is well to consult not only the inner self but that outer self that is the system of mirrors that reflects the Creator to you, that is, the outer creation, the Earth which you inhabit, the people which are your companions upon its surface. These energies and essences also have life, sentience and will. And, when cooperation is asked, it is immediately received. Then it is a question of continuing to listen, continuing to ask and continuing to have this living and protean dialogue that penetrates all forms and moves into the world of substance. The nature of coincidence or synchronicity or the unfolding of fate, if you will, is such that the more cooperation is asked and expected on a continuing basis, the more rich the sources of information will be that are eager to share information with you.

We have spoken many times about the fact that information can come through the natural world, and, indeed, it often does come through animals and elements that are in synch with the energy fields of your bodies, of your intentions, and of your hopes. So let us look at the area of intention and hope. There are two in this group, that is, three entities and two concerns, with an actual commitment of the self to a job or a new [business], and there are two other concerns within this group which have to do with attempting to create from nothing a network or cooperative or collaboration which is of a mixed nature, being partially spiritual and partially worldly. The process of visioning or envisioning is important.

From the business standpoint, of course, it is well known that one may go through a planning process in which the questions are asked of the self concerning what goals are intended, what resources come to the table to promote those goals, and so forth. It is perhaps less well understood that the same process must be followed with the environment about one and with the energies surrounding the present moment. The nexus of each present moment for each person is the self. This is why truth is so infinitely individual and personal. One is always coming from that place [where the environment is known to one] that has never been walked in before. The present moment finds each of you and each of us in a new world. It has taken aeons and densities and many, many incarnations and teachers and thoughts to bring each of us, each of you, to this precise tuning with which you greet this present moment. Consequently, your world is brand new, and nothing can be taken for granted. So it is well to look at this new world of the present moment with new eyes, innocent of supposition and without the blinders of cynicism and manic zeal, resting, relaxing and moving into the center of self.

Move with us, if you will, in the clockwise motion about the circle, feeling the energy of the group moving, growing and forming a temple of light about you. Now

continue that exercise, but move only within the orbit of your being, and feel the part of the temple of the group that you are. Feel that smaller temple whose light moves into the group energy. Now, move deeper and deeper within that holy and sacred space within until you come to the very center of that being that you are and rest there. Stop, and sense into that quiet, living center of self which is your heart. Here is your place of rest, recuperation and healing. Here is your place to reach out your hand to the Creator and to feel Its hand in yours before the reaching has ever been done. This is the center of your connection to guidance, truth and stability. Were we never to speak with you another word, were there no perceived authority to offer wisdom, this center of self would be entirely sufficient to guide you, in terms of that which your desires for this incarnation were before you ever came into the experience of life with its hectic breath and its beating heart (and we may say, because of this instrument's allergies, its itching nose). Before all of the sensations of life, the center is the place of rest and the platform from which one may spring into action, spring into expanded being, spiral into those lessons to be learned and those services to be performed.

When one is able to come to the center of self and rest, then one is much more able to ask in that sacred space, "What lies before me? What is right action? What shall I see that will enable me to have more of the sense of who I am and why I am here?" When you open your eyes from this prayer, we would ask you to be open to guidance. Keep a paper and pencil handy, ready to jot down those things that come to you in this particular moment, after this particular time of centering and resting. When you get up from such a rest, keep the center open even as you become active again in the world of consensus reality. The creation is ready to expand into those areas which fascinate you, which draw you. It is sensitive to all kinds of energy, so, if there are conflicts within your desires, these will show up in the seeming cross-purposes and the [ambivalent] nature of the hints and the inklings that your guidance seems to be giving you. Consequently, there is contemplation involved in attempting to discern right action and right being, contemplation of what cross-purposes there may be. If there is a dynamic where things seemingly are partially indicating one path and partially indicating another, sit and rest with that dynamic, letting the mind relax away from forms and looking at some of the underlying issues which might surround and inform this dynamic. Allow time for this procedure. Ask not simply on one day or on one occasion. Assume [not] that you have received the full wisdom that is available. There is a continual questing for those who wish to remain in the center of their beings, for you move on, the stream of time moves on, and the spiral of evolution moves on so that each day there is new information, there are new metamorphoses to be contemplating. And there are what this instrument has come to call distortion leavings to be released. Often that which muddies the picture for those questing for right action or right being is an over-affection for the pain, the pleasure, for the [shape] in general of the past, those things that have affected one in the past for weal or for woe. It is just as important to release the self from past excellent experiences as it is to release the self from past misery and suffering. Does the good time in the past create or add into the reality of your present moment? If so, why? Does the pain and the sorrow that are remembered from past experiences affect, in a living and breathing way, the present moment for you? Ask yourself that. It is important to release that which has been harvested in terms of catalyst and experience. It is a natural thing to take in the food of catalyst and to digest it and work with it and get the good out of it. It is equally important to release the distortion leavings of these experiences from the system. Otherwise, they may well clog the system, making it impossible for your evolutionary energy body to absorb the nutrients of experience and be ready to take in more. If there is any lack of hunger for new things, it is entirely possible that it is

because that which has been thoroughly and completely digested in one's life has not yet been eliminated from the system. When the value of the excellent times and the difficult times of one's past has been completely appreciated, it then becomes far easier to release these experiences.

Releasing negative experiences is especially important, in many cases, in terms of creating the possibility for fearlessness. When an entity has been bound into a contraction around any issue by fear, it becomes much more difficult to see clearly the colors and shapes of the issue and its resolution. This instrument recently experienced a visit to the Cathedral of Chartres in France, and she sat at the very center of a glyph which, in that enormous sacred space, takes up perhaps half a football field in its actual size.[1] It is a round maze, and its walking is considered a sacred practice. At the very center of that maze is a blinding point of light which this instrument was quick to feel. The achieving of that center is the achieving of the stable place of rest, the stable point of view from which [leverage] may be applied in any direction spiritually or metaphysically speaking. So much about knowing when one is on the right track, or on the beam, as the one known as V [has] said, is engaged in this pre-mental attitude, something that lives below the surface of thoughts and ideas. It is a matter of preparing the place upon which the sacred, heartfelt decisions will be made, moving into the sacredness of that, rounding oneself into that sacred place and letting in the light so that one is literally on the beam, that beam being the light that has been called from guidance, from what this instrument would call the Holy Spirit or from the higher self, as many have called it, from that place of inpouring light, [preparing] a place to stand, a place to rest when [the] calling for the light is extremely heartfelt.

In terms of knowing that you are on the beam, there is a talent in being able to look without looking, to know without knowing, and to walk between worlds. It is a lifting away from assumption, a lifting away from presupposition, and an opening into the possibilities that surround the moment. These possibilities are literally infinite. But which is that direction which calls? Which is that direction which wants you as much as you wish it? It is a matter of asking and asking again, centering and asking, centering and asking, until the life process contains the centering and the asking, the centering and the asking far beyond even a habit and more into a way of breathing life in and breathing life out.

Ask ... rest ... ask ... rest ... as a way of being, so that you are asking yourself to open to the sense of rightness, the sense of resonance that you may get through your body and any of your senses, within your heart and various energy centers, in those signs and wonders which mean something subjectively to you personally. When the asking has become a part of the in breath and the resting has become a part of the out breath and the time between breaths, then you have entered a state of mind, a way of being, that has the best possibility of bringing to you a richer load or harvest of information concerning the issue about which you are asking. Sometimes it is a very subtle thing and occurs over a period of time, while in other cases there are sudden and sharp epiphanies in which whole systems of the future are seen for the first time in wonderful delineation.

It is never known ahead of time what pattern shall emerge from the chaos of asking without expectation. Yet, when it comes, there is that sense of a converging pattern that will let you know that the pieces, as the one known as S said, seem to be coming together. Chaos seems to be melting into a certain quantum, a certain situation that has, to say it one way, the blessing of guidance; to say it another way, the resonance of a good pattern that fits within those parameters of your incarnation which you set up before birth. It is not that there is a fate laid out for you. The possibilities are always infinite. It is that you have created for yourself what this instrument would loosely call a mission, a personal plan of service and learning. And, when that mission is being materially addressed, with whatever success, there is a sense

of being in the right place that is unmistakable. Wait for that sense, and do not attempt to think it into place or feel it into place or in any way force the swirling mists to clear. If there is to be a misty and mysterious time, enjoy it as you would a great snow storm or a down-pouring and enriching summer rain. The vision goes away, but the heavens have opened to give life-giving moisture to the dry and thirsty soil.

Sometimes a great deal of the moisture of spiritual water must come and, for a time, blind the vision, and it is then that faith is a powerful support, that faith that all is well. It is not a faith that things will turn out appropriately, because things actually never turn out. You may have noticed this quality of life. Things spiral continuously, moving through many scenes and moods. Nothing ends or, to put it another way, everything ends, and the story moves on without missing a beat. There is no grand finale; there is no dénouement. There is simply the ongoing spiral of light and dark, laughter and tears, suffering and joy. Yet, beneath all of those experiences, surrounding all of that seemingly outward miasma of confusion, there remains always the place of center to which you may go. It is the closest thing to you. You may amputate arms and legs and not lose your center. You may glow incandescent as a candle without clothing, without occupation, with only the consciousness with which you came into the world of consensus reality, and you will have that center, that center that links you to all that is, to all that has been and all that will be. All you need is in that center. Perhaps that is the fundamental message we have to share this day. Rest and know all is love. All is one; all is love.

You are magical beings, my friends. You are not at risk, as it may seem that you are in terms of a physical life. You are citizens of eternity. You are in a very precious and hard-won place. You have cast aside all else, because you felt that this incarnation was important enough to invest your eternal self in, to go through a great deal of inconvenience and suffering just so that you might improve the balance of your own personality and serve in the consensus reality about you, to fulfill goals which you have set long ago, goals that have to do with being helpful. Rest in the knowledge that these things are in place and that there are many, many sources of information that are very dedicated to communicating with you and with the groups with which you associate.

Notice those groups about you. For this instrument, it has been a year or more of very obvious building up of the group, but, in all of the years of this instrument's life, there has been that same process going on, and, in each of those in this circle this day, this process has been taking place. Gradually the currents of self and other-self have circled and spiraled until each has met each, and each has been drawn into this group on this day. Each entity that you meet is a portion of a group, a soul group, as the one known as S has called it, or a group of those who have often incarnated together, to work together and to serve together. So, when you are touching entities, you are touching the groups with which they are involved, and you are binding yourself and others in streams of love and mutual hope and ideals. As you go about your daily life, and as you meet each entity, see the relationship in its deeper terms, and know that energies are involved that are far, far below the level of one's awareness. They may be sensed, and they may be followed, but they may usually not be understood. Follow those relationships, and consider the relationship and your part in it, in each case looking for the ways to support and encourage each other. There are higher selves involved in each of these groups as well and higher hopes that each of these groups may have in terms of the service of the members of that group to the planet and its people. Trust this network to be there, and expect to meet old friends as you move through the days ahead.

Above all, sharpen the energies with which you move through life by offering yourself the solace of meditation. Time in the silence cannot be overrated for returning one to that precious center, what the one known as G would call the



"power of now." [2] Enlist the help of Gaia, as the one known as B calls the planet upon which you dwell. Walk within its precincts and allow the trees and the wind and the small animals to sooth you, to connect with you, and to bring you back to that precious center.

This instrument informs us that we need at this time to open the meeting to questions. Are there questions at this time beyond that which we have spoken?

G: Q'uo, I'm not sure of how exactly it is that the quarantine works around this planet, but, working within those principles, is it possible that an entity or a group of incarnate entities could request and create a physical meeting with beings of an extraterrestrial nature or higher density beings of a positive nature on this planet?

We are those of Q'uo, and are aware of your query, my brother. We do not choose to give this instrument any information upon this point for two reasons.

Firstly, attempts of this nature create an energy that we do not consider particularly desirable. Secondly, the attempt to create such a meeting is much like sending out a "CQ" on a ham radio. [3] The entities who are monitoring these particular ham radio bands are, however, for the most part negative.

The infringement upon free will in giving further information is such that we find that we are not able to speak further. However we would say that the energies of the one known as B have already brought to you, the one known as G, experiences of meetings with entities that are not human and are certainly very positive, and we speak now of those entities on Avalon which this instrument has often called devas and which have a great deal of life and reality of their own. This kind of open questing is quite desirable, and we would recommend that, instead of attempting to meet an extraterrestrial, you simply attempt to meet the many, many entities around you with which you have not yet become acquainted.

May we answer you further, my brother?

G: No, that was cool. I don't think I or anybody else has big plans to do so. I was just curious. Thank you, Q'uo.

We thank you, my brother. Is there a query at this time?

B: I have one that's not directly on this topic. I was wondering what the role of the social memory complex was in the development of consciousness?

We are aware of your query, my brother, but are having trouble with a response because of the fact that, as far as we are aware, consciousness is, and it is not in need of being, shall we say, developed.

B: Growth is perhaps a better term?

Would you rephrase the question, my brother?

B: I was examining the social memory complex, and, as we enter the seventh sub-density of the third density, Ra has said that we can actually form these structures, and I was wondering how that would interact with our conscious spiritual growth? I mean, why does the social memory dominate in the fourth density? What do we learn from this experience?

We are now far more aware of your query, my brother. The social memory complex is as if you had opened your arms and said, "Everybody in," as if you were the Creator and you had accepted everyone that was about you into your heaven. The energy of this formation enhances and intensifies the purity and the clarity of the individual's ability to open into unconditional love, or, in other words, to become a part of the social memory complex. So, as soon as a social memory complex begins to be formed, simply by leaning into the power of that group being or essence, you are allowing the self to become more and more attuned to that sublime or supernal nature of the self which truly feeds into the social memory complex.

You see, my brother, when experience is taken in at the level of consensus reality and conscious thought, much of the detail of the actual transactions taking place between entities is lost. The nuances are washed away by the

grossness of words and actions, and the intentions, the energies that are being exchanged between two people, or a person and a place, or a person and a situation, are grossly oversimplified so that they can be consciously understood. Even in the most subtle and quick mind, there is that limit of rapidity of the accumulation of fact and the intuition, the ability for direct insight, is hampered. What the social memory complex does as entities move into it and begin to, shall we say, "get it" is to empower and enable the personal shell of personality to relax and lift away from specificity so that it may become less reactive and more stable. The personality shell of third density is unnecessary in fourth density, and the great gift of the seventh sub-octave of third density is that the social memory complex has enough energy now to be accessed by intention.

May we answer you further, my brother?

B: One quick point. Would the attempts to form a social memory complex here or, more specifically, at Avalon, be in any way disruptive to the non-human life that's there now, that which you referred to as devas and the plants and animals being of lower densities?

We are those of Q'uo, and are aware of your query, my brother. Indeed, were social memory being attempted, as if in a vacuum, as if only with people, certainly this would be perhaps less than optimal in terms of the energy of that portion of Gaia to which you refer, and this is why the instrument, in its talk with you at an earlier time, had the intuition that the land must be a portion of the questing for the social memory complex being formed upon its sacred ground. To form a social memory complex with the full cooperation of the earth that it contains is to make each place so included a sacred space. It most definitely would be appropriate to include the Earth itself as a part of the social memory complex, for the Earth is a very sentient and very conscious being.

May we answer you further, my brother?

B: So you would see no problem with second-density life being exposed to a fourth-density concept, thinking basically of the plants and things we would like to grow there. Now, my concern is this: a lot of times when higher concepts are introduced too early in a developmental stage, they might bias the development as I see here, when the Confederation introduced entities from other worlds to our planet. Do you understand what I'm trying to get at?

We are those of Q'uo, and are aware of your query, my brother. If it were forced upon this entity, Gaia, that such and such a group wished to do such and such a thing here and it was simply told to the land, then, yes, my brother, there would be the lack of respect. However, the second density and the first density, unlike the third density, dwell within the creation of the Father that the fourth density dwells within, so that in a way, moving into the social memory complex energy is returning to oneness with the creation of the Father. And indeed this works more synergistically than third density is able to with these nature spirits and with the planet itself.

May we answer you further, my brother?

B: That clarified it sufficiently, thank you.

We thank you, my brother. Is there a query at this time?

G: Q'uo, I usually wouldn't ask a question like this, but I'm just really curious. How did it come to be that the three of us, B, V and I, all had a dream about a volcano, and two of us had a dream about a Polynesian named Bob? Could you maybe speak to the symbolism and why it was that we had really similar dreams, please?

We are those of Q'uo, and are aware of your query, my brother, and, as you perhaps surmised, we leave this work to you.

Is there a final query at this time?

S: I have a question. We've noticed of late that the difficult times Carla calls

psychic greeting, or what has been termed the dark brotherhood, have given very intensive interference to myself and those of my soul family group. I have asked the guidance source whom I call "The Seven Dwarves" about this. They were quite reluctant to give me any specific details. I recall that, similarly, I had asked you at one time, and you were also reluctant to give me specific information and just your opinion and your ideas. What is the meaning or spiritual reason behind that?

We are those of Q'uo, and are aware of your query, my brother. The nature of so-called psychic greeting or psychic attack or the influence of darkness is such that it seems to be coming in from without and seems to be a threat that is outer to one's own self. And yet the mechanism by which these greetings are attracted is the desire to stand in the light. The harder and more fervent the desire to be of the light and to serve at one's highest and best, the more sharply delineated are those portions of the shadow side of yourself that have not come into full harmony and acceptance within the self as loved, forgiven and redeemed. Only you as a self, falling in love with the self and going through a full circuit of forgiving, accepting, redeeming of self, can do the work that enables one not to have the chinks in the armor, as this instrument would say, of light. That armor of light shall always have chinks. It shall always, within third-density incarnation, be imperfect, because, were you able to be perfect, it would be time for you to move on, and you would simply not any longer be of third density. You would go through the experience of physical death so that your energy body, your soul, would be free to move into a more appropriate garment for continuing your experience.

Consequently, those who seek to stand the closest to the light are those who shall bring about the rightness or readiness for the experience of being tried, tested, greeted, attacked or overshadowed. These are all subjective terms which describe a situation where one feels invaded or intruded upon or encroached upon. What is encroaching upon the self in a metaphysical sense in psychic greeting is the shadow side of one's own self. So, when it is experienced from without, then it is well to take that mirror that is the dog barking at one, the wolf biting at one, and look to see within the self what portion of that shadow side, what vagrant part of the past, what relationship that has not been thought upon sufficiently, is truly causing the distortion within that has caused the wolf to bite just in such and such a way, so that responsibility is taken. And then, once responsibility is taken and it is seen that there is nothing to fear, for it is only the self, then it is helpful to be able to release the fear and the contraction around this [greeting], so that it no longer is a threat, it is simply that which is occurring. Then the work towards healing of the situation may be done without the additional stumbling block of fear blocking one's own path of forward progress.

May we answer you further, my brother?

S: It's an interesting thing for me to consider. I will have to think on it.

Thank you very much.

We thank you, my brother. We find it is time to depart from this group, as this group's energy wanes somewhat, and it is well to leave this instrument while there is still plenty of energy to make a good farewell. And so we do offer you farewell, reminding you always that we are with you whenever you should mentally request it, to strengthen and support you, without words but with love and energy.

We leave you in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai. Adonai.

[1] The Labyrinth of Chartres is built in stone into the floor of the nave.

According to the site,

[www.beloit.edu/~arthist/historyofart/gothic/chartrescath.htm#artifact12](http://www.beloit.edu/~arthist/historyofart/gothic/chartrescath.htm#artifact12), "The pilgrim could recreate a pilgrimage to a more distant land—like Jerusalem—by

moving along the path while saying prayers. You'll notice that it is not a maze, but a single continuous path."

[2] Eckhart Tolle, *The Power of Now*, Novato, CA, New World Library, [c1999]. This is a favorite inspirational book of G's.

[3] In ham radio, signaling the Morse code for the letters "CQ" is signaling a desire to speak with any other ham radio operator within range.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Sunday Meditation

March 7, 2004

Group question: The question today has to do with change, perhaps even change to the point of self-healing. We are wondering if Q'uo could talk to us about the decision-making process that goes into this type of change. Could you explore the concepts of honor and duty and how discovering what our honor and duty in a certain situation is might help us to make the choices that would lead to this change and perhaps healing ourselves, finding a direction to be of service to others?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank you so much for the privilege, the honor, and the duty of being called to this group this day. It is a blessing to us to be able to serve as we had hoped to and a call from your group is most welcome. We ask, as always, that each of you guard the portals of your discrimination very carefully, listening to the personal resonance that comes with your unique truth and not for any perceived outer authority. If you are able to guard those things that you keep of what we say and those things that you discard, then we will feel far more free to be able to share with you without infringing upon your free will.

The freedom of will has been a sticking point for many in the creation of a satisfying and rewarding spiritual practice. Free will can be a bewildering thing. The chore of determining what one truly wishes to do can be awe-inspiring and mind-boggling, for it is as though one were pulled in different directions by many different opinions and strains of thought in almost every situation. It is not too difficult to imagine the choices of many things: what to eat, what to wear, and so forth. However, there are levels of choice that affect more than just a moment or a day. It is as the choices become more ponderous and seem to carry more weight for the present and the future that the predicament of making what this instrument would call the "right" choice is more and more substantial a challenge.

The one known as B invoked the principle of the honor/duty that the ones of Ra had spoken of before with this group in saying that every honor is a duty and every duty an honor. It was the one known as B's thought that perhaps when one is attempting to make a truly correct choice for the self, however one wishes to define that word "correct," that perhaps one would do well to think of what one feels one's honor would require in a certain situation or what one's duty might require. It might also and equally be suggested to invoke the principle of unconditional love. Where is the love in a decision? It was the one known as T's hope that, in making the decision for his own right livelihood, he would be able

to find that choice that most truly and deeply opened and revealed his heart, a deep and true center of self.

Certainly when one views the question that you asked and looks at the level of depth that is suggested when one is attempting to make decisions for the healing of one's self, any and all ways of looking at a situation, feeling into it, sensing the nuances of it, and so forth, are helpful. All resources are helpful when approaching a decision that has the capacity to affect one's path not just in this next day or next week, but in the rest of the incarnation to come.

We would perhaps start with that of which the one known as D was speaking, in terms of his own process, of his discovery that in the very pain of the dramatically and unconsciously lived life, where events seem to overtake one and toss one about with tremendous force and seeming carelessness, there is an aspect to this suffering that is attractive and that actually can begin to create the impression that it is this pain that is actually a sign of life and that, when the pain or the critical or difficult nature of the situation eases, the meaning of life has somehow been taken away from one and that, somehow, that meaning must be sought again, even though that meaning is a meaning that is felt in suffering and pain. This entity was discussing a way of looking at one's relationship with others that is called "co-dependant."

We would suggest that, if one may take a step back from a specific co-dependency or addiction that is specifically geared to one person, one may perhaps see that in each incarnational pattern there is that tendency to divide the self into the good self and the bad self, the light self and the dark self, the peaceful self and the disturbed self, and so forth, creating out of a universal and infinitely graded being with no seam or rip in the make-up of that being a being that has separations and isolations of parts of the self from other parts of the self, so that there seems to be more going on, shall we say, than in truth there really is. It is so endemic to your peoples that we would suggest that instead of the term "co-dependency" one may perhaps think more generally in terms of addictions. For the addiction to pain is no more of a puzzle than the addiction to any substance that one begins to see as not being helpful for the self. Why would entities with good sense and good balance choose to inculcate within the self a continuance of pain in order to feel more alive? It is simply because it is the observed method upon your planet, in the culture in which you enjoy living, for entities to embrace those things which are destructive such as overwork, a dependence upon substances, and other imbalances, because they seem to be appropriate and even necessary for the functioning of the organism and the being, in the job, in the family, and in the environment. The habit of looking outward for meaning, of depending upon ideas, people or things for a feeling of rightness and a sense of meaning is that which has been accepted among your peoples as the appropriate way of behaving and thinking.

It is astounding to most entities who are living at this unconscious level to conceive that they may perhaps not be in a carefully engineered situation, in a certain, shall we say, "house," or environment of job and family and personal details for the reason that they may feel is so. They may not be in the job, for instance, because that is the correct job, they may be in that job because it seemed appropriate and it has seemed to be adequate to the life. The thought that one could simply walk out of this "house" of arrangements and relationships and "the way things are" would indeed seem not only astounding but somehow deeply wrong. Yet it is true that entities build their houses to include the pain that seems necessary in order for them to feel alive, normal and functioning.

So when one attempts to begin healing the self, it may perhaps be seen that a substantial amount of deconstruction becomes necessary. There is a stage that one goes through that is analogous to that which the one known as B, G, and D have been doing within the structure of the dwelling place in which this meeting

is now taking place, the house that this instrument calls the Magic Kingdom. Indeed, it has been remarked often within the last few weeks, as disaster after disaster has been narrowly averted and repaired, that the angels that have stationed themselves as part of the loving system of guidance that surrounds this group have been working overtime! And each time that the one known as B has identified an electrical fault or found a gas leak or the one known as D has seen a fire start and put it out, that the house itself is expressing the desire to heal. The people within the house have banded together in an increasingly tight-knit group with the desire to create new life, new energy, a higher and a truer sense of self for each and for the group as a whole. And in this increasingly intense environment of idea, ideal and focus, the house itself is experiencing a deconstruction as old wires are pulled out and new wires must be put in, new wires that can hold more of a charge; that can sustain more of an effort. And indeed when one is attempting to heal, it is as though one were going back into the wiring of the self and needing to deconstruct some of that wiring, pulling out the inadequate wiring, checking the system for leaks, checking the system for truth, shall we say, checking the new "wire" that one is putting in to carry energy, to see if it indeed has more strength, if it indeed can carry more energy safely and at a stable manner and level.

One is doing the internal rewiring of various patterns of thinking, attempting to pull out of the self those tangles of old wiring that are no longer attached to anything that is helpful but that still may be carrying power, but oh so poorly and so inadequately. So this process must begin with a careful, conscious period of releasing that which is outmoded within one's thinking, within one's feelings, within one's being. And for each entity this will require different resources and different approaches, for no two people approach the mirror of the self in the same way. Each entity approaches the mirror and looks into the eyes of the self with a different bias. Each has a slightly different slant. Even each within oneself, from time to time, will be able to access different levels of self and be able to see into different levels of patterning and what the patterns of the past have to offer in terms of health, wellness and healing. Perhaps there are some old patterns that are extremely helpful. Not all things that are old are poor. Some of the oldest patterns within you may be some of your best work.

So it is not that one pulls everything out in order to toss it and to start over completely but rather that one looks into that mirror, into the eyes and not at the image; for one can get lost in mental images as well as one can in the image of the mirror. Your face does not tell the story of your soul, but the face of your personality also does not tell the story of your true essence, especially when one seeks to move into a better balance with the self, into a self-healing mode. One must not simply go with preconceived notions about the self. Rather, it is good to do that of which the one known as G has been speaking, the going on a quest for personal vision, a quest to see into that essence of self that is the gift which you have brought in the package that is your personality, your body, and what the ones known as B and V were calling your identity.

You have a location for your incarnation in space and time. The fact that in order to have a location you also have to buy into the illusion of life and death is simply a fact of the matter, a condition in which all incarnation is held. There is an illusion implicit in drawing breath and that illusion is that you are a location, an identity, a personality, a face. These concepts of self, in terms of your spiritual center, are and remain illusory right through the incarnation. Even in the midst of the illusion of incarnation you may know yourself as an illusory personality. Were this to be the beginning and end of the soul, there would be no point in working towards the evolution of that soul. However, you are, even within incarnation, a real essence, part of what this instrument calls the Godhead principle, part of the Creator. That you have a

package makes you seem very singular and indeed you are unique; yet at the same time, you are a holograph of the Creator.

So in many ways the journey towards meaning is a journey down through layers of decreasing selfhood as more of the shell, the illusion, the body, the face, the personality, is seen for what it is and allowed to loosen its hold upon self-identity. What is your identity? Much of the decision-making process has to do with the stance from which you view the creation and that begins with your self-concept. If you conceive of yourself in thus and thus a way, then you begin to build that "house," that narrowness, that stricture that we were speaking of earlier. You begin to construct your location and seemingly to block yourself from making certain choices because they would not be appropriate to someone in this particular kind of house, this particular kind of personality.

Once you feel that you have gone through a time of coming to your own essence, once you feel that you have begun to be able to identify what it is to be you, that you that you will know as well ten thousand years from now in another incarnation as you do this day, then you can begin to ask the questions that the one known as B was asking, but only then. You cannot simply begin by saying, "This is who I am and therefore these are my duties and these are my responsibilities." First and foremost you must come into a relationship with yourself that is loving, unified and compassionate. In the words of this particular instrument, you must "redeem" yourself. For as long as you feel that there are parts of your personality that are the shadow side, that have not yet been claimed, they will continue to indicate their lack of being integrated by expressing themselves as negatives within your life experience and they will draw to you catalyst that is designed to uncover and delineate the particulars of these biases.

However, there does come a time when that first cluster of work is done and you sit, shall we say, in terms of the Native American way, on your blanket, in meditation, with the creation and the twelve directions spread out, the creation emanating from the center of the self and the wheel of unity spinning endlessly and fruitfully around that center in a way that feels powerful and full of life.

In that centered position, then, you may ask yourself, truly, "Where is the love? Where is my heart? What are my duties? What do I wish to honor in my life?" And all of these questions are worth time and contemplation and a process of asking, and resting, and asking again. For such questions will remain with you as part of the spiral of learning and service that is the evolution of mind, body and spirit within incarnation.

How can you know that you are on the right track? We cannot give you a thumbnail rule for being in self-healing mode. We can speak of certain characteristics of being "on the beam." We've spoken often to this group about fear. When there is a feeling of attachment, urgency, desperation or necessity, these energies are suspect. It is to the peaceful, resting spirit that a balanced pattern is more likely to come and it is to the questing soul who rests with such a vision and allows it to mature that the inevitable difficulties of such a process will seem less demanding, less difficult. This instrument was speaking earlier of a level of peace that she has experienced recently and she was finding difficulty in describing it, yet it has to do with relaxing attachments to all outcomes in the growing understanding or grasp of the fact that there is no true attachment, there is no true necessity. What there is, is a spectrum of infinite possibility, which acts either without focus or with focus. Without focus, it is not as powerful in terms of interacting with other sources of energy. It moves and makes connections and will ally itself with like-minded energies. Yet it is to an entity who has done the work to have brought focus to that feeling of sitting in the center of the blanket with the energies of self very openly and tidily arranged about one like the pattern upon that blanket, that the connections will be stronger, the click of recognition between people will be

more powerful, the ability to communicate ideas will be more pointed and more obvious. And when more than one entity in a group has begun to get that inner centering and that feeling of focus, the possibilities for deeper and deeper collaborations that are part of the hoped-for service and learning of the incarnational plan become more and more prominent and likely to prosper.

The one known as Dewey [1], in speaking of how his learning as a physicist affected his own thoughts about spiritual matters, chose to describe the way he saw the "new man" as an ethical biological unit. The "old man," he said, "was simply a biological unit." It worked from instinct, it made its choices, and it protected that which was its own and saw to the survival of itself and its family unit. However, when one moves into the new definition of self that is the conscious self, that self that is aware of itself as a soul, the word that is added is "ethical." An ethical biological unit is one who does look to the honors, to the duties, and to the love that is theirs to judge and deem appropriate and choose.

How true it is that one must, at some point, make a positive choice or the choice will simply make you and that choice may be a choice in which all of the old unconscious patternings of what the one known as Eckhart Tolle called the "pain body" may be thriving in glorious health. So it is well to take hold of the decision-making process, especially in such deep matters as right livelihood and self-healing, and to move through the most conscious effort possible of gazing within the self, moving the self to the best-judged center of self that can be found, and from that point, asking the self, "What do I love and where is the love pulling me? What do I honor and how can I [give] honor to those things that I do so honor? What are my just and fair responsibilities and how can I best fulfill those?"

This instrument has thought sometimes about the concept of responsibility, for she has seen many entities who are on spiritual quests who find themselves choosing to walk away from situations without taking responsibility for them. Within her own life it has never seemed that this would be possible for her. Yet for many, the effort of becoming conscious is that effort which, in the terms of their own thinking at the time, cannot be made unless a clean and sharp break is made between the past and the present. And therefore, it cannot be said to be incorrect for such dramatic choices to be made. On the other hand, if there is sufficient time and space and patience for a slower and more careful process, it is very much a help to that process to move slowly, to move gently, and to ask the self frequently, "How does this feel? Do I feel centered? Do I feel open? Do I feel in any way hindered or bound by my belief system?"

Think of a root system that may be fouling a structure like a sidewalk or a pipe system. Some roots need to go deep, perhaps some pipes need to be moved. You must determine in the system of your own working spirit and its connections with the body, with the mind, and with the emotions, what is working and what is not working. "Where do I need to focus my redeeming love? Where do I need to embrace a part of myself of which I have been unconscious and which has been leading me around into dark places?" For indeed it is very true that the structures of suffering have to do with the thinking of the individual. It is not that you would not experience pain if you were completely without bias and exposed to fire. You would still burn. However, when the entity can see fire not as something from which to contract but as a brother or a sister, then certainly appropriate action may be taken to avoid immolation by such a force in one's life but at the same time there is nothing to fear, literally, no thing to fear, for you are an entity far beyond the limitations of these illusory husks, the personality, the body, the face, the package. Do not identify overly with the package but seek to begin to know what is inside and let that center of self begin to act as the gyroscope that is whirling inside in rhythm with the heart of the Creator so that, as the Creator seeks to know Itself, so do you seek to



know yourself. And from that center all things have their right pattern.

May it be so for each of you in increasing levels of harmony and strength. For each is part of a beautiful dance, that dance of creation in which every flower and tree and bird and being has its part.

We would at this time open the meeting to further questions, if there be any at this time.

G: Q'uo, would you have any recommendations for concerning the preparation for my upcoming vision quest at Avalon and how I might best maximize the experience while there?

We are those of Q'uo, and are aware of your query, my brother. We would say to this instrument, trust the self and be unafraid to open the self to unfamiliar things. It is not an easy thing to move quickly from the surface of life to that level of consciousness where subconscious processes are available to the conscious mind. In something like a vision quest that you have spoken of, the basic effort is to open the doors of perception, as the one known as William James has said it, so that one has more information available. The concept of the quest has to do with the concept of the self as having many floors of being, shall we say, like a tall building that has quite a few different levels, not only above ground but also below the level that may be perceived as the ground floor. It is those deep, subterranean floors of self that one is attempting to access. Now, when one goes down the stairs into the basement, it is a very straight-forward thing. There is a certain angle to the steps and they are at a certain a distance from each other. It is a very regularized, geometric structure, the stair steps having so many degrees of declination, angles of turning, and so forth. It is not unlike that within the layers or floors of the self, below the level of the conscious mind. There is a very definite geometry and there is a way to move down into the deeper levels of the mind.

The one known as B was discussing one of these ways, the idea being to read in the mythology that affects one's blood ancestry. The thinking behind this is correct in that the body and its structure, down to the cell structure, is a gift from the ancestors of that body. Each cell in the body is instinct with the knowledge, the life, and the experience of all of those entities that have shared those cells, those inherited strands of what this instrument would call, DNA. So you are, as a body, as a being within incarnation, a part of the Earth from which these beings sprang, the mountains, the lakes, the air. And as one grows up within a certain environment, the geography, the topography of the land becomes written in the DNA and becomes part of you in a way that is magical, so that connecting with the Earth, connecting with the surroundings which are part of your heritage, places you in an optimal situation for stability in moving down into the roots of self. Certainly the roots of the body are not necessarily the roots of the mind or the spirit. But one is in the body and one needs the grounding of that body in order to fuel that quest for vision. Further, one has, in the stories told by the ancestors of your body, material that describes the geometry, shall we say, of a very deep level which this instrument would call the archetypal level, in that subconscious being which is a part of you. You are attempting to ask for vision from this larger part of self to which you do not have access in conscious, daily life. Consequently, the one known as B was suggesting that one steep oneself in the mythology and stories of one's ancestors. And certainly this is one way to approach such a quest.

There are other strengths into which one may lean in order to achieve this deep opening. Such alternatives include music, art and the creation itself. They include as well many other things and we do not feel we may be much more specific than this without infringing as you go about creating what needs to be for you a very self chosen, consciously chosen, experience. Within these parameters, may we answer you any further, my brother?

G: No, thank you very much, Q'uo.

We thank you, my brother.

G: I have one from the one known as J who asks, "How does one go about creating a ritual that allows you to effectively configure your mind for sacred workings and donning the magical personality?"

We are aware of your query, my brother, and we thank you for the question. It certainly is one with which the one known as J has been working for some time. We would say to the one known as J that the preceding discussion may help in somewhat delineating the field of action for becoming a conscious, magical being. The essence of seeing the self as magical and experiencing the self as magical is that great step of believing that the self is magical. If one moves from that assumption, then one must take responsibility for each thought. Not simply each action, but each thought. For the magical personality is often defined, at least by this instrument, as one who is able to effect changes in consciousness by thought alone. This again requires a time of deconstruction to loosen the bonds of shallow attachments and reconstruction in attaching to far more sturdy sources of power, or conduits for power.

We believe that this may be sufficient for now but we would be glad to revisit the question with the one known as J in the future.

Is there another query at this time?

G: A quick one, Q'uo. With enough work can an entity become a crystalline entity in one incarnation and is that goal worthy of pursuit?

We are those of Q'uo, and are aware of your query, my brother. Indeed, each of you is a crystal, it is a matter of mining for it, finding it, polishing it up, and allowing it to shine.

Is there another query at this time?

G: Q'uo, is this instrument hard-pressed to continue these channelings on her own?

We are those of Q'uo, and aware of your query, my brother. In gazing into this instrument's state of mind we find that she is as she has always been: one who sincerely wishes to serve. This instrument is convinced and has been convinced for a number of years that one of her right livelihoods or means of service is indeed this channeling of which you ask. It therefore is that which she does see the honor and the duty of doing. She does not find it at all burdensome. She does not find it, shall we say, fun; it is not something that draws her and consequently she must make a conscious effort to align herself with the gift which has been given her. There are times we find that she regrets the effort that it takes to move into this alignment and at the same time she would not forgo the honor even upon the point of death. Consequently, we would say no, this instrument does not find it difficult to serve. She would find it difficult not to serve.

May we answer you further, my brother?

G: Not on that line, thank you, Q'uo.

We thank you, my brother.

G: Sorry to hog it all but if nobody else is asking, I'll take it again. Q'uo I was just curious if for a wanderer to awaken to their status as being from elsewhere they need to be first of a 51% service-to-others vibratory nature before awakening to the truth of their identity?

We are aware of your query, my brother, and we do not find that to be necessary. Indeed, it is not necessarily at all linked that one be aware of polarity and that one be aware of not belonging to this planetary system. The two strains of learning are not necessarily connected.

May we answer you further, my brother?

G: I don't think I meant awareness of the workings of polarity but that they must be vibrating at 51% service to others. Must they be harvestable in order to awaken consciously to who they are?

We are those of Q'uo, and believe we are more aware of your query, my brother.

Again, it is not necessary to have any awareness except the discomfort of being in a difficult place that does not feel right to be aware that one does not belong some place. The tendency is for those who wander to move into incarnation within third density with some of the overlays of the previous density which would suggest that many a wanderer has much information flowing through about service to others and so forth. And so there is a tendency for service-to-others entities to be those who are wanderers or shall we say it more properly, for those who are wanderers to be aware of desiring to be of service to others. Indeed, it is almost a part of desiring to be of service to others. Indeed, it is almost a part of the wanderer's syndrome, shall we say. However, there are many who awaken first to their discomfort and have not yet done that work of choosing a polarity.

May we answer you further, my brother?

G: No, thank you very much.

Is there a query from any in the group at this time?

G: So, for my vision quest, would you say that arming myself with a question, the question, my set of questions, would be sufficient? To go there with my questions for the Creator [and let the Creator do the answering]?

We are those of Q'uo, and are aware of your query, my brother. It is not for us to say what is sufficient. We believe that the thought of sufficiency is not helpful at this time. We would suggest that you allow yourself to be undefended, and unclothed with suppositions concerning what is enough and so forth. Beyond that, we find that we cannot speak.

Is there a final query at this time?

T: Q'uo, this is not a query. It's just an expression of thanks for your presence and help ... in the last few weeks.

We are those of Q'uo, and aware of your most kind thoughts, my brother, and we thank you for them. We are indeed most pleased that we have been a resource for you at this time and we hope that we may continue so. Indeed, we hope that we may continue to serve each of you as a part of your system of guidance and strength. Please know that, whatever your self-doubt and whatever your process, we are there and so much is there for you. You are surrounded by a great web of love and we cannot tell you how strong and how bright that web is and how far it goes. Indeed, in the end all are connected to all.

We offer each of you blessings and love. We thank you with all of our hearts and we leave you in the love and in the light of the one infinite Creator. Adonai. Adonai.

[1] Referring to Dewey Larson, author of the Reciprocal Theory of physics that Don Elkins and the Ra group discussed in the Ra material.

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Sunday Meditation

March 21, 2004

Group question: Q'uo, today we've been discussing the interaction and relationship between the universe and the seeker. We would like you to discuss how it is that the universe answers the seeker's questions of identity, service and transformation and how it is that the seeker can best listen for, respond and know those answers that the universe offers. Additionally, what do these lessons teach of patience and how may we invoke and implement that quality in our lives?

(Carla channeling)

We are known to you as those of the principle of Q'uo and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you today. We thank each of you for taking the time

and the energy to dedicate this working to the seeking of truth. It is a great privilege to enter meditation with you and to be a part of that still, small voice that speaks in the quiet of such times. We are most happy to speak with you this day concerning the nature of the relationship between the seeker and the creation, the questioner and the answerer, and thank you for that opportunity to speak. As always, we would ask that each of you govern those things which you would take in of what we would have to say with exquisite discrimination, for each of you has a very good power of discrimination and can feel the resonance of those thoughts that are helpful at a particular time. We would ask that, unless you feel that resonance, you allow the thoughts simply to pass by and be dropped without further thought. In this way we feel that we can share our hearts with you without being concerned that we will infringe upon your free will, for we truly do not wish to constitute a stumbling block for anyone.

Your query this day is one which drives to the heart of the nature of being. Perhaps it was not intended that this question probe so deeply, yet the question was that of the relationship betwixt the seeker and the system of information which constitutes the creative principle, the godhead principle, or the one infinite Creator. So we would first back up to gaze at that one infinite Creator, for that concept, in and of itself, is a key to that question that was asked. Each who is taking breath in and letting breath out within this circle of seeking and each who may read these words as a part of their life experience of a particular moment: at the moment you hear or read these words, each is a part of the one infinite Creator. The realest part of each spirit or soul in manifestation or third-density incarnation, alike and equally, is a part of the Godhead, a part that has never been separated from the Godhead, a spark that shall never know separation from the original Thought that created the "house" that you experience as the universe and all of the furnishings or dimensions or densities of it.

Becoming able to realize one's part in the creative principle is, within waking consciousness, virtually impossible, the limitations of body, flesh, and physical senses narrowing the doors of perception and, in many cases, closing them entirely. All of the massive indoctrination that you as very young entities within incarnation are carefully taken through by parents and teachers guarantee that if there are any who may come to awareness free of bias and full of the knowledge of the self as Creator, then that is a very tiny group. For the rest of those upon your sphere at this time, we believe it is safe to say that each has lost that direct sense of insight and union with the one infinite Creator. Yet there is a unity there. Perhaps each is not leaning into that unity, yet it subsists. It cannot be shed, it is not a skin that can be molted, and it is nothing that shall ever be renewed. The human experience, shall we say, the third-density incarnational experience, is all about death and renewal, endings and beginnings. Yet throughout the process of incarnational living, the most fundamental part of your essential being is not that which will change, grow or alter. Rather, it is that which is. How in the holy work that this instrument knows as the Bible did the Creator express itself? "I AM."

So part of each of you is an I AM. Can you feel the difference between "I" and "I AM"? Can you feel the shift from personhood to essence? It is an important shift of which to remain aware, not simply for the purpose of this discussion but in terms of the basic skills of living

life awake and conscious of who you are and why you are here. What this instrument would say about the relationship between the I and the I AM is that she hopes, in each day, to allow the I that is I AM, to become her, so that the I of her is what she would call the Christ or Christ Consciousness or unconditional love. It is not a taking of the self, tossing the self away, and then replacing it with the Creator, the Christ, or the Christ principle. Rather, it is allowing oneself to remember that the I AM is the deepest essential self that is a true part of the whole being that is the one known as Carla.

Now, we feel that each within the circle has hopes along similar lines, that is, each has hopes of expanding personal consciousness into a truer, more whole and deeper consciousness; expressing a more essential and more vital self. If infinite consciousness is living your life, then there is no questioner and no answerer but rather a state of being which is unitary; in which there is no necessity for questioning, for waiting, for looking, for all is perfect. This is a valuable tool and resource. No matter what the circumstances, this level of consciousness is always a powerful resource in centering the self and allowing the self to lift away from peripheral details of a particular given situation that has the energy of a bubble of topical interest at the time. One cannot, for the most part, stay within unitary consciousness, within the I AM, a hundred percent of the time within consensus reality. Consensus reality was specifically designed to pull one away from calm, smugness and the acceptance of things as they are. Consensus reality is carefully designed to pull one's energies out of their comfort zone not once, but again, and again, in cycles, from birth until the death of the physical body. Consequently, we do not suggest that each attempt at all times to remain completely submerged in the I AM of Creatorship. Yet when there is that forest of confusion out of which one cannot find a way, when there seems to be a failure of the rational way of gazing at a situation, we encourage each to take a moment to rest the self from all of the labors of the mind and emotions, to sit or rest while walking, and simply allow that consciousness of I AM to permeate and take over the mind and the focus of the mind, for in that utter lack of personality or condition lies the deepest treasure of the incarnate spirit, the connection with all that there is.

Now let us move into gazing at a less unitary and more dualistic view of spiritual process, that view which posits that the seeker is the questioner and the universe, the creation, or guidance, is that which is responding the question. This is much closer to the level of consensus reality. This offers no challenge to the personality that is locked into the roles that he or she is playing and that have perhaps have been thrust upon him or her. Many times, the way the creation chooses to respond to the questions which seekers ask depends upon the most flimsy, fragile nuances in the way questions are put. Many times as this instrument has given personal channelings, private readings, for individuals she has asked for the entity asking the question to go back and study again the question that has been asked to be sure that it catches the absolute center of that concern with which the entity has come to request the reading. And this entity is correct to do so, for that which the universe naturally can flower into in response to a question is completely dependant upon the shape of the intent, the mood, the very tiniest wording of the question asked. And when that shape is heard by the creation it brings about an absolutely automatic, natural process of response. It is not a response that can

be detailed in a linear fashion—first this happens, then that, and then the other—for it is a response upon as many levels of intent as the energy of the question discloses. What entity can truly know all of the levels at which he is asking a question? How can an entity truly penetrate so deeply into the unknown country of his own archetypical mind that he is even aware of the full nature of that which he seeks?

Earlier there was a discussion of a movie recently seen concerning the life of the one known as Jesus the Christ and in that movie the character of Pontius Pilate asks the question, "What is truth?" And this is basically what we are saying to you, "What is your question?" It is difficult to know the truth of a situation or a question. It is almost impossible to know what you are asking to the full limit of that question. Hidden within the folds of the silence between the words lie worlds of requested information that is pointed very precisely by the attitude, the hopes, and the feelings that go into that moment of asking.

So one thing that we would say about the relationship between questioner and response is that the questioner has the deepest of personal individual power and responsibility for the quest, the question, the intent of the question, and everything that surrounds the moment of coming to crux, coming to crisis, and accepting that there is a cusp which must be met. Then when that is realized, it is well to take that realization and employ that patience of which you asked first, in the forming of your question. How deeply can you probe into your secret heart? How carefully can you sense those feelings that perhaps have not seen the light of day? What work might there be for you to do in reaching out to those dark places within yourself where questions have not been fully asked because the essence beneath those questions has not yet been fully redeemed within the self, to the self? What powers of forgiveness can your heart bring to the process of coming into the present moment and releasing the past? How high can you hold up your hope, your intent, and your aim? And to what sharpness of focus can you bring that part of yourself that carries pride, so that you are able to give it as a gift, as you kneel in humility with empty hands at last before the truth itself.

Once the seeker has asked the question there is that time of release and then, skill and art lie in that which the one known as G referred to as the light touch. Once you have awakened the universe to your need, you may be sure that the universe will find many ways to communicate with you concerning your query. Again, because it is the universe of the Creator, rather than the universe of humankind, it is often that this information does not come in words at all, but rather in coincidences, signs, hints, chance thoughts heard in unusual circumstances, and many subjectively interesting occurrences such as the dreams of yourself and others about you, the chance comments of others about you upon topics that do not seem to have a relationship to your question but yet which angle in tangentially and have their own eerie but very true meaning in terms of your situation. Many are the times that we have discussed within this group all of the amazing ways in which the world of nature as well as the world of humankind finds ways to express its connectedness with you, its care for you, and its affiliation with you.

When there is a question which seems to be intensely important, it is especially difficult to retain a sense of proportion, a sense of peace, a sense of patience, shall we say. There is the feeling of a

need for immediate change. And while we have complete sympathy for that wish to see results, at the same time we would encourage each to consider the possibility that the question that has been asked is expressing on many different levels, only one of which shows above the ground of the conscious mind, the limen or threshold of the waking consciousness. Most of the information that comes into the deeper self to inform and prepare that self for the changes in energy that are taking place come into the web of the self below the level of conscious awareness and only bubble up into conscious awareness in that very subtle way of yeast bubbling up into bread in order to make the situation rise, shall we say. One becomes aware that there is space where there had not been space, there is information, or an opinion, or a feeling where previously there had not been a feeling. Look for and lean into those perceptions that seem simply to be bubbling up from within because that is the end result of a fairly lengthy process of information-gathering by the self from the creation. It has bubbled in through notice of coincidences of conversations, the messengers of animals and flowers, the speaking of trees and the blowing of the wind. All of these things move into the web of self and touch various inner bodies of the energy-body system that is instinct within the outer physical shell that each of you enjoys. It is a tremendous gift simply to have faith that this process is taking place. One may see that such a process shall, through the limitations of the physical body, take time. It takes time to wake and sleep and wake and sleep and wake again, allowing this process of recovery of information through dreams and through subtle processes that occur inwardly to have time to complete themselves. So it is not simply patience within a vacuum that we encourage you to adopt but rather patience that is a knowing patience, a patience that contains the awareness that things are occurring of which the conscious mind cannot know. The ability to take on faith that this [is the] way the spirit works within entities is a tremendous asset. Use it if you have it and attempt to cultivate it if you do not. How can you cultivate the faith in these subtle processes but by taking the leap of faith, taking the effort and the time to have patience with the process of seeking the answer to the question, and then evaluating, after the fact, what sources of information in fact came through to you and what kind of efficacy those processes have had in bringing into manifestation the blooming and development of that which was a budding situation of which there was great question as to the appropriate way of blooming or maturing.

When seeking the truth, there is much to be said for leaning into the interiority of the process. Much energy can be wasted in the reaching outward, for outer authority and outer knowledge. When there is a question of spiritual evolution involved it is seldom that the outer world will have a *prima facie* [1], direct way of speaking to the heart of the problem, the situation, or the question. The deeper the question, the less effective consulting outer authority shall be. Yet there is a system of inner authority to which one may go in mind and in heart. And we would not limit this for entities by saying it is this or it is that. To many, a guidance system is a unitary or singular phenomenon. This instrument would call it the Holy Spirit. The one known as David would call it the Guidance System, and so forth. And yet we assure each that the guidance system of each of you is massive and tremendously complex, moving not simply into the inner planes of third density but into the family connections, shall we say,

between those in soul groups and their connections in other densities and so forth, so that the guidance system that can be approached by the asking of a question amounts to the complete awareness of your own inner planes and [outer] densities as well as that center of guidance for each of you that is that self of sixth density that is looking back to self in third density and offering that harvest in awareness that it has within that particular illusion.

This massive family that backs up each of you may take some of your time to respond so that it manifests within your own awareness. And so we give to this instrument the image of that figure within the Bible of which the one known as Jesus spoke, of the one who goes into his room to pray in secret [2], to express suffering in secret, to offer in the utmost privacy of self, the heart of self, the suffering of self, and all of the self that can be brought to that room in the asking of what is the situation and what is the truth of the situation. Keeping it quiet, keeping it silent, keeping it completely inner is a very helpful technique for it allows a kind of intensity to build up within that tiny room of prayer. Perhaps each of you is familiar with the way that a materialization medium gathers ectoplasm within its closet so that it may manifest that which this entity would call a ghost or spirit in a séance. Just in such a way can you gather the energy of your prayer, keeping it within that tiny closet, within that point of union between you, the question, and the response system—that point that is the gateway to intelligent infinity—staying just there, just past the lions at the gate, just in the door, not anywhere nearer than moving into the interior, resting and allowing the process to move.

The one known as V was speaking the other day of the connectedness of all things, the labyrinth that turns out to be that which connects everything to everything. It is at that point, just within that tiny room of prayer, that that connection point is. So the more interior that you are able to make your seeking, the more quiet, private and special, the more opportunity you will have to move into that deep rest that lifts you in a hammock just where you wish to be and allows you to rock, waiting in total comfort, resting in the cradle of the love of the infinite Creator. If you can do this for yourself, daily if possible, when working through a situation, you shall be touching into the most efficacious and helpful place within you for truly listening to that still, small voice of the one infinite Creator.

Each is aware of many techniques for determining the rightness of a particular fact or action. The use of the pendulum has been discussed often, the use of readings, whether they be tarot or astrology, and the use of psychic or spiritual counselors. All of these ways of getting more information are very helpful but you may see how diffused and outward they become and how quickly one loses that precious focus, that honed intent, and that quiet, listening ear. One may employ crystals, one may employ pyramids, one may employ such a large number of techniques for finding out more information concerning the outer details of a situation that we could not possibly mention them all. But each is aware of the size of the spiritual supermarket, about which this group has often joked and enjoyed conversation. There are many, many ways to know more about the energies around you. Yet, in terms of how the universe works, the best connection between questioner, question and guidance system is the gateway that lies within each of you.

At this time this instrument requests that we move on to ask if there



are further questions that we may answer at this time. Is there a query that we may answer at this time?

B: I have one. When you were speaking initially, you spoke of a duality and you really only talked about one side. Would the other side be where the one infinite Creator becomes the seeker?

We are those of Q'uo. We are aware of your query, my brother. The duality of which we were speaking is that duality that is self perceived by the questioner, when the questioner sees itself as one dynamic of a duality and the answer as the other part of a duality. The unitary attitude, on the other hand, would see the questioner, the question, and the guidance as one system which is not at all separate from itself but which is a unit working to expand the self and, in that way, we would say that indeed when there is a unitary attitude the questioner is the Creator. This is correct, my brother. Is there a further query?

G: Q'uo, I have one. Ra speaks about the will and says that it is paramount, it is not to be underestimated, and its use in faith can create change and can accelerate the path. Yet, I am feeling doubtful about the ritual that I want to undertake tonight, in which I would use the will to create a change or shift in consciousness. I know, reading through past transcripts, that this philosophical point between willing change [to occur] and waiting for change has been discussed much but I was wondering if you can speak more specifically to this particular situation?

We are those of Q'uo, my brother, and are aware of your query. The state of willing that which one feels is correct for the self is that state in which the entity is sure, in a way that this instrument would call "gnosis," of that which is intended. It is a matter of knowing one's own heart, knowing one's true feelings to the point where one is willing to stand upon the ground and say, "This is who I am. This is how I wish to express my will." In that way of offering the will, there is an inner knowing that lies behind that ability to cast off all fear and doubt and simply apply the will directly, straightforwardly, forthrightly, to the goal at hand. The purity with which one maintains honesty with the self is a great key to the achieving of this kind of gnosis or sure insight concerning the self. When a situation is upcoming in which the will to serve is known by the person but not which situation needs to be served, [it] brings forth the second kind of use of will, which is to abnegate one's own will in favor of the will of the infinite Creator, the guidance system, and the basic incarnational plan that one has had in place for the entire incarnation and in which one does have faith. In this latter situation, it would be folly to force one outcome over another. In that case the will is involved simply in bringing the whole self to a point of surrender so that as the will of the Creator becomes obvious, it may be followed with a complete and full intensity of effort and focus.

May we answer you further my brother?

G: Yes. I think I was skillful enough to create the ritual so that I was not forcing one outcome or another or requesting any kind of specific unfolding of events but I did steer the will, especially at the end of it, to one of surrender to the Creator. So my question then is: if one feels that they are not fully, one hundred percent, in totality, surrendered to the Creator, can one then marshal what will that they are aware of within themselves to create a more full surrender to whatever outcome that the Creator will give, whatever

catalyst that will come one's way, to bring the rest of that self lagging behind and up to that surrendered and accepted state to know the Creator's will?

We are those of Q'uo, and are aware of your query, my brother. Yes.

G: You're awesome. Thank you Q'uo.

We thank you, my brother. Is there a further query at this time?

B: Q'uo, you used the word, faith, on numerous occasions. Could you please define what you mean by faith?

We are those of Q'uo, and are aware of your query, my brother. We use the words that this instrument has in her vocabulary. Often there are intangible differences in the way we use that word which you may have noticed, my brother. Faith, in general, is intended to indicate surety. The way that this instrument sees faith is fairly acceptable to us. In her mind faith is connected with knowing that all is well.

That is what this instrument tends to mean when she speaks of faith. It is not that she attaches any fact or dogmatic principle or tenet to the word, faith, but rather it is a noun expressing an attitude of inner surety of the reality of the perfection and the rightness of the pattern of creation in which she is involved and of which she is an active and creative part.

When we use that word we are attempting to express a sense of confidence that is not aggressive but rather rests in peace and confidence and sureness, so that the knowingness is not confrontive, argumentative or even filled with fact but is simply an attitude of mind which assumes and stands on the rightness and the goodness of creation, of each entity's place in it, and of the patterns of suffering and expression, and experience that seem to be moving about one at any particular time.

May we answer you further, my brother?

B: No, thank you, that was fine.

We thank you, my brother.

Is there a final query at this time?

T: Q'uo, I'm not sure how much you can say but are you able to comment at all upon the decisions that I've made in relation to employment and the idea that I'm now pursuing?

We are those of Q'uo, and the warmth of our affection for you makes this instrument smile, my brother. We are able to say that we feel that you do indeed stand on faith. We express our complete faith in you and in those decisions that you have made. And we are with you and with each as each moves into those areas which have been beyond the comfort zone and which now have the attraction of that which shall be and that which even now is growing into maturity within you.

May we answer you further, my brother?

T: No, no thank you, Q'uo. I just want to send my thanks and love to you and also to those of Hatonn.

We are those of Q'uo, and may we say, my brother, that your words are most welcome to those of Hatonn that are with us, as always, at this time.

We thank this group in our hearts for allowing us to be a part of your beautiful nature, your sweet meditation, and your community of seeking. It is such a privilege to us and such a blessing to be able to be of some small service within your patterns. We assure you that you are of tremendous service to us. And we thank you.

We leave each of you, as always, in the love and in the light of the one infinite Creator. Adonai. We are those known to you as the principle of Q'uo.

[1] Prima facie is defined as meaning "at first sight; before closer

inspection."

[2] This reference is Matthew 6:18; "Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance in order to be seen fasting by men. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head, and wash your face so that you may not be seen fasting by men, but by your Father who is in secret; and your Father who sees in secret will repay you."Copyright © 2004 L/L Research

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Sunday Meditation

April 4, 2004

Group question: The question today deals with change. We were talking around the circle about the different kinds of change that each of us is going through. It even seems that the Earth and the solar system and perhaps the galaxy are going through changes as well and it would seem to be the logical thing, considering all things are moving and growing. We are wondering if Q'uo could give us some information today on how we, in our own personal lives, can deal with change. It seems that whenever we want to change or when change faces us, that there is a practical side and an idealistic side to the change: things that we would like to do and things we feel like we have to do. Blending the two or balancing the two seems to be the real trick. So if Q'uo could talk to us some about how to look at the concept of change in both the practical and idealistic senses, we would appreciate that very much.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great blessing to be among you, to experience your vibrations, and to share your meditation. We thank you for calling us to your circle this day to speak concerning the concept of change and we would ask one thing, as always, that will enable us to speak freely: we would ask each of you carefully to guard your own judgment and discrimination and to listen to those things that we say with a careful and jaundiced ear. Be cautious about absorbing new information. We are not authorities; we are those who seek, just as you are. We share our opinion and while you are welcome to it, we wish you to realize what we also realize that we are not without imperfections and it is possible for us to err. Consequently, guard those portals of your learning and accept only those things which resonate deeply within as being truths that are helpful for you at this time. Because truth is of the nature of a growing thing. It has a path of individual development and it is different for each individual. With that understood between us we feel that we can speak freely without infringing upon your free will and we appreciate that from each of you.

We gaze within this instrument's mind to find a starting point for that which we wish to say today and give her the image of the ivy that she was weeding from the planting of lilac trees that grows along the

path of the side of this instrument's house. We see the thoughts that this instrument had while following the ivy around and around the lilac and gently disentangling it from the mass of other strands, or wires, of binding plant that spiral endlessly in the attempt to seek the sun and yet, in so doing, attempt to use all about it as a prop in order to have help in ascending to that source of light and food and warmth. Just in such innocent ways does each of you find comfort in the winding effect of some habits that have seemed at first to be helpful and then perhaps not so helpful and perhaps even narrowing or limiting in their effect upon you as a growing and changing person. The change that is taking place is as a stream that has an energy of its own. Each nuance of attitude which you bring to the observation of and into relationship with this stream, affects the stream. When there is no resistance to that stream, which this instrument would loosely call "destiny," then it is as if that stream takes one quietly along with a minimum of distress or displacement because of the shift in the movement or flow of that river of destiny. It is as if quiet and self-confidence were the raft or the frail barque that keeps one high and dry in this river of destiny. Only those materials that build the canoe, quietness and confidence, are availing. In every other situation, one is either resisting the flow of destiny, which has little use since it moves directly against the process of change, or one may indeed embrace change with such a hectic ardor that the change cannot take place properly, or easily, shall we say, in the flow of things because the entity has taken up the oar, or the paddle, and begun furiously attempting to help the stream move forward. The first blocking energy is that energy of fear. The overeager energy is also, in a way, that of fear. The resting upon the pleasant seat in the canoe of quietness and confidence, then, is that path of least resistance which, in many cases, is the most difficult path to take. It is completely understandable that in many entity's minds, when one approaches a known process of change, one wishes first of all to create that process and move through it as quickly as possible. So the first thing that we would suggest is to have a model within the mind of change as being affected very, very much by a process that is already flowing and that has flowed out of the wellspring of your past intentions and the focus you have attained in the past. For in the past you sow for the future and in the present you reap that which you have sown long ago. Allow this process to take place as it needs to in terms of the timing of things. Not in terms of how carefully you think about what is happening or how deeply you contemplate the nuances of the processes taking place. It is an excellent idea to ask the self daily, if it is on the mind daily, what one thinks, how one feels; to sense into the process that you are aware of, however imperfectly it is taking place, in order to keep the lines of communication within the self open. These lines of communication are most helpful and they are very sensitive to intention. Telling the self, asking the self, creating space within the self for learning more about such a process of change will yield results; whether they be from the portals of dream or waking vision or subjectively interesting coincidence. Given that each day you are experiencing an increase in the transparency of the new energy to the energy of late third density, it is skillful, in working with the process of your accommodating and embracing change and of moving with the flow of your own destiny, to realize that you have increasing abilities to envision, to set intentions, to ask for help of far more subtle energies than were

previously possible, and in many ways to link the deeper aspects of the self with the very considerable powers that are beginning to form up from fourth-density Gaia and from that fourth-density web of social memory that is nascent at this time and even now being experienced in brief flashes in groups such as this one. The subtlety of working with fourth-density energies while in a third-density body are not subtleties that will yield easily to the reasoning process of the logical mind. The third-density ability to generate thoughts that express in words, while a useful ability, is a third-density ability. And what you are attempting to do is make use of fourth-density-level information in approaching the process of change. This information does not come in processes that create words. There is a translation process that is necessary and entities such as this instrument have created ways to inform themselves of sub-conscious processes in a conscious manner which produces words. However, this a learned and not an automatic skill and, in general terms, the subconscious processes that feed into each of you are those processes that will not, at any time, approach the reasoning or logical mind.

Consequently, the challenge is how to take in fourth-density concepts when one has not yet become fully telepathic, shall we say, or sensitive to the voices in the trees and the wild animals and indeed in the elements, the "angry agate marble coffee table," and the sky. All things do have their voices and the one known as D is not altogether incorrect in assigning active personality to such things as the aforementioned table. The one known as D was unfortunate enough to come into contact in a painful manner with this particular table. Was the table therefore angry? Was the table therefore offering information? Or was the entire episode expressing that which was, shall we say, information which was most easily sent in that particular way in that particular moment.[1] All things that impend upon you can have a subjectively interesting meaning and can be looked at with profit for that which they bring, in terms of situations, emotions that have been brought up by such catalyst, and so forth. The process of change is not simply a process of altering behavior or circumstance. Rather, it is a fairly complex series of small adjustments which allow an entity to balance with the flow of events and emotions. As the direction in which each is headed develops, the journey may bring sudden turns, sudden hills, "ups and downs," and surprises. The energy involved in finding grace and ease in attitude is that which helps to create an experience that is easy emotionally, physically, and so forth. The challenge again is in allowing without becoming passive. For it is not desired that an entity simply give oneself over to some blank Creatorship and say, "I have no more responsibility. It is all in the Creator's hands." There is wisdom in remaining personally interested and motivated towards discovering precisely what it is one desires. Serving the Creator and being a part of the spiritual principle does not mean denying the self but rather unveiling the self to the self and discovering the very heart of what you wish to do. And then, allowing the self to grow in awareness of the very best way to bring such a dream into manifestation. So we do not encourage you to abnegate any personal feelings in favor of the desire to serve the Creator. There is a co-creatorship that is important to the Creator as well as to you. It is important to the Creator that that which you desire is that for which you are aiming. Hone your desire once you find it. Until you are sure of it, pursue the knowledge of yourself. Pursue that question of the self as to what

it truly does desire, what its motives truly are. Ask once but then ask a second time and a third time.

For the process of change is not that which occurs and then is over. It is that which will cycle through the experience until you are removed from this particular outer experience by the processes of death. The body itself is irresistible in its relentless change. And as the one known as D has been discussing recently, the very system of planets and stars which are your physical home is in [the midst of] a relentless and inevitable series of changes.

The current atmosphere is one in which your best allies are your guidance system, your consciousness, and the world about you. The world about you, being first and second density, has never been separated from the love of the one Creator and it constitutes a powerful resource for those who are contemplating change. The guidance system that you experience has a great deal of information and many resources, many layers or levels of help that are available in various ways, in various times. As we have said before, we do not wish to pry too closely into that guidance system, which is a very individualized system. Yet it is there, whatever its characteristics are, whether it is, as this instrument would call it, a Holy Spirit or any other description, such as higher self, that you would wish to make as a characterization. This energy is a true part of who you are and it is never apart from you. So there is always information that is coming in that is fully intended to be helpful.

Consequently, those two allies are the most powerful. Your third ally is the consciousness that you carry. That consciousness is not your thoughts. Your thoughts are riding on that consciousness like whitecaps above the water. Your consciousness is that which lies beneath, around, permeating what you think of as your consciousness. It is your essence. It is that part of you that also has never been separated from the creative principle. Within it lies your sanctuary—that point of contact with the one infinite Creator, that tabernacle where you may go in at any time and find rest and comfort for your soul. This instrument likes to picture the one known as Jesus as having a huge hand and she climbs into that hand and falls asleep in that palm, resting in safety. In other times she imagines crawling into the lap of the Creator and being rocked like a little baby. And when she is feeling sore and weary she does go into her sanctuary. Each of you has that sanctuary within. Not because of what you think or because of how you feel. The water within you is deeper than any of those surface disturbances. You are also that deep water which is eternity and infinity. You are love. You are light. You are the one great original Thought, which is the Creator Itself. This asset is that which is so easily missed in the search for help without. And there is no entrance into this powerful ally except silence, time and asking. So we encourage those times of silence, and asking, and knowing that that which you are asking is being heard by the one infinite Creator Who is closer to you than your breath.

We would at this time ask if there are further queries about the opening question or whether we may answer another query at this time. We are those of Q'uo.

R: I don't have a question, Q'uo, but I do want to say that on the surface it seems good to be back in the group and hear your voice coming through the instrument, Carla. And I wanted to thank you for being with me during those two years in various places where I have been, being a quiet support, an inspiration.

We are those of Q'uo, and, my brother, may we say that it also has been inspirational for us for the one known as R has been a true knight who has polished his armor.

Is there another query at this time?

G: Q'uo, in the seeking of truth, could you comment on which of these two attitudes is more likely to be effective. A) The action of the seeker to seek after their own identity, that is, to commit themselves to the doing of the seeking of that identity, or B) To not necessarily search it out but to claim that knowing of identity—to affirm and state, "I know who I am." If you could respond to any of that I would be most appreciative.

We are those of Q'uo, my brother, and are aware of your query. The question of knowing is no light question and certainly there are as many answers to the question of right knowledge as there are philosophers. To state boldly that which you know is an excellent thing. To state boldly that of which you are not sure is premature. No one but the individual involved can know when unsureness and questing become absolute certainty within the self. One of the best ways to discover the degree of one's certainty is to ask the self if one would take a stance that might involve dying for taking that stance. If something is that which important enough to die for, this instrument has often said, then it is important enough to live for. This is one way of asking the self mentally how sure one is. Would one die for this principle? Would one die to be this entity?

May we answer you further, my brother?

G: No, excellent, thank you, Q'uo.

We are those of Q'uo, and we thank you, my brother. Is there another query at this time?

G: Q'uo, in your knowledge of all the many spiritual paths on this planet that all lead to one place, is there, in general, ever a point where a seeker needs to state what "price" they are willing to pay? Is there ever a price that needs to be decided upon before illumination or greater self-knowledge comes?

We are those of Q'uo, and are aware of your query, my brother. Indeed, if one gazes upon the archetypal images upon which the one known as G has been gazing recently [2], the material is rich in suggestion that the willingness to pay a price is a legitimate and even necessary part of an archetypal movement. This entity has recently seen that motion picture which is called Mel Gibson's The Passion of the Christ. And this entity indeed was asked what he would pay to express truth. This entity was not at first entirely settled in its mind that it was ready to pay that price. Yet it truly wished, as was expressed within the motion picture, to "make all things new." And that which made all things new, in this entity's way of thinking, was worth dying for. In this movement, this entity embraced that which eventually was indeed the physical death. Yet the story goes on to say that this price, having been paid, was redeemed and indeed was not price so much as gift; and the entity known as Jesus was not simply victim but also priest. So, consequently the question, "What would you pay for this?" is that question which is as an archetypal key turner, that which changes energy, that which creates a bond between the self and the intention and indeed, in that way of thinking, and in those circumstances, it is indeed a legitimate and just query.

May we answer you further, my brother?

G: I'll have to look that over. Thank you, Q'uo.

We are those of Q'uo, and we thank you, my brother. Is there a final

query at this time?

G: Q'uo, in the Law of One series they talked about the initiation that one goes through when one enters into the pyramid and Ra says, I believe, that it's in the Queen's Chamber that the "being must be centered upon the Creator," or there must be a commitment made to center the being upon the seeking of the Creator. While I don't expect direction from you, I believe that [the] seeking/centering [of which they speak] comes from within. Is that centering of the self upon the Creator the type of centering that is seen in saints—those people who spend every waking moment thinking about the Creator in adoration and reverence and worship, those who spend their time both in silence and conversing with the Creator in all ways inner and outer—is that something of what Ra meant by the centering of the being upon the seeking of the Creator?

We are those of Q'uo, and are aware of your query, my brother. Indeed, that would be one way of expressing such intention and devotion. The concept of devotion, we believe, is that with which you struggle at this time. There are as many ways to express devotion as there are ways of serving the Creator. For many, the ways of devotion are very ascetic and have almost no emotional aspects to them. For others, there is an almost hysterical amount of emotion within devotion. It depends upon the personality shell of each seeker in terms of what practice or daily rule of devotion, of keeping oneself fixed upon the Creator, will be most efficacious. For some, it as with this instrument, the daily reminders of morning and evening meditation and reading of spiritual material [are helpful]. For others, it is very much a twenty-four-hours-a-day, seven-days-a-week, experience of being lead from moment to moment, always within the feeling of being in direct contact with the one infinite Creator. There are many ways of expressing devotion. There are many levels and kinds of devotion and we encourage the one known as G to play with those feelings that he finds within the self, finding how his focus is honed and sharpened; finding how his particular emotional set is affected; finding how his particular "savage breast"[3] can be soothed—whether by music or by art, by beautiful words or by silence.

May we answer you further my brother?

G: No, thank you for being with us, Q'uo.

We are those of Q'uo, and we thank you, my brother, and thank each for the privilege of being able to share thoughts with you at this time.

We would at this time leave each as we found you, in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai, my friends. Adonai.

[1] D was sitting down when he misjudged the distance and whacked his knee quite badly on the edge of our marble coffee table. At the time, we joked about the coffee table being angry. Perhaps it was not an entirely empty jest.

[2] G was preparing for a vision quest recently and reading mythological and philosophical material.

[3] William Congreve. 1670-1729. *The Mourning Bride*. Act i. Sc. 1. "Music hath charms to soothe the savage breast, to soften rocks, or bend a knotted oak."

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point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Sunday Meditation

April 18, 2004

Group question: Our question today has to do with the purpose of third density. As entities are graduated from the second density, where the way of being is the group mind, they come into third density with the opportunity of individuating, of developing an individualized consciousness that will be able to aid its own evolution by the choices that it makes, free will choices, and we would like Q'uo to give us information about how this individuation then will lead into another kind of group mind, a social memory complex, and maybe a little bit of information about how the group mind of second density differs from the social memory complex that we're moving towards as the result of the individual choices that we make in the third density. So could Q'uo give us a kind of overview of how this all works, of how the nature of the choice, the intention behind the choice, where does the metaphysical or magical personality come in here? We would appreciate anything you could tell us about how third density works.

(Carla channeling)

We are of those of the principle known to you as Q'uo and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank you for calling us to your group to talk about the function of the third-density experience and we are delighted to share our opinions upon this subject, with the request beforehand to each of you to guard your powers of discrimination well. We would ask that each of you be responsible for that which you take in and that which you leave behind. We cannot possibly hit the mark on all of our remarks. Some of them are bound to be useless to each of you. We ask you not to take them in without considering carefully whether they resonate in your own process and whether they feel like something that you might have forgotten but knew all along. If it feels like that, and resonates, then it is your truth for this particular point in your particular process.

Otherwise, it perhaps bears no use whatsoever and would be best left behind. If you each will guard your free will and the processes by which you take in new concepts and make them your own, we will feel free to speak our mind. We thank each of you for allowing us this consideration.

Often the Confederation channels with which this group has long been associated have called third density the density of choice. It is a vivid, intense, rather brief period, in cosmic terms, during which an entity, as the question suggests, moves in consciousness from the consciousness of late second-density life-forms, such as your predecessor, the great ape, to the nascent life-form of an entity with a fourth-density body and fourth-density lessons to learn. In between that second-density experience of the animal kingdom and the vegetable and mineral worlds, and the experience of the density of love or understanding or compassion, lies the density of choice. That is the experience within which you are immersed at this time.

It is undoubtedly an experience that has not been tranquil, entirely, nor an experience in which the shape of the life [has] seemed at all times appropriate and desirable. It is an experience of artifice and illusion. One could almost call it a day at the carnival. And yet it is a carnival whose every ride has a carefully designed purpose and whose grounds are laid out in such a way as to provide an infinitely responsive feedback system to echo and intensify thoughts and desires that have more than a transitory value. It is an environment couched in forgetfulness. That is to say that a requirement for preparation to enter third density is the requirement to place in safe-keeping the detailed memory of that metaphysical or time/space world from which you came in order to enter

incarnation in third density. Regardless of the density from which you came, whether it was from second density into third, or from a higher density, looping back into third density, for more work within that crucible, [the] preconditions of entering third density are alike. That direct knowledge, or as this instrument would say, gnosis of the Creator and of the self as an integral part of the Creator, must be placed aside and the veil of forgetting must drop, so that each entity that comes into third density comes into it blind and without the possibility of sight, in a very specific way; that being that, in terms of metaphysical as opposed to physical process, there is a carefully structured environment in which hints will constantly be given concerning the nature of that underlying ground of being which has been veiled over by the veil of forgetting, while keeping any sort of objective proof from muddying the waters of unknowing. There is a determined bias within the Creator, concerning this particular third density, towards keeping entities as much in the dark as possible concerning the way things really are underneath the appearance of things. It is a recipe that is designed to be confusing, frustrating, maddening and displacing.

It is felt, as the harvest of many experiences, that while more information and a more transparent third density is a more comfortable experience, in the end it is a more confusing, a less effective, and a less viable third-density experience in terms of serving as the ambiance within which seeking souls are able, consciously, to affect an acceleration of their learning and evolution. The third-density experience of this particular planet is extremely vivid. The consensus reality/illusion is extremely heavy and it is correspondingly difficult to penetrate. This means that there is great potential for experiencing intense emotions and desires. It is the production of these things: the feelings, the biases, the various elements of a person's make-up, that the environment of third density is designed to bring into greater and greater relief, so that each seeking entity has complete free will to look at the experience of living in any way that is chosen.

The Creator does not have to hope that something will occur because the experience of all previous creations has been that evolution is inevitable; change is inevitable. It may be change regressing towards the density left behind, [or] it may be change progressing towards the density ahead; but it is impossible for entities to remain completely stable. They must create novelty, they must move. That is the restless and insatiable nature of consciousness itself. It shall, by the machinations of endless free will, always have that curiosity about what else there may be to learn that pulls the entity onward, whether the entity is considered in terms of the microcosm or macrocosm. So each of you dwells now within a school that is carefully designed to give each entity its hard knocks on a regular basis. Not in order to indicate the cruelty or the judgment of the creative principle, but to create a schooling atmosphere in which entities are self-schooled by their own hand, by their own mind, by their own perceived problems and solutions.

Now let us look at this word "choice." What happens in terms of how third density functions as each entity comes to choices? This is a true key word for this density. Choice is at the center of learning here. For upon the choice of polarity rests the work of the next few millennia, the next few million years, shall we say, from your point of view. What is the nature of choice? From the second-density point of view, from the hive-mind, shall we say, choice has a certain cast in nature which may be understood best by seeing that species of animals and of plants have a common pool of being. The spirits that create growth and life using the elements of the Creator that have been provided, such as seeds and sunlight, are able to dip into this pool of type, or kind, and create specimens of that kind. These entities are created with a kind of consciousness that has a great deal of information in it, which is copied from

the pool as a whole rather than being taken from any individual within the species. Consequently, it may be assumed, unless an animal, for instance, has had a great deal to do with humans who have altered the second-density programming for that animal, that an animal will act according to the actions of its species. While there are always rogues in any species that do not act according to the species, for the most part, one is dealing, in an animal of second density, with an entity that is making choices according to the choices programmed into its kind.

When an entity graduates from second density to third, it becomes an entity which has not been taken out of a pool of consciousness but rather must stand upon its own very shaky legs of individuality. It is still equipped with the second-density information but with the veil of forgetting over most of it. So in a way it has lost a great deal of valuable ground. Things that were obvious to second-density animals, because there was no conscious mentation in the genetic programming, become not at all obvious to an entity who is programmed heavily towards conscious and individualized thought. In other words, a third-density entity has complete freedom of will built into it.

Now when you gaze at an entity that has just entered third density, you are gazing at an entity who does not know what to do with free will. It does not know that it is free. It does not know that it was, at one time, pent in a cage of generic assumptions; and in fact, it may still be acting upon many of those assumptions, for they are part of the instinctual package that is dimly remembered if not clearly recalled. When such a third-density pioneer begins to make choices, they are likely to be made according to second-density programming. In other words a choice of action will generally be decided to protect the self and the tribe, or the family, and to secure for that family the resources necessary for its survival. While this is simple and even elementary programming, at the same time, the tentacles of the instinct for survival being so many and so far reaching, that simple programming may indeed control a large amount of the life decisions of an early third-density entity.

Slowly, usually, through a series of many incarnations, the third-density entity begins to develop a core sense of self that returns with a bit more strength from incarnation to incarnation so that there is not quite as much veil as there used to be and at some point, there is the experience of awakening. That awakening is an awakening to the possibilities that are, as this instrument would say according to the modern idiom, "outside the box." Now the box is simply the generic assumptions given in second density that have been accepted by the third-density entity. Society, as this instrument knows it and as each of you know it within your Western civilization, retains a great many of the characteristics of late second-density structure. The family structure, the way society is organized into extended family systems and into those who ally for survival, are structures which retain second-density characteristics.

However, as entities begin to awaken, they begin to see something very important for third-density work: that awakening begins when the realization occurs that the choice is not either/or. The choices are infinite. When the viewpoint begins to expand, when the mountain first disappears and then reappears, then that third-density soul begins to see that it is not a matter of becoming better at making choices, it is a matter of becoming more able to see the full range of choices. To see that it is not, for instance, a choice between belief in a creative principle and a belief in no creative principle. Rather the choice is an infinite range of possibilities concerning the godhead principle. There is the movement from a very firmly vectored angle of attack at things in making decisions to an increasingly loose, rounded and multi-directional way of looking at the present moment. It has often been noted in the conversations with this group that so many things are interconnected and that information is available virtually in everything that you lay your eyes on. The question then becomes,

"What is that object, that word, that person, that catalyst actually attempting to tell you?" And as the third-density soul begins to grow in its maturity, it begins to realize the endless and infinite gradations of meaning that can be received when one peels away any present moment to see layer after layer after layer of insight, suggested, hinted at, sparkling on the wind, glistening in the trees—just waiting for the connection of heart and attention. The choice, then, is not simply a choice in a certain situation but, even more so, a choice of attitude, a choice of how to be, how to stand, how to express one's essence in the most full and honest way.

There is another key word that we would look at and that is "individuation." It was part of your query and it is a very tricky concept from a metaphysical point of view. Many times this instrument has tried to respond in letters to questions from people concerning whether it is service to self or service to others to take time for the self to learn, to study, and to begin to become familiar with the self deeply and to know the self in a non-transient manner. There is tremendous validity in this process of individuation, of researching and learning the self and indeed this process will go on as long as the individual retains flesh and blood around that particular personality shell. It is, then, a process that is never completed. It is not intended to be completed. Rather it is one of the ways of learning to serve and to grow within the third-density atmosphere. Until one has individuated, one cannot begin magical work, and yet one is never fully individuated. So, logically speaking, one could never begin magical work.

Yet there is, shall we say, a critical mass only that needs to be reached, and it is by no means a large percentage of the actual available will of an entity. It is a very powerful thing to become aware of one's own will and because of the use of it, even imperfectly and even incorrectly or without full knowledge, tremendous energies can be set in motion. So the magical process begins to take place as soon as an entity begins to ask of the Creator, or of perceived guidance directly, "Who am I? Why am I here and what would you have me do?"

These kinds of queries are those that create a magical circumstance. Certainly it is well to be as mature as one may be before asking such questions and yet the glory of third density is that all are imperfect and yet all are asking those questions. These are the questions that drive third density.

Consequently, entities on the spiritual path are constantly asking for and getting much more information than they were prepared to deal with. Often they do not recognize that they are receiving that which they requested and feel that there is no sense to the experience. Yet, that, too, becomes perfectly acceptable, for no matter how the experiences that have been created by the questions are used, they in turn shall be that which will create the seeds that are sown for the next generation of learning. And those seeds will fall into good soil and have the possibility of growth, regardless of whether one road or another road is taken. Regardless of the choices made, the result will be a net gain in understanding. So it is in some ways a hard ambiance in which to learn and in other ways it is a very forgiving ambiance in that one cannot fail. One can become weary and rest, but one can always pick up the self when one feels again ready to enter the fray and again ask, and again receive the information, and again work with that information.

As the soul of third density begins to live consciously and make choices from a more aware standpoint as regards its own essence, the ability to do magical work increases and entities begin to have an inkling of what it is like to be a part of a living organism that has more than one center of consciousness. Many times this is first encountered in the small groups connected with family, that lucky family that happens to have a spiritual connection and experiences a common dedication to that which is beyond them. This occurs often in musical families, or in families of scholarship, or in healers such as medical doctors. These are

the first nascent experiences of thinking as individuals and yet as one group, working as one, unified for a goal, whether it is to make music, to solve a complicated medical problem, or to resolve a fascinating scientific question. It is seldom, however, found that entities are able to enter into the unity of fourth density while within third-density bodies. And we note this present group, in attempting to create a fourth-density consciousness within its group, is indeed attempting that which is only marginally possible. Yet at the same time, the attempt not only creates a greatly advantageous learning situation for those attempting such a thing, it also creates, as the one known as V has suggested, that place where fourth-density qualities may dwell, survive and thrive. These kinds of desires to create heaven on Earth will hone and polish the honesty of each entity and will, if followed carefully, create a growing awareness of the fluidity and flexibility of truth.

The things that separate entities within third density are those things which are assumed. Some assumptions must be made in order to function. What assumptions entities have in common is very critical. The choices made by entities striving as this group is striving become more intense and more capable of making powerful changes in consciousness in the process of their being made because of the purity of the desire to stand in the light of love and be unified with the higher forces of love. This also creates an atmosphere in which experiences which are garnered from the ambience of such an atmosphere are very sharp and often painful. It is, as this instrument would say, a very fast track, [one] that enables one to lift up and bring the self into an atmosphere of change and learning and energizing of that learning by conscious dedication. It is that which tests the mettle and the determination of the seeker. Any time an entity attempts to do what this instrument would call light work, to better the planet and its people, to serve as a beacon, and so forth, that choice brings into being a time of testing. And the more there is the desire to serve and to learn, the more the testing shall occur. It is a self-governing system that must operate as it does in order for free will to be preserved and in order for choices to be tested, refined and evolved. For a choice tends to move to another choice, to another choice, and so forth, so that it is a spiraling system that builds upon itself; each choice building upon itself or working to correct a previous choice made. Again, this is always at the discretion of the individual. The late third-density entity then, the one who is ready for graduation, is an entity who knows itself well enough that it is ready to open itself completely to the offerings of all other entities with which it shall work. It has re-entered a group mind but it is not the same as any other of that group mind; rather, it is appreciated by the group for its flavors, no matter how harsh or pungent they may be. The group will use that uniqueness where it is needed according to the genius of that group. It is very difficult for a third-density entity even to believe in, much less experience, the power of the oversoul of a group and yet as soon as two entities make a true bond, there is a group soul. As soon as three entities are able to unify to a certain critical mass there is a group spirit, [just as there is one] to the L/L Research attendees that has grown over a period now of some 40 years and it is a very real source of guidance to those who call upon it. There are potential training wheels available for a nascent fourth-density type constructed at this time simply because this group has continued for a long period of time to attempt to unify itself, more and more, so that all within the group are attempting to serve together. There is a tremendous collaboration in service and in learning that comes into being as fourth-density ways are taken over from third density and at this time within your planet's experience, these possibilities for fourth-density structures and interactions become more and more viable as, as the one known as Bob Dylan said, "The times [they] are a changin'." The energy is changing, the vibration is changing, and fuller love is possible.

What choices shall you make? What polarity do you wish to study? This is the great choice and there is no issue too large or too small to contain grist for the mill and information that will be helpful in pursuing those choices.

This instrument informs us that we have talked as long as we should upon one subject and that it is time to open the meeting to further questions and so we would at this time do so and ask if there is a question at this time?

B: Q'uo, in a case where the messenger becomes more important than the message, what can the messenger do to correct the situation and bring the focus back to the message?

We are those of Q'uo, and we appreciate your query, my brother. It is a well-known phenomenon that often the face or the symbol of a very good thing may become mistaken for that quality and indeed there are times when the face must disappear. The technique of that disappearance is always at the choice of the entity who wishes to become less important. However the underlying difficulty is that difficulty of the easy versus the difficult, the obvious versus the subtle, the simplistic versus the real.

May we answer you further, my brother?

B: Are you aware of any specific techniques perhaps used by others in such a situation that could be helpful in understanding this?

We are those of Q'uo, and are aware of your query, my brother. We are aware of many techniques. However we find that this query runs very close to conscious work done by several of those present and therefore we run up against the bounds of free will. It is not acceptable to teach/learn for another.

May we answer you further my brother?

B: No, that's it, thank you.

Is there a further query at this time?

D: I had a question that I have wanted to ask for a long time. Are our prayers for blessings and guidance for the deceased a practice that is worthwhile?

We are those of Q'uo, and are aware of your query, my brother. Prayer of any kind is a very good idea in that it places one in the heart and places one in conversation with the godhead principle. Both of these are greatly desired orientations for spiritual seeking.

We would say perhaps the most skillful way to discuss blessings with the infinite Creator is to acknowledge them, for there are many blessings that abound even in the harshest circumstance. The attitude of thanksgiving and the claiming of great matters for which to be thankful are, as this instrument would say, a good idea. That attitude of affirming perfection as opposed to asking for blessings is the difference between knowing and being a needy child, asking for help. In one situation there is the claiming of the self as part of all that there is; in the other there is a separation between the asker and the one who has been asked. However, in general terms, any time that there is conversation with the Creator, it is a very positive and helpful resource upon which to draw.

May we answer you further my brother?

D: The general purpose of my question was more towards the deceased friends and loved ones. Does this apply in that area?

We are those of Q'uo, and this is correct, my brother. Is there a further query?

G: Q'uo, How does an entity in third density become qualified to serve as a higher agent, as a messenger of a message of service which is intended to be for your best and highest interest but which is given in what I would call a negative nature?

We are those of Q'uo, and are not grasping your query, my brother. Could you ask it in another way?

G: Reading your highest words I feel that opening the heart to another, accepting another unconditionally, and learning how to love is the crux of this density. I believe an entity may be mistaken to appoint themselves to a role in which they can administer a negative form of catalyst. So how does an entity, if

an entity can indeed properly do this in a balanced manner, become so qualified? What in their being (experiential learning) makes this a balanced and loving service?

We are those of Q'uo, and are aware of your query, my brother. The ways of teachers and students do not run so much upon qualification as upon the movement of essence. Entities move into those roles for which they have a feeling. The question of qualification is not one which can apply for there is no system of qualification for spiritual work. It is truly a matter of each individual moving upon its own rhythms and upon its own track and attempting to serve as best as it may.

Consequently, all are teachers and all are students and all may indeed, in the process of expressing themselves, create negative catalyst for others, yet it is not upon the basis of qualification that such actions could be justified. Indeed, the concept of balance is perhaps helpful rather than the concept of justification.

May we answer you further, my brother?

G: Can an entity indeed act on your highest best, giving catalyst of a negative nature, and do that in a balanced manner?

We use the term of the one known as V and say, "Unknown, Captain." For indeed, you ask a question that we cannot answer. It moves us past the boundaries of free will and we apologize but can not go further than we have.

Is there another question, my brother?

G: Not on that particular topic. Thank you, Q'uo.

We thank you, my brother. Is there a final query at this time?

T: Q'uo, if you are able to answer without infringing upon my free will, are you able to offer any suggestions on how I may be able to better learn from the experiences of ... times [when I needed] patience and tolerance?

We are those of Q'uo, and are aware of your query, my brother. The lessons of patience and tolerance are lessons that are slow, my brother. And therefore we encourage that feeling that you have for water to come forth for you, to picture within yourself the slow, slow movement of the breaking up of the ice of judgment and narrowness. Do not force the ice to melt, for it is spring, my brother, and the ice will melt. Rather, allow that process to take place even though it feels as if it were breaking you apart. For truly your nature must change from crystallized water to liquid water and from orthogonal angles to the spherical [drops] of the flowing water in which all things are able to rub along comfortably and make room for each other, whereas the crystallized nature of the ice is such that it must have a certain structure in order to exist in that form at all. You are experiencing, when you ask yourself to relax into non-judgment and patience, to move from that frozen condition to the liquid condition in which you do not have control such as you would feel that you had when you had that right-angled structure of the ice and its crystalline nature. It is not that you change from a crystalline nature. Water also is a crystal, yet it is able to radiate in a different way and is able to accept different structures in an enhanced way without disturbing its own nature.

May we answer you further, my brother?

T: No, thank you Q'uo, that's very helpful.

We thank you, my brother, and we thank each of those who has attended this group this day. We thank you for putting aside this time and for putting aside the daily grind and the concerns that have been on your hearts, simply to empty the self and to come into that place where questions are asked. It is hoped that resources have been added to your arsenal.

We leave each of you in the love and in the light of the one infinite Creator.

We are known to you as those of Q'uo. Adonai. Adonai, my friends.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken

from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Sunday Meditation

May 2, 2004

Group question: The question today has to do with catalyst and determining what our catalyst is. We would like to have some information upon how we can determine what it is that is catalyst in our life and what we should be focusing on. The second part of the question has to do with the way catalyst can be processed: when it is successful, it seems as though the success comes from being able to look at the catalyst with a light touch; being able to look at it as catalyst and develop a certain sort of tolerance and patience with it as you work with it. And catalyst which has gone awry, as Ra said, tends to cause in us the feelings of frustration and anger and doubt and depression. So we would like for Q'uo to give us a bit of information about how to stay on the track where we develop the qualities of tolerance and patience and how to avoid the frustration and anger.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are. It is a great privilege and blessing to be called to your group this day and we thank you with all our hearts. To be able to be a part of your meditation and to share our thoughts with you is, to us, a powerful help, as it enables us to share our service as we hoped to do when we chose to undertake this time among your peoples. It has never been more pleasurable to undertake service to those of planet Earth than when we speak with this particular group and we thank you for maintaining the eagerness and the openness for truth that creates the vibration which calls us to you. As always, we would ask, in order to preserve free will, that each of you guard your own powers of discrimination carefully and use them well as you listen to those things which we would say to you this day. It is important to us that you realize that we are not authorities but rather your companions upon the way.

Your query this day is interesting to us and we thank you for asking us to speak upon the subject of catalyst. The message which we have to offer to those who would hear our voice remains very simple. There is a vibratory nature to creation. And the various fields of energy which comprise all of the complex parts of all of your bodies, be they physical or metaphysical, vibrate at a certain, shall we say, series of harmonics which, in total, add up to the complex of vibrations which is as an orchestra playing your song. We recognize each entity's melody fairly well. It is a signature like no other in its completeness. So each of you is a vibration that is at some harmonic, in general, with those about you, with the groups that comprise your planetary sphere and with the Creator and the creation as a whole. These vibrations are disturbed, or changed, by any number of stimuli, on any number of levels, speaking of the physical body, the mental, the emotional, the spiritual, and the inner bodies all together.

Catalyst, then, is a term to use to describe that which, while being unchanged, creates changes in this complex of energy fields and the vibrations thereof.

Within a chemical experiment, there is a little arrow that is used to indicate that catalyst only goes one way. A chemical reaction does not go forwards and backwards, it only goes forwards, and so it is with the catalyst that you experience. One cannot look back. One cannot go back. One cannot possibly repeat



one's experiences. One shall indeed meet each experience again, but it is a spiral of experience and catalyst, and experience and catalyst, and each time you meet the same type or class of catalyst you have a new opportunity to recognize the catalyst, to locate the trigger of the catalyst, to examine the equation of the catalyst: what is going into the chemical experiment, what's being "cooked," and what comes out at the other end. And you have the opportunity, if you choose to use the will and the discipline to take it, to alter by removing various, shall we say, chemicals of your emotions, your thoughts, and your triggers, thereby changing the equation and changing the result of this particular little experiment in the life of your self.

Now let us look at this model a bit more closely. We use the term, trigger, to describe the action of catalyst. A catalyst comes into the purview of the being. It does not come into the ambient environment of the entity on purpose. There is no innate consciousness to the way things occur from the level of their occurrence. There is a causative factor inherent in the carefully made agreements that were entered into before incarnation. Biases were set up in the very currents of destiny surrounding the particular nexus of energies that represents the opportunity for an incarnation. When the body and parents and so forth are chosen, this nexus becomes potentiated and that particular little destiny that is your pre-game game plan clicks into place and begins to unroll the scroll of space/time as you, as an entity, enter into a body, become embodied and enfleshed, take form by birth and begin to unravel the great tale that is the story of your life.

So one source of catalyst that is dependable and ongoing can loosely be called guidance or the higher self or destiny. For there has been implanted within your game plan, shall we say, repetitive cycles of the introduction of certain catalysts into the ambient environment so that you may work with certain balances and biases within one or more of your energy bodies. The inner work of an incarnation is primarily in those energy bodies in the inner planes, those bodies that are closer to the heart of why you are a being, or, shall we say, why the Creator finds it inevitable and useful to create beings such as yourselves. That is one source of catalyst and as you can identify those repetitive types of catalyst that point to incarnational level lessons, you as a seeker can begin to see into the game plan; to begin to think not like the victim of circumstance but the person who planned all this and finds that certain things have simply slipped her mind. If you can find this attitude in times of stress, that "you really have responsibility for this situation but, my goodness, you seemed to have forgotten just a bit of the pattern and now there is work to do," then you may do the work of identifying catalyst, locating the trigger, and, to the extent possible in situations, doing what you can to remove the trigger or to alter the circumstances. You have become far more a person of power than you were before.

Every time you are able to identify the catalyst and the trigger within you that caused an otherwise harmless detail to become powerful in your life, you have learned about yourself and have begun to take responsibility for learning in a conscious way what you would inevitably learn without consciousness, no matter what, by the sheer pressure of repetition. Each time you are able to get on board with the game plan beforehand, or during the catalyst's coming up, you become more able to retain your power. And eventually you become able to use that power wisely and with compassion. And this is particularly important regarding yourself. Although it is very helpful when you may achieve that same compassion for others, in the case of the identification and the working with catalyst, the primary player in the drama is the self and therefore the entity to be forgiven, accepted and loved unconditionally is the self.

We speak in terms of power here. Because when catalyst causes one to react, the catalyst, innocent though it may be, and unasking of power as it is, has the

power. It is only as a person begins to be able to see into the process of these repetitive, cyclical testings, or introductions of catalyst into the environment, that one begins to be able to settle into a relationship with catalyst which sees catalyst, destiny and unexpected events in general, with an eagerness and a freshness of attitude that invites that which is to come and looks forward to the next lesson, the next test, the next introduction of discomfort into an otherwise serene atmosphere.

Within the confines of your illusion and the life which you experience consciously, awake and working with your day, there is a tremendous amount of power in becoming eager for that next piece of catalyst. When you at last find an appetite for change, for learning, for newness, then you are more able to invoke discipline when it would seem that difficult or unpleasant circumstances arise. Admittedly, as we gaze through this instrument's recent recollections we can see that it is not always an easy thing to create the environment for the self that is a safe environment for total honesty in looking at the catalyst of the self. It is often a lowering experience in terms of what this instrument would call, ego, to look into the mechanics or the psychology of the self, to see just how vulnerable the self is to catalyst which is at the level of the teenager or the child or even the toddler in some cases. And yet each entity retains all identities which have not proven themselves useless in terms of producing further learning.

So until you as an entity are through, completely through, with learning all of the lessons that are possible to learn within incarnation, you shall, according to the prerequisites of your own game plan, receive the spiraling, cycling opportunities to react to the catalyst. It shall come around again and again. This is not a ploy to drive the spiritual seeker crazy. It is a necessary way of checking the self to see where the self truly is, where the feet come down on the road in any given incarnational lesson. Thusly, catalyst may eventually, in a certain way, become that which enters the consciousness, proceeds through the consciousness and walks out the other side without causing any reaction. The entity is still aware of the catalyst and still aware of its trigger, which speaks but not loudly enough for the self to take seriously, for it has been worked so often and so well that there is no longer the potential for a reaction. Thusly and only in this way is catalyst at last neutralized. Until the energy in that catalyst's appearance is gone, there will be continuing work. Thusly, we would suggest, whenever catalyst arises, that the most efficient attitude for the skillful worker in consciousness is to thank it, to open the self to it, to ask it to move through as quickly as possible, especially if it is difficult, but to put up no sort of resistance against it. The skillful seeker will sit with the catalyst while allowing it to move through the system and create the emotional changes and reactions that it will. The self can still be a witness to these reactions, these feelings, these worthy and needed expressions of the present moment. The purpose of working with catalyst is not to defeat the catalyst but to cooperate with the catalyst, to move into the catalyst, to move into that collection of energy, that node, that has been created by the catalyst and to see why the arrow is there, why the energy for reaction is there, what that energy is, where it comes from within the energy body in terms of the chakra involved, and so forth.

Then find that trigger, find that wounded part of the self that is not comfortable yet with the self and look at that trigger to see how deeply it goes into the self. And ask it once again—for those to whom we speak have in many cases identified several of the kinds of catalyst of which we speak—to enter into understanding it more and more, not to get rid of it but to learn from it. To absorb it. To be it. In the surrender to this node of concentrated energy, there is a magical component that increases as there is an increase in the confidence and faith within the seeker in the process that has been engaged by

the activation of the catalyst. There is tremendous power in knowing why something is happening to one. Not in knowing what provoked a certain person to do something or what strange machinery created a coincidence that is complex and deep but rather knowing that one is in good hands, one is in the hands of guidance, and having faith in the process that will deliver one, at the end of that process, a greater gift to the Creator and a greater asset to the self because the balance of the energy body that has been worked on has improved, has come closer to that which was hoped before incarnation.

The question of how to recognize catalyst is almost that which we cannot answer for it seems too simple a thing to need a response and yet the query remains and so we would simply say that when one's tenor of thought or one's mood changes, the changes are either inconsequential, ephemeral and insubstantial, in which case there is no learning going on; or they are more substantial, consequential and meaningful, in which case there will be a plangent note to the moment of catalyst. There will be a sudden change in the vibration which you are putting out and giving to the world as your gift to it. In that change, the balance has shifted either more towards the vibration of the Creator or less towards the vibration of the Creator. When catalyst occurs, the result of which is that the entity is more in tune with the Creator, this normally is not seen as a situation which needs any concern for it is seen as a positive thing; it is enjoyable to feel bliss and joy and peace. When catalyst such as that occurs there is only rejoicing on the part of the seeker.

Yet, when there is catalyst that causes the exact opposite within the seeker, that causes a contraction in the self that pulls it away from a feeling of unity and oneness, then it is seen as a "bad thing." This attitude may always be examined. For locked within each seeker's deep mind is that collection of biases which, before incarnation, you genuinely and deeply intended to work with until you were more satisfied with the achieved balance.

Now, we speak repeatedly of balance and usually it is a balance that is between love and wisdom; between the green ray and the blue/indigo/violet trinity of rays. It is very attractive to many wanderers, especially in incarnation upon planet Earth, to stay within the upper triad of energies, using this system of seven chakras and an octave. It is similarly attractive to others who have come into incarnation from a point of different balance to lean into the green-ray open heart and to see everything in terms of keeping the heart open. Either focus, if taken to the extreme of not invoking the other, is unbalanced. So there are entities who are attempting to balance their energies more into the green ray, into an integration with green ray of their blue-ray strengths, and there are others who are doing precisely the opposite, attempting to soften their green ray with wisdom. Perhaps this may help in thinking about this very interesting subject. To become able to work with catalyst, be unafraid of catalyst, refrain from contracting when catalyst is felt, is a tremendous aid in becoming able to live consciously and she who lives consciously is she who is truly being that light that is upon the hill.

She who lives consciously is able to be more than one absorbed in a process and perhaps that is what we may say about the light touch. It is a very absorbing process to become aware of the self, to become at last one who is living consciously, magically, positively and constructively. This fascination, however, can blind one to the beauty, the wonder, the majesty of every moment that is lived, every heartbeat that is enjoyed, every tear and every laugh that is experienced. The gifts of life and thought are marvelous and the more that it can be seen that this catalyst and these sometimes dreary processes are taking place in the garden of Eden and in beauty indescribable, the more that this sojourn in the valley of the shadow of death, as this instrument would call life, becomes triumphant, funny, wonderful, delicious, a thing of real splendor. That is the potential of each breath. That is the shadow of what is possible

when one becomes fully conscious and is able to express passion and excitement and equanimity and simply becomes able to enjoy the show. For upon a very substantial level, it is a show. It is a production. It is a performance. There is an endless search within each for reality, the reality of the self, the reality of the life, that which is the ground of being. You shall never find it. You can only find images of it. You can, however, be the ground of being. You can be essence. You can be so much more than you can say! And in many ways the doing, the thinking, the working with catalyst and the whole process is aimed at delivering you at last to being.

The one known as G was talking with this instrument this morning concerning this instrument's bias against the use of feel-good music in church services. This instrument was saying that she appreciated the more complex sacred works which bring suffering and doubt and many complex and somewhat dark emotions into the singing of sacred thoughts so that the entire human experience is able to be brought into sacred space in such music, whereas in the so-called "praise music"[1] there is a seeming separation between the suffering person and the good feelings which are generated praising.

There are times, however, when praise music of whatever kind that lifts the spirits is very helpful. Perhaps for a certain entity it might be a country music song or a classical music piece or some other form of seeming distraction. Yet when chosen, such distractions are very helpful, whether they be good art, as this instrument—a born critic again—would call it, [or not]. That which lifts the spirit and changes the atmosphere is sometimes very helpful, as nonsensical and illogical as such things are. It is not well to allow the self simply to rest in a state of panic or unhappiness or depression. There is a time for sitting with catalyst and when that time has come to an end—and for each entity the rhythms are different—there is the time of asking the self to rise up, give thanks, and move on into the rest of the day, into the rest of that which is available when one is not focused on a certain piece of catalyst. We encourage you not to allow yourselves to become so absorbed in the process of learning that you become unavailable to the present moment. This is a juggling act, in so many ways, as several within this group have said earlier this day. There is so much to think about and so much to do. As you juggle, you will drop balls, and as the one known as J says, when you drop the balls, that, too, is part of juggling. And the reaction to dropping them should not be that which is judgmental or harsh but simply to encourage the self to pick that dropped ball up with grace, style and humor.

Lastly, you questioned concerning how to avoid bitterness and how to encourage the self not to use catalyst awry. That is perhaps a topic we may save for another day in terms of really moving into it. But in general we may say that one is almost never able to see ahead of time that one is going to be bitter, defensive, angry and so forth. So one is not able to defend against such times. They simply come upon one and one finds oneself in the shadows and very unhappy for one reason or another and in one way or another, depending upon the personality shell. When you're in the soup there is no use objecting to yourself because you fell or because you're wet. Bitterness comes into the life because it is a way to keep the attention away from getting out of the soup. The energy of one who has run afoul of catalyst and is struggling can be focused in one of two ways. It can be focused in trying to stay afloat or it can be focused in trying to get out of the cup of soup. Climbing the slippery china walls of your cup is not easy and it requires far different skills than treading water.[2] However, those who tread water shall be doomed to repeat the exercise, never being allowed to drown and never, while treading water, able to garner the energy that is required for the tremendous effort needed to break the pattern and create a ladder of will and discipline that allows you to clamber over that china cup and get out of the soup. There is no question that it is easier to

tread water, stay in the soup, and repine concerning the difficulty that one is in than it is to gather the energies and create, by will and faith alone, that ladder out of the situation and back to a sense of owning the self and not being a victim of circumstance. However, it is through such work that one is able to move through the refining fire, not burning to a cinder, but rather becoming more and more tempered ...

(Side one of tape ends.)

(Carla channeling)

... more and more burnished, and more and more flexible.

We find that our time is up and it is time to open the meeting to [shorter additional] queries. Are there queries at this time?

J: On June 8 there's a Venus transit which lasts eight years, which will bring us right to the year 2012. I was wondering about your opinion. Is this an important event or is it just one of the many smaller events leading up to ascension? Is this event something that we should really look at to move us into a higher consciousness?

We are those of Q'uo, and we are aware of your query, my sister. We believe that information could be gleaned by those who have intuitive gifts and a wide and deep knowledge of astrology. There is always much to be learned from the movements of the stars and their influence upon the body of Earth itself and each of you as well. However, the chief excitement which remains upon our own minds is that great interest that we have in seeing the way entities are awakening and becoming more and more able to live consciously and radiate light. This is far more factored into the eventual outcome of your peoples and the, shall we say, end of the age than any cosmic influence. Much lies at this time in the hearts and the hands of entities upon planet Earth at this time.

May we answer you further, my sister?

J: No, thank you.

We thank you, my sister. Is there another query at this time?

G: Q'uo, I have a series of questions sent in from readers abroad but first, I know, knowing T1, that when he has a question he will hold his off and let others ask their questions. I would like to ask if T1 has a question before I ask a series of questions.

T1: No, G, please go ahead.[3]

G: Okay. This question is from B. "In 1987 I lost my job, broke up my marriage, left my wife and children and lost my desire to live. I totally surrendered my life to the Source. It was my 'turning point.' And ever since I've been on my spiritual path, re-married and live happily. However, there is still some bitterness within my children and my ex-wife towards me, while sometimes I still feel guilty to have left them. I would appreciate it if Q'uo would throw some light on our relationship at soul level (karmic ties) and give us some guidance on how to heal the wounds."

We are those of Q'uo, and are aware of the query, my brother, and we thank you for vibrating that query for him. To the one known as B we would say that the true nature of the relationship betwixt you and your ex-spouse is oneness. The energies that you experience at this time may fruitfully be examined for just those things which we were speaking about earlier: the catalyst involved, the triggers involved, and the biases that are involved in the particular lesson that you and your ex-spouse share. Often this work cannot be done together with another in such a situation and so it is very helpful if the entity has the energy to step into the other-self's shoes to such an extent that the one known as B is able to see through the eyes of the ex-spouse, sitting there until there is as full an understanding on the conscious level of the dynamics involved in this particular node of catalyst as possible. The details of past lives and so forth are not those things with which we would prefer to deal as we would wish to limit comments to those that are helpful to all entities and at all times.

The spiritual principle involved here is the principle of responsibility for one's actions. When there is the full acceptance of the self, the full forgiveness of the self, and the full appreciation of the present moment, then such concerns as are expressed in the query become details which do not have the power to alter consciousness within the self. We encourage the reading of the channeling through this instrument that was given at the first part of this meditation.

Is there another query at this time, my brother?

G: This next one comes in from S. "I have only recently been exposed to the term 'Crystal Kids.' I would like to know as much information as possible on these children. Who are Crystal Kids? How are they different from the Indigo Kids and what can you tell us about their purpose on Earth? I thank you for the opportunity to ask this."

We are those of Q'uo, and are aware of your query, my sister. From our standpoint there is virtually no difference in those called Indigo Children and those called Crystal Kids. The designations indicate a double-activated third-density/fourth-density body, which makes such children, as they grow up, more able to access fourth-density reality. Since fourth density is here, since entities are living in a combined third-density/fourth-density atmosphere, there is an increasing ability for all people to work upon the, what this instrument would call, DNA; to work upon the self at the cellular level, lifting consciousness and asking it to take hold of the new reality that is interpenetrating third density.

These children are far more able to do this than those with only the yellow-ray body activated because their DNA is already altered to some extent. However, their purpose here is as pioneers. They come in, in terms of fourth density, within very basic and primitive conditions, and are giving their lives to help establish fourth density and to be bridges of light for those who would listen to that which they would have to say and to live in such a way as to follow such advice as they would give. To put it another way, they are here to radiate light and love, as are all entities. It is hoped by their higher selves that they will have more efficacy in doing so than those who have not the advantage of a double-activated body.

Is there another query at this time?

G: This is the last outside query. This one comes from T2. "Dr. Sun Yat-sen is the founding father of the Republic of China. This Republic is as short-lived as himself. However, he is respected by both Chinese and Taiwanese, both the Communist party and the Kuomin party. If it is possible, could Q'uo speak about Dr. Sun Yat-sen's life?"

We are those of Q'uo, and are aware of your query, my brother. This entity was one whose energy was that of the heart and yet whose abilities included communication. This entity was a brilliant blue-ray being who was able to inspire and to lead because his communication rested upon a compassionate and humane structure of character. This entity gave greatly of itself and was exemplary in its habits and inner disciplines, creating an incarnation of stature.

Is there another query at this time?

G: I have a personal one, Q'uo. In the last channeling you stated that, "Until one has individuated, one cannot begin magical work, and yet one is never fully individuated. So, logically speaking, one could never begin magical work. Yet there is, shall we say, a critical mass only that needs to be reached, and it is by no means a large percentage of the actual available will of an entity." Ra also spoke of a "set level of lack of distortion" required to tap intelligent energy through crystals, "or through any use." So the first part of my question is, are Q'uo and are Ra speaking of this same point? And the second part of the question is, can you describe more about this point and are there any tell-tale

signs that will manifest in an entity when this point has been reached?

We are those of Q'uo, and are aware of your query, my brother. We cannot speak to the first part of your query in this setting, although, if you wish, we are able to address it at length at another time.

To respond to the second portion of your query: the tell-tale signs of magical working are sudden changes of a profound nature in circumstance which reflect a synchronicity that is obvious. Synchronicity is indeed a mark of one who has activated a certain magical-ness within its own nature.

May we answer you further, my brother?

G: Perhaps might that sudden change not only reflect through the outer physical in synchronicity but might that look or feel or give one the space, the freedom, to love that which was before was unlovable?

We are those of Q'uo, and are aware of your query, my brother. Such a circumstance might occur, my brother. May we answer you further?

G: No, thank you very much, Q'uo.

We thank you, my brother. Is there a final query at this time?

D: How may the distortions of pride and arrogance be recognized when you are the one experiencing them?

We are those of Q'uo, and are aware of your query, my brother. We smile because we are aware of this instrument's deep and intense involvement in this very query for the last little bit of her time. Because of this factor it is more difficult to answer your query, my brother. However, we may say that when the self, in its inner contemplations, begins to cast aspersions upon another, it is possible that pride and arrogance have been invoked and that there are more circumstances than one is aware of, which might change the attitude from that sourness to a more balanced and compassionate view. When that typical sourness which has that taste of judgment comes into the mouth, into the mind, then it may be that there are lessons in humility that could be easily taken up with advantage.

May we answer you further, my brother?

D: That's quite sufficient. Thank you.

We thank you, my brother, and we thank each of you. This group is such a blessing to us and it is such a pleasure to speak with you through this instrument. We thank you with all of our hearts and wish each of you to know that you are in our hearts. At any time that you wish to have our company during meditation, you have only to ask, for we are those who love each of you. Certainly the beauty of each of you is remarkable and we thank each of you for sharing the experience of this meeting with us.

We leave you in the love and in the light of the one infinite Creator. Adonai.

We are those of Q'uo.

[1] Referring to a brand of contemporary Christian worship music that focuses not on the whole life and death of Jesus the Christ, but strictly upon his resurrection, his glory, and his awesomeness.

[2] Pardon the Q'uo for the mixed metaphor—soup, not water!

[3] T calls from Australia to Kentucky each Sunday channeling, that he may be a part of the group. He joins us by speaker telephone.

Sunday Meditation

September 19, 2004

Group question: Today, Q'uo, our question has to do with how we might be able to determine, perhaps even define, our spiritual path through our daily round of activities. As we're immersed in all the things that we do during our regular days, it's so easy to get lost in the details and the ups and downs. Could you give us some little way or a shorthand way of reminding ourselves who we are and what we're doing, of how to find our way through the maze and to make a spiritual sense of it all?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege to be called to your circle of seeking and we thank each of you who has taken the time and the energy to seek the truth at this time. The beauty of your souls as you tabernacle together in silence and in unity of spirit is a beautiful, wonderful play of colors as your energies combine and swirl together to form a literal tabernacle of light. It is most inspiring to us. Your hearts and your souls express most beautifully the challenge of the tempering furnace and the extreme beauty of the subtle colors that are brought about by the interplay of tempering influences in that furnace of catalyst and experience.

You create a unique thing when you come together in groups such as this—a point of light that cannot be expressed in any physical sense, but which is an event and an occasion for rejoicing in the unseen planes, or as this instrument would call them, the inner planes. Such events as you as a group choosing to come together are as locations in time/space and beacons of light that strengthen the light of the whole of those unseen planes within your Earth energy. Thank you, for this expression of seeking and for the beauty of it. It inspires us greatly.

As always, we would ask each of you to listen carefully to those thoughts that we share, realizing that we make many mistakes. Please keep those thoughts that you find useful and discard the rest. This will enable us to share our thoughts freely without being concerned that you might see us as authority figures and try to follow thoughts that simply were not your own. If thoughts do not resonate to you then please leave them aside without a second thought. We thank you for this care.

You have asked this day concerning how to wend your path through the miasma of details and the seeming chaos of manyness that you are offered each day as you awaken and open your eyes to the kaleidoscope of events that will unfold. As you rise from the bed perhaps you cannot imagine what the day will bring. Certainly if you are thoroughly sure of what the day will bring you shall be surprised, for each day has its uniqueness and any hope of a perfectly conformable daily schedule is usually lost by midmorning. Much is occurring within your physical world and the ability of each entity to communicate with each other entity in a variety of ways and mediums creates a continuing atmosphere of surprise because, at any moment, entities might call or use the internet to write email or send paper mail so that you are constantly receiving a new voice or a new e-message or a new letter which changes the details of the day—adds to them and creates a new list of things to do and perhaps, a new way of prioritizing those things that you need to do. Seldom is it possible for any of those within this circle to arise, face the day, and go through the day with every aspect of the day being that which was expected and that which does not create any requirement for discipline or for the amalgamation of change.

Indeed, it has often been noted by many in this group and in your society in general that the rate of change seems to be accelerating and therefore time itself has the illusion of seeming to accelerate. There is a feeling of becoming swept up and carried away by the torrential waves of chaos and detail that wash over each of you. In this atmosphere, it is easy to lose one's balance and to surrender to a state of mind in which the requirement is simply to survive, to do the next thing on the list, and to make it to bed time without losing one's precarious and tenuous place in all of the bewildering array of detail.

Your request was to find ways to determine and define what the path was in the midst of all these details and there is, we would be quick to state, a path for each of you. Not a regimented, strait-and-narrow, straight-line path in which there are no deviations—this is not what we intend to suggest. But there is a path of ... we are challenged, looking for a word within this instrument's vocabulary for what this path would be called. If we call it a path of



rightness, that suggests that there is a wrong path. If we call it a path of resonance, that immediately places an entity upon very subjective ground. Let us work with this concept of a path. The one known as Lao-Tzu created a system of philosophy which is called The Tao or The Way, the word meaning, in general, the Path.

It might be posited by this general line of thinking that one's life itself is a path. And, inevitably, that path, that lifetime, that incarnation, wends its way up and down hills and around corners, many a time. There is no such thing as a broad, straight, easy incarnation. It is often hoped by entities in the midst of incarnation that their path might be straight and easy and clear, and yet, the essential requirement of an incarnation is mystery. Mystery was built into each entity's path by the entity himself along with that guidance which was consulted before the incarnation in drawing up the various aspects of the incarnation to come. Each of you carefully chose the relationships that would challenge and befuddle you in order to point up and bring forward incarnation lessons which you wished to tackle, not because you wished to defeat yourself or to confuse yourself, but because you wished to move the balance of your energies by decisions made within the incarnation.

Before the incarnation, you were able to have a good overview of the incarnation to come and of yourself as a soul entity. You looked at that entity that you are and you asked yourself, where you would like to go? What path that you would like to take from the beginning to the end of that very brief period of incarnation that you are looking at? Perhaps you felt that you had an overbalance of love and needed to learn wisdom; perhaps you felt that you had an overbalance of wisdom and needed to bring that balance between wisdom and love back more towards the true center in which love is informed by wisdom and wisdom is informed by love. We cannot define for you the basic direction of that path; each entity's path is unique. Each entity, however, has in common that it is seeking an improved, more balanced polarity as it approaches that great testing ground of graduation from third density to existence in fourth density. Each entity hopes that this incarnation will be the final incarnation within third density. Consequently, the concept of polarity is all-important in understanding how the mysteries of the path make themselves known to you.

In doing third-density work where you are attempting to improve your service-to-others polarity, you are always working against resistance. You are working against a potential difference. You are standing upon that which you envision as the desired ideal or the desired balance and you are pushing against the resistance to that change that is necessary in order to increase the polarity. Consequently, there must be the hidden corners, the blind defiles,[1] the ups and downs of a surprising and adventurous lifetime, in order for that deeper entity that you are to be constantly nudged towards awakening to the deeper purposes, the deeper desires, that lie beneath the easy, soft and sweet of surface emotions. How easy it is, my friends, to move from the delight of a good conversation to the irritation of a bad conversation, and so forth. And how difficult it is sometimes to see through the surface details to the issues that are half-hidden and half-revealed by surface emotions, surface occasion, and surface reaction. Yet those surface expressions are as the foam upon the top of the waters. They have no substance. They have no longevity. They have no reality. Yet because they recur with such steady regularity over the course of the waves of the day, it is easy to become fixated upon watching them and surfing in them, to the exclusion of doing that work which deepens the requirements upon the self; which pulls the self into the more mysterious precincts of the deeper waters of the path.

So it is, indeed, a very good question that you ask in terms of how to find little ways to jog the memory, to create for the self a self-sustaining system of little alarm clocks that reawaken the memory of who you are and why you are

here. This instrument was conversing with the one known as J the other day concerning football and in particular the comment of a football analyst that pressure is needed sometimes to change coal into the diamond that sparks the light.[2] The pressures of daily life are not random or unexpected. They are blessed and very much expected and anticipated, not by the conscious self but by the entity that you are beneath the conscious mind. For your consciousness is connected with all of eternity and is infinite, being part of the creative principle. As part of that creative principle, you have a far different schedule or calendar for your life than you as an egoic being with a personality shell might create from day to day. And these mysterious and winding ways of the spirit are very much planned upon and greeted with great thanksgiving and gratitude.

To move into that portion of the self where these things are true, then, is the challenge. And this instrument was saying to the one known as J that indeed it is interesting to reflect upon the difference between coal and the diamond in terms of emotions. For if the reaction of emotional nature to incoming catalyst is that of the coal, it will have generated heat; whereas if one's reaction to the incoming catalyst has the emotive qualities of the diamond, it will reflect and refract light. One quick way to determine where you are as a person with respect to the catalyst of the day, is to evaluate your emotional set. Has it generated heat or has it generated light? Have the emotions of the self been fiery and bright and sharp? Or has it been that emotional set which is as the diamond in taking the incoming catalyst and being with it in such a way that light is refracted through you from the catalyst to express light, color, beauty and those ineffable qualities that are part of a system of color and light. As the one known as T was saying earlier, the effort that this entity is making at this time is to decrease that heat and to increase the light that is produced in the soul's response to catalyst. When the self experiences heat, that in and of itself may be a good marker for activating that alarm clock that says, "There is work that I need to do on who I am and why I am here."

It is difficult sometimes, in the midst of a heated reaction, to corral the self. The reason for this is that much of the reaction to catalyst that is expressed by an entity is the result of habit. For instance, this entity has a habit of interpreting certain kinds of statements as a rejection of the self. This interpretation is biased in the extreme and has long been realized as such by this entity. Nevertheless, this entity often finds itself in the midst of a reaction to catalyst which can be seen in an instant evaluation as being that which has generated heat rather than light, that which is a colossal metaphysical mistake. And yet, because the habit began very long ago within this instrument's incarnation and because it has never completely been eradicated, it takes any opportunity in which it is given free rein, not simply to play for a moment but to play from beginning to end, as if it were a tape recording that, once started, must be played through. A good deal of retraining the self in the disciplining of the personality is in identifying and then going after those triggers to those old responses, those old tapes, that are so deeply buried within the upper reaches of the subconscious mind. A habit is a beautiful thing when it is working. A habit of diet and exercise have created continued health for many and certainly habits of healthful thinking are just as excellent. But when a habit has gotten out of control and is no longer useful, it can be a persistent and irritating difficulty which is constantly nudging that soul that you are off of its path and into the side road of useless, outdated, response. How to counter these triggers is certainly a tremendous challenge. Mechanically speaking, there are ways to interrupt such tapes, shall we say, from rolling. Identifying the trigger is very helpful. And any work that can be done in honest communication with the self on identifying these triggers and the really deep nature of these triggers, will be a good resource for any. But more than that,

when the trigger has been [pulled] and one has only identified that trigger after the fact, it is still possible, through the discipline of the personality, to halt long enough to say to the self, "I am being triggered," and to stop and celebrate the fact that you have realized this and are therefore taking the first step towards the actual eradication of this deeply buried trigger. It is helpful, then, if you take additional time to laugh at the self, to give the self a hug, and to ask the self, if it had the choice of any way of meeting this particular situation, what would be the highest and the best way? If there is time then for a little more thought and contemplation on seeing the best way, on envisioning the best way, and on, perhaps, moving forward in expressing this best way, then all of that is a great asset to your seeking. It has taken time to embed this habit. It will take much more time to bring it up, see it for what it is, and allow it to fall away. It must be pulled up into the light of day. It must be appreciated, and it must be loved and accepted as part of you before it can be released. So that which you can do when you find yourself expressing heat instead of light is, if you have the luxury of time, to take that time to interrupt that sequence and to redirect it.

Let us return to consideration of the path. The Path of Lao Tzu was ever undefined. Breathing in and out was the path. Listening and talking were the path. Doing and being were the path. All things were the path. Yet the fact that there is a path in this philosophy suggests that many things are not relevant to that path. And by various stories, the teacher known as Lao Tzu would attempt to describe the way that entities could find their way upon the path. We would suggest that it is impossible to be away from the path. It is possible, certainly, to stop by the side of the path and to amuse oneself without moving forward upon the path in meadows of side interest, places to rest, places to recreate and enjoy the self, places to sleep, and places to dream. It is good sometimes to stop in one of those places upon your path. It is not a path that one must embark upon a certain amount of time each day in order to be worthy. Indeed, in some ways, it can be conceived of as a path that does not have to be trod. It simply is, and you simply are. But the desire of anyone within a time-bound incarnation is to measure things by achievement and so, inevitably, that path is modeled as a path through space and time going somewhere. Try to remember that there are aspects of your path that never go anywhere, that you are always, if you choose to, able to operate from the very center of your being, having nowhere to go, no "what" to do, no "when" to do it, but simply being as you are, existing in essence and in truth. That is the heart of your path. Who you are is the essence of that path and what you are attempting to do as you wend your way through these mysterious turnings is not to do more but to do anything that you do with more truth.

Have you experienced entities that, when you met them, were within their integrity in a tremendously powerful way? Perhaps they did not even have to speak much for you to be able to feel the power of their being. That is the power that lies within each of you and the way to find that true nature of self is in the work that you do in determining and finding and defining what that path is through your crowded and busy days.

It helps, in a way that is difficult to define, for you to have some model within yourself for what that path that you are on is, and how it goes. This entity, for instance, being a mystical Christian, tends to model her rule of life and her path on the teachings of the one known as Jesus. And like all paths, and all models of paths, this model and this path has obvious flaws. The one known as Jesus walked the path of the martyr and while the path of the martyr is to be seen, in the case of the one known as Jesus, as an appropriate and a loving path, yet still it is not obvious, from the surface of the story of the one known as Jesus, that this entity was at all responsible or conservative in walking that path that eventually led towards a cross on a hilltop near

Jerusalem. As this entity stretched its arms out upon that cross, it lost all ability to serve within this density. That is the difficulty of the bias of the path of a martyr. And so this entity must constantly ask itself where the appropriate balance is between service to others and martyrdom. Others following other paths must look at the biases that are connected with that model and that path and then ask the self what the issues are as one attempts to follow the way of a hero or an avatar.

The virtue of having a model or a hero for a path is simply that it is a shortcut, if you will, an icon on the desktop that you can click on in order to see deeper into the issues that you are facing. The cliché of modern day that this instrument would use, then, is "What would Jesus do?" Or as this instrument has altered it many a time, "What would Jesus be?" Asking the self what one's hero would do or how it would be is often very instructive to one's own private communication with the self. For one is working in deep waters and the light is dim. It is not easy to see one's way when one is attempting to sort signal from noise and truth from chaos. But we would suggest, if there is that feeling for a certain hero or avatar or icon of some kind, to use that, not blindly, but asking the self, "If I were thinking as this entity, how would I see my situation?" It helps to bring one up from the morass of confusion and give one a promontory upon which to stand, from which vantage point you may see the surrounding landscape of the moment that you are facing. If one does not have a hero, a master, an avatar, an icon, then one simply must move within the self and ask the guidance of the self, "What is the highest and best part of myself going to do in this situation?" And then await that wisdom in confidence and quietness.

It is very helpful when viewing this kind of deep and subtle work within the personality shell to avail oneself on a daily basis of silence. The uses of silence are many but the chief use is simple release. There is a silence in which there is no word. There is a deeper silence in which there is no sound and there is an even deeper silence in which there are no unspoken thoughts. Each of you has these levels of silence within. It is extremely helpful to the decompression of the stress of your daily life to release the self from words, from sounds, and from your own unspoken but certainly multitudinous thoughts. If you do not, they are as the taskmasters that have taken over your precious consciousness. Certainly they must have their reign. One must deal with words each day. One dwells within a welter of sound and, even as this instrument sits within this chair she is able to hear several different sounds that are expressive of the household working: the buzzing of the sound system, the buzzing of the air purifier, the computer system, and the refrigerator, and the sound that indicates that the fans and the heating elements of the house are working. Without this network of tiny sounds, the civilization factor would cease to exist and there would be no aids to comfort. The food would spoil, the house would become chilly or heated depending upon the weather, and so forth. So all of these subliminally heard tones are useful and helpful and certainly not of negative value. Yet, taken all together, they create a body tension that can not be ignored. It is a wonderful thing, my friends, to lift oneself away from civilization, from words, from sounds, and from your unspoken thoughts as well. If you are able to do this by gazing at a candle in meditation of the Eastern type, we encourage it. If your way is prayer and meditation in a more Christian sense, we encourage it. If your way is solitary walks in nature, we encourage them.

What we encourage is that you take the time for yourself, to give yourself the healing balm of silence. How blessed a thing that is. It is so alien to your culture that, in many cases, entities are left feeling very uncomfortable if there is true silence. And they will deliberately turn on the television, or the radio, or the sound system to banish that silence and to bring in the more

desired energies of song or speech or drama. And in their place these are good things. But we do encourage the discipline that keeps the self away from distraction, even if it just be for five or ten minutes in a day. We would recommend, certainly, a period of fifteen minutes to a half an hour within each day. And if possible, we would recommend more than one of those places in the day in which spirit and that still, small voice of spirit might actually be able to bloom and to give unto your soul those silent words that are more precious than any sound or word could ever be.

This instrument informs us that we need at this time to open the meeting to other questions. We thank you for this wonderful question and the fun that we had in working on it and would ask at this time if there are any further queries?

S: (Inaudible) correct physical difficulties, could you elaborate or expound on the causes, perhaps the cures behind them?

We are those of Q'uo, and are aware of your query, my brother. The amount that we may say upon this subject, as you may understand, is quite limited for we do not wish to remove any learn/teaching opportunities for this entity. We may say that a goodly portion of this entity's experiences at this time have to do not with any particular present catalyst that is incoming but rather have to do with this entity's position within incarnation in that this entity has moved into the seventh decade of its incarnational age and is experiencing those systems within the body that are experiencing age and a less robust or youthful configuration and therefore are more open to damage.

The sources of stress within this instrument's incarnation, as the one known as N pointed out, have certainly been many and that stress is that which has been eagerly and thankfully embraced. This creates an atmosphere in which incoming catalyst has a depth and a sharpness which this instrument would call instant karma, and again this instrument has embraced the quickening and acceleration of these energies. To put it in short words, this instrument has agreed to play hardball and is therefore experiencing each and every part of the shadow side of its nature in ways that are much clearer than in some incarnational patterns. The challenge for this entity, as always, is that finding of the path that is in balance so that there is not an over-embracing of energies that would lead to martyrdom; nor is there an under-embracing of energies which would lead to slowing that acceleration of spiritual evolution that this instrument is most eager to accomplish.

The way towards healing is framed in thankfulness, gratitude and peace. And this is true not only of this instrument but is in general the attitude that most efficiently embraces and most skillfully makes use of the catalyst of the moment.

May we answer you further, my brother?

S: I think that's plenty for her to consider, thank you. Another question I had. If [the Q'uo] work with crystals, I gave one that I had to Carla to hold. I'm just curious if you can tune into its energy and tell me [what] its purpose is with Carla and with itself?

We are those of Q'uo, and aware of your query, my brother. As we do indeed tune into this entity we find that we are not able to work with this information without infringing upon the free will of those involved. May we answer you further, my brother?

S: Hmm, that's interesting then, surprising, but interesting. I have none at this time, thanks.

We thank you, my brother, and are most pleased to spend a brief moment of your physical space/time enjoying your presence. It is always a joy to greet you in person, my brother.

S: I'm curious, since the last time I was here, what do you see from your perspective, from your side, of how I've changed?

We are those of Q'uo, and are aware of your query, my brother. We find that the one known as S has somewhat matured in that there is a lessening of naiveté with no corresponding aggregation of cynicism. We find that, in greeting change, the maturing or evolving entity will accept becoming more complex whereas the entity that is attempting to avoid the maturation process will attempt to retain simplicity and in the resulting conflicts find itself becoming more and more bitter. It is that for which we would offer congratulations to the one known as S, that this entity has worked to deepen and to allow complexity within the self without the corresponding tendency towards bitterness.

May we answer you further, my brother?

S: No, I appreciate that thought and for what it's worth, for all that I've been and am becoming, I do want to express my love and gratitude because you are and have been a part of that and I just give you my love and appreciation.

We are those of Q'uo, and, my brother, we return your sentiments most heartily.

Is there a further query at this time?

S: Not from me.

R: I have a question, Q'uo, concerning a catalyst expressed in the physical body as a cancer. I remember reading some explanation of it in the Law of One book. I wanted to ask whether this cancer is in all cases the result of unprocessed catalyst and anger that expresses in the physical body as a growth of cells?

We are those of Q'uo, and are aware of your query, my brother. The query itself is difficult to get hold of because there are so many different kinds of anger. Some of them are obvious, some of them are very difficult to pin down and are almost a portion of the personality shell itself rather than being connected to certain situations or catalyst.

R: Can I refocus the query?

We are those of Q'uo, and would be delighted for you to do so, my brother.

R: Let's speak about an incarnation where an entity is offered catalyst of various kinds and finds an anger. I cannot describe the anger in more detail because it is a query that is partly hypothetical, but would it be correct to say that the cancer would be the result of unprocessed anger within that one's incarnation, discounting the effects of the previous one?

We are those of Q'uo, and are aware of your query, my brother. That query is easier to answer and we thank you for the change. That which you call disease, of which cancer is a kind, is literally un-easiness within the physical body. It is dis-ease. It is a moving away from the stasis of perfect balance in the body system. At heart, such disease is only partially physical. A large part of disease resides within the mind and the perceptions of that mind. When entities perceive disharmony in a way that is telling, it makes a mark upon the mind. That perception creates an actual change in each cell of the body. It creates an atmosphere in which any incoming agent of disease will be recognized more readily and grabbed onto by each cell of the body more readily. Conversely, when an entity begins to perceive that apparent disharmony has no reality and is therefore able to begin to change its perceptions, that lack of triggering of the perception of disharmony again communicates itself to every cell of the body and therefore when the agent of disease sends its signal to each cell the antennas of that cell do not reach out and grab the catalyst of disharmony because it perceives that there is no disharmony. Therefore, when one is working to lessen the impact of a perceived disease within the body, a part of the working has to do with changing the perceptions that gave rise to a feeling of disharmony.

May we answer you further, my brother?

R: With enough talent and focus each entity is able to find its disharmony within itself, then?

We are those of Q'uo. That is correct, my brother. In general, certainly it is a short discussion of a sometimes quite protracted process for each feeling

entity.

May we answer you further, my brother?

R: In dealing with this catalyst, when one is able to bring love and acceptance to the process, is it part of the lessening of the over-activity of the antennas that you have mentioned?

We are those of Q'uo, and, this is correct, my brother. The perception is prior to physical reality and this may be seen, for instance, by the entity that is under hypnosis and is able to walk upon coals without having burned feet or to be stabbed by a needle without feeling pain or bleeding. The body is the creature of the mind.

May we answer you further, my brother?

R: No, Q'uo, that was good. I wanted to make it somewhat general rather than crossing over the threshold of personal data.

We are those of Q'uo, and applaud your discretion, my brother. It is very good to speak with you.

Is there a final query at this time?

R: Not a question but an invitation. Half seriously, if you would be interested to hang around and stay awhile and eat cookies afterwards, we would be delighted.

We are those of Q'uo, and, my brother, we must confess that we always stay for the tea and the cookies. Our hearts are full as we give our leave of you. It is such a blessing to be with you. We leave you in the love and in the light of the one infinite Creator. Adonai.

[1] A defile is a "narrow gorge or pass that restricts lateral movement, as of troops."

[2] Diamonds are the same element as coal, carbon. Great pressure upon coal, through time, creates the diamond.

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Special Meditation

February 24, 2005

Question from A: How can I see beyond this very compelling physical density? I've had experiences that were Christ Consciousness. When in the midst of such a blessing there is no doubt that the true reality overlays this one. My dilemma is how to access that state of consciousness more often, to the point of living in this world. I'm very aware of the massive shifts and changes on the planet and feel them quite intensely, like earthquakes. I'm also experiencing miraculous cellular healing that's happening to the people with whom I'm working. I'm eager to position my consciousness in that place of receptivity in order to radiate as much as I can. I want to understand more about how the biological interfaces with the higher dimensions. (Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. May we say what a privilege and a pleasure it is to be called to such a group, to be asked such questions in a circle of seeking. It is more of a blessing than we can

say. It is in order to offer just such communication that we remain within your planet's inner planes at this time. The opportunity to work with the one known as A is a great blessing. And to be able to work with each of those within this circle is a great blessing also. In order for us to protect the communication and to enable us to feel completely free to share our opinion, we would ask one thing of each of you within this circle and that is to employ to the greatest extent your own discriminatory powers, for only you can know what the thoughts are within those things we have to say that may be helpful. If there is that within our discussion that does not resonate to you, we ask you please to drop it and let it go without a second thought. For we would wish not to be a stumbling block before you but only a resource as you, in great independence and integrity, work with your own spiritual evolution. We thank you for accommodating us in this way. We would say to the one known as A that, my sister, your questions have touched us deeply. It is most heart-opening to us to experience the energy that you bring to this session. It is encouraging to us to feel the certainty and the wholeness of your true and authentic self and to find that you have collected so much of your authentic self into the personality shell that must at times tremble to receive such authenticity. May we say that the essential nature of consciousness is such that the physical body and to some extent the energy body must be worked with patiently and over time, again and again, to accommodate the growth of self-perception. And as the authentic, essential self becomes a clearer voice within the crowded consciousness, it is especially well for the entity to increase its stock of patience with itself. For, you see, the more work that has been done in consciousness, the more clear it becomes to the seeker that there is precious little done and much left to do. And as work advances in this area, that consciousness of lacking the entirety of self becomes sharper rather than less sharp in its delineation. As service is rendered to the one infinite Creator, there begins to be established a rhythm of synchronicity and questions asked and answered, whether by bird or beast or wind or rain or the Earth or the fire or by a street sign or by a passing conversation or by a song heard on the radio. Information begins to burst out of every hedge and sound and event. And again, as this rhythm intensifies, one must ask the self to be more patient, more tolerant, and more compassionate towards the self. Please understand that what is asked of a physical body in incarnation is that it carry the consciousness. To most entities working within your third-density illusion, the burden of this consciousness is relatively light. There has not been the level or degree of work done that is sufficient in its intensity to threaten the structure of the physical or the emotional bodies. When, over a period of time, again and again, there have been realizations so that the consciousness that is collected into conscious mind grows in its integrity and in its fullness of being, this physical structure can be pressed. And more than that, the mental and emotional energies connected with the chakra body or the energy body, as this instrument often calls it, increases accordingly. This is not to say that you are in any danger of being overburdened by the fullness of your awareness. It is rather to say that it becomes ever more important to do the work that you have come to do and that you are doing, slowly, with infinite patience and with a great deal of lightness of spirit and a sense of humor concerning the garments of human roles that you play, of peoples' perceptions of you, of your perception of your self, and of



the multi-layered tangle that you pass through as a conscious being in the everyday world of consensus reality.

When you are preparing yourself for meditation, find the light in the tiny details of entering into that door and through that door.

(Inaudible)

What you are doing when you become aware, as you have said, of the overlay of a greater reality, is moving through a portal which is guarded by lions, as they say in the figures of religion and myth.

These guardians are there to protect you in going into that sacred space and they are there to protect the sacred space from your premature entry. You have had no trouble with these guardians of the gate but we wish you to grasp that our encouraging you always to take the time and to enjoy the preparation for work in consciousness is in order that you may, at all times, be in complete accord with these guardians so that they not only allow you into the sacred space of your own open heart, but shall indeed, as this instrument would say, watch your back and offer you their love, their light, and their protection so that no mortal error may set its foot across that sacred doorsill into the temple of your heart

(Inaudible)

What is it to move into the open heart? In the outer world of consensus reality, when a person says "I," it is understood that that person is referring to its personality, the "I" that seems to move about and speak through the body that you inhabit. The one known as A is very well aware that this is a surface and incomplete version of the "I" that she is. And indeed, my sister, your query has a great deal to do with becoming more and more comfortable with the "I" that consciousness is within you. For consciousness is a portion of the Godhead principle. It is not a [personal] "I." It necessarily has a great deal of the details of your personality shell involved and this is something that we may perhaps share with you in helping you to understand what is occurring within you. For you are dropping away and letting go of more than you are aware, perhaps, within the surface consciousness. Again, this is not only an excellent process for you personally, this is a process that, in its very proceeding with you, aids the planetary energies and the planet itself in coming into a new awareness of itself, its evolving consciousness. For you are not an island of self in the temple of the open heart. You are more and more a part of the ocean that in its illimitable and infinite way, expresses and contains all that there is.

You have within you and surrounding you many helpers. Some of these helpers are internal to your own guidance system. Some of these helpers have been drawn to you because of the work that you are doing in consciousness and because of the service that you offer to those about you as you do your work in energy for others and with others. And again, although all of these entities, energies and essences are fully aware of your thoughts, yet still, in order to smooth and make more flowing the relationships involved in this web of love that surrounds you and helps you, it is well within yourself to be clear as to your intention as you enter into your tuning process, as you enter into what challenging that you may do in the process of your work and as you, in brief, attend to the various details of your inner processes. These need to be intimate to you and private and we would only encourage you to respect and honor your feelings, your hunches, every tingle of sensing that you have regardless of how incorrect and seemingly ungrounded these feelings are. Know within yourself and

trust that each of these feelings is given to you in order that you may attend to every nuance and clean every speck of impurity from any edge that you may vaguely suspect may be there.

You see, my sister, the work that you are doing attracts entities that are not lovely and that hunger not to enjoy or support your light but rather to remove you from the light, or, if that is found impossible to do, to dim that light by the forces of doubt and fear. It is not necessary to guard against such energies. When such energies seem to enter into a transaction that you experience within consciousness it is enough simply to say, "You may listen but you may not join the circle; you may hear, but you may not cross the line and enter into this sacred space." It is enough to bless and to send love and to release any fear. It is not necessary to storm into self-defensive action or to call upon names of power. For you are, in your integrity, one who has those names and those powers in a certain, very appropriate, configuration around you. This has been done not by your design but by the design of what this instrument calls spirit. Much is prepared for one who has done the kind of work that you have done. And this is not true simply for you, for as you have experienced in your incarnation, there are many entities who walk the planetary surface at this time who have done tremendous work in consciousness, who have found their essential self. And you are not dismayed by the size and the power that that essential self carries but wish only to find the right use of that power, and right way of service, and to this you offer every iota of energy that has been gathered from the temple of the larger self.

Your query as to how to bring more of that greater "I" into the ordinary life is that with which this instrument is enormously focused upon in her own process, so we find a very rich ground for speaking to you. And yet, at the same time, because of issues with this instrument's own free will, we must walk a careful line in order that we not interfere with this instrument's own process.

Let us talk a bit about how we see this situation that you describe, of attempting to bring into the ordinary life the expanded thoughts (inaudible). This instrument often speaks of the self as a crystal being and of the energy field of the self as a crystalline energy, the kind of crystal that is used in radio transmission (inaudible). The energy body interpenetrates the physical body. It is inseparable from the physical body within incarnation and it is carefully designed to be so. The silver cord, as this instrument has learned to call it, is that time/space or metaphysical link that nevertheless has its tendrils within the connection between the yellow-ray chakra and the green-ray chakra, or the energy level upon which the ordinary life is lived and the energy of the open heart. There is in this crystalline [chakra-body] energy form a very specific, shall we say, spine upon which the chakras wrap the self and within which they are in dynamic association, one with another. The first triangle of energies is the red-ray chakra, the orange-ray chakra, and the yellow-ray chakra. In this instrument's system those energies have to do with survival, with personal relationships, and then with the groups with which one works in the physical incarnation. The fourth chakra, the green-ray chakra, is known to her as the heart chakra and we would say, in this instance, that it is important to realize that there is between the yellow-ray chakra and the green-ray chakra what we are showing to this instrument as a right angle turn. But it is a right angle into time/space from space/time. It is impossible to describe or to draw in

any physical form that this instrument is aware of or that we can give through this instrument.

Nevertheless, call it a jog, if you will, in the path. In order to turn the corner into the open heart, there is this matter of the lions that guard the gate to the temple. There is the path to be envisioned, whether it is a set of steps, or any other figure that helps you personally to move through this process. There is a genuine turning to the One and it cannot be done lightly or casually. Further, it is as if you were announcing to the inner planes through which this time/space portal passes that you have become a magical being. You take on the greater identity, the "I" that is all that there is or, in this instrument's way of saying it, the Christ Consciousness. You take on the energies of unconditional love and in this configuration you represent a point which spreads to enclose your self and, if you are working with another, the entity with whom you are doing energy work. This other entity also then dwells within the sacred space that you have created and in this environment, that entity has the opportunity to make choices. It is as though you were the point within a pyramid at which health can be preserved or things can be transformed, that point at which healing takes place, at which growth may take place if chosen.

In the usual form of magical work, such a personality change is taken quite consciously and at the end of a magical work, that personality is put away with equal care and equally in a conscious manner. Some entities actually use a physical object to remind themselves of the change in their consciousness. Some use a crystal which they place upon their breast before work and which they take from their breast after work. Some use a ring and place the ring which has been dedicated from its origins to this work on their finger before a magical working, removing it after the working.

Now what you are talking about doing in bringing more and more of this greater "I" into the ordinary life is maintaining a magical personality and we, while having no trouble saying that you are capable of this at times and on some levels, would like to engage your own creative process so that you yourself are more and more capable of assessing your abilities to maintain within the ordinary bicker and baffle of life lived in the ordinary, everyday way, a magical personality. There are times when you are perfectly capable of doing this, my sister. There are times when it is wisest of you to leave the magical personality aside, very consciously and very deliberately, knowing that there are stresses and biases within your pattern at this time that would suggest that it would not be appropriate to take that job into time/space, or to ask the lions at the gate to allow you through into the heart of your being.

It is a matter of judgment. It is in some ways exactly the opposite of what you would prefer to do to be assessing, in a rational and linear manner, your situation, your energies, and the true state of your heart at a particular time. And yet we would ask you to do this in order to protect your soul's health and the integrity of your energy body as well as, in a more gross and physical way, protecting your physical body from the stresses that might come from disregarding graininess in the texture of your own spirit at a particular time so that you are asking your heart to stay open and asking that Christ Consciousness, or that awareness of all that is, to attempt to penetrate through the cracks and crevices of an ordinary life that is perhaps off-kilter.

There is a good deal of imperfection that is perfectly allowable, for are not all entities within third density, by the very definition of such beings, imperfect? It is not the imperfections that can harm you, but rather the carelessness with yourself that could come around again and bite you for as you are too eager to move ahead, then so that eagerness has that side-effect that you may see in gazing at an immature entity who tries to do too much. There is the possibility of burn-out. There is the possibility of banging the knees and thumping the thumbs and the elbows and the head against various crags and rocks and stones along the path in ways that we cannot describe through this instrument.

What we are saying to you is that, to the extent that you are able, allow a sense of your own situation to form up before you experiment with bringing the magical personality into everyday life. And when you sense, in the process of doing that, that that magical self is in any strain or stress, then we would ask of you that you remove the crystal from your breast, that you take the ring from your hand, that you do, in other words, whatever it is that you have agreed with yourself to do to signal to yourself and to the lions at the gate that you are now leaving the building.

My sister, this instrument is smiling because she is aware that we were using one of her favorite phrases, "Elvis has now left the building." In a way, that is what we are asking you to do: to see the Christ Consciousness that is within you as what it is. It is your true self but it is a stranger in strange land within ordinary life and to bring it through it is necessary for you to have a foot firmly planted in both worlds. That kind of balance comes and goes in the best as well as the worst of seekers.

This instrument has a habit when she is tuning of consulting the archangels which she associates with the elements of earth, air, wind and fire, calling forth before her, Raphael and the gifts of air; behind her, Gabriel and the gifts of water; on her right hand, Michael and the gifts of fire; and on her left hand, Auriel, and the gifts of earth. We might suggest to you that your experiment with calling these entities before you begin an experiment in toggling between the magical personality and everyday life and attempting to join them. Attempt, shall we say, to sense into what expression is on their faces, how their robes may catch the wind and what their hands are doing. See how they are relating to you. What is their posture? Are they sitting? Are they at rest? Are they excited? What do they hold in their hands to warn, to encourage, or to support?

Such figures as this, through repetition of use, can begin to yield to you a wealth of information which is coded to you personally. This forms up over time, as many things do in spiritual work. It may be that there are repetitions that you must go through where you receive absolutely nothing. But we might suggest that you work with this figure over a period of at least a month, once a day, to develop it as a resource for you if it is indeed going to work out to be one for you, as it has for this instrument. If it does not resonate to you to bring this very specific and encircling elemental energy about you in this way, then we would suggest doing some reading for yourself in the general subject matter of western ritual magic or as this instrument calls it, white magic, looking at the figure of the tree of life, looking at the figures of those energies such as the archangels that have been used by many faithful servants of the light for many centuries. The point is not to get into another person's system. The

point is to access systems that have been worked upon by pure and loving spirits over long periods of time so that in working with these figures or tropes or structures, you are allying yourself with or following in the path of those who have done work in consciousness before you, smoothing the way, moving stones out of your way, and creating a sustaining and underlying energy that helps you keep your balance in finding your own very personal way.

It is a rightful and appropriate thing for you to do, to live more and more in expanded consciousness. And indeed, part of what this instrument has been attempting to do for many years has been exactly this: to stand, not just in the dust of the ordinary, but to know that dust for the sparkling, glorious, crystalline energy world that it also is. All things are sacred. All motes of matter are alive and full of spirit. And why should you not, in your consciousness, unite the densities and harmonize the sacred and the seemingly non-sacred so that the ordinary is illuminated from within and all things become a temple? We salute you for the attempt and we wish you to understand fully that you have succeeded by desiring to do this thing.

Earlier this instrument was listening to an album of music that had been created by an enthusiast of the Law of One material. And the one known as Carla and the one known as Jim we were reading together the liner notes for this album. In it, the author, the one known as L, was writing a memory that she had of her grandmother. Her grandmother's advice, she said, was never to be discouraged if you were a political activist, no matter how impossible your goals seemed, or how much of a failure you were at achieving them within the world. For the sheer effort of standing for the truth, for justice, and for the light, was the absolute success of activism. By desiring to bring together the temple that lies within the open heart and the outside world, you have succeeded already in combining them. What we are asking you to do is take a care for your own self in its surface aspects, in its shallower nature ...

(Side one of tape ends.)

(Carla channeling)

... so that you bring along the mundane, not as a free-loader hitching a ride on the back of the wagon, but as an honored and respected passenger. The tendency can be, for spiritually powerful entities, to think less of the physical and the mundane and to think more of that greater consciousness within. And yet the glory of third density is the combination of the two.

Each within this circle at this time is a crystal. It is receiving the infinite love and light of the one infinite Creator and it is transmitting that signal onward. Does it transmit it with its full integrity? Does it transmit it with an added blessing? These are questions each must ask the self. You cannot help transmitting the love and the light of the one Creator. But how it is colored is entirely the result of the configuration of energies in that energy body and the connections between the energy body and the physical body. Consequently, each seeker is as a unique kind of flower: the colors, the shapes of its opening, the bloom, the way that it reacts and responds to the sunlight and the rain of spirit, are unique to each. No two selves have the same beauty. Each is a perfect and unique treasure. And we wish for you to see yourself in just that way and to embrace all of these parts of self, not only in those moments when you can see perfectly well that all is one and all is perfect, but also in those times when you are most fragmented and least aware of the truth

of the wholeness and perfection of your being. Value the self in those times of seeming chaos with precisely the same energy and enthusiasm that you have when you feel and know that all is well and all is one. The truth, my sister, is very simple. You are already, in terms of time/space, combining the greater "I" and the mundane "I." However, as we said before, the challenge involved in living this truth is in evaluating your energies so that when you are weary, you rest; when you are ragged emotionally, you lay down the burden of your knowledge of who you are, and you allow yourself to crawl into the lap of the one infinite Creator, to curl up in that lap, and to go to sleep being rocked by one who loves you more than you could ever know. Let comfort wash over you and let yourself take when you need to take. It is extremely well that you find those times when you have hunger and you have thirst and you have need and to ask for that food, for that drink, for that answer, knowing, beyond a shadow of a doubt, that you are worthy and that all is being attended to.

At this time, although we have not addressed many of the nuances in your excellent series of question you began with, we feel that we have used that initial energy and in sufficient measure that we would stop and ask if there are additional questions or if you would like to take other directions in what remains of this session of working. We are those of Q'uo.

A: Okay, if I've read what you said correctly, you are saying that I need to relax into the process that is ongoing rather than worry about the process. Is that correct?

We are those of Q'uo, and are aware of your query, my sister. We believe that you have it quite well in hand. That is exactly what we are encouraging within you. It is a relaxation into the process that is ongoing. You have sharpened your will and you have made it single-pointed. This is something that is very often a difficulty for entities but this is that which you have done. This has made it possible for you to penetrate. You have also focused your faith and again, this has allowed you to broaden and to deepen your work. Consequently, with faith and will in hand, and with a dedication that is complete, the work of outer things may rest. What remains is an incarnation bursting with possibilities. The shape of the rest of your incarnation is not known to us. It is not known to us how those things trembling into being shall form themselves. It is only known to us that this process goes well for you and that you may indeed relax into it and enjoy it.

May we answer you further, my sister?

A: Yes. I feel a caution, not to be like one of those who are not wanting to move forward. I want to be maybe more discerning as to whether there is within my personality complex that which doesn't get enough consideration, that which we might call a shadow?

We are those of Q'uo, and are aware of your query, my sister. Let us look at this query, for it is an interesting one. What is an entity that doesn't "get it" but a mirroring or projection of the part of the self that doesn't get it? What is any entity out there that seems to represent those who cannot come forward into the light but a portion of the self? So, indeed, it could be said in a surface way that indeed there is a portion of the self that does not give enough respect to the shadow. However, we would not choose to frame it in that structure for the simple reason, yet not so simple, that we sense within you a full awareness of and respect for the shadow, however it may be described or however it may be perceived. We do not sense within you

an uneasy relationship with the wolf within, with that which can bite or kill or steal or be in any way the shadow self. Rather, we sense within you a love that is human and that wishes to embrace and heal. However, in many portions of those selves that present themselves to you, not for healing but simply as selves, there is within them the unreadiness to accept healing, the unwillingness to sustain growth. And consequently, that great love and embrace that you feel is that which is unwelcome on levels beyond the possibility of others to address. For they know not that they have any resistance to healing and growth. Consequently, it is a matter of being able to respect and make allowances for entities that are other than ready to embrace their own light. Let them be as they are and know that for them that which they are projecting into your consciousness, as biased as it seems, is the best they can do, and is all that they can do. They are at the limit of their abilities at this time. So the reaction towards them at this time is still love and is still an embrace but it is an embrace that allows them to be as they are and with no judgment or thoughts of the future but with the awareness that they are precisely (inaudible) [as they need to be.]

May we answer you further, my sister?

A: No, I think I understand that. I would ask about my upcoming trip to Egypt with David Wilcock ... Is there anything that I could do to further my receptivity in that time?

We are those of Q'uo, and are aware of your query, my sister. We would simply say to you that we would encourage you to move serenely, to listen well, and to know that these energies too are those that are guarded by those who love you and who wish to help you to serve humankind and the Creator. Again, the secret in service is not to reach, not to withhold, but to move in serenity, in peace, and within your own integrity at all times.

May we answer you further, my sister?

(No further queries.)

We find that the energy for this session is beginning to wane and if you have one last question we would be glad to entertain it at this time before we leave this group and this instrument.

A: I think my last question would be, is there any specific protocol on crystalline notes that would help me further my work?

We are those of Q'uo, and are aware of your query my sister. We offer to this instrument the suggestion that she share with you that she herself has found comfort in using a tuning fork that is tuned to the "F" above middle "C," that she chose because it is, in some systems, the sound of the open heart. We would not wish to move any further than this into discussions of tonal work for the reason that we would be interfering with your own process. Nor do we feel that this is any more than a beginning for you, that perhaps if you launch yourself in some way in chanting or simply intoning that energy and, if you have such a tuning fork, balancing it actually on the heart chakra as you are doing the work, that perhaps it will lead you to your own discoveries and open your creative springs.

My sister, we cannot tell you how much pleasure we have found in working with your energies and the energies with each of those within this circle. We thank each and we leave each in the love and in the light of the one infinite Creator. Adonai. We are known to you as Q'uo.

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Special Meditation

March 4, 2005

Jim: (Reading S's question.) First of all, Q'uo, S would like to thank you for your service to her and to all of us on planet Earth at this time, a time when we are all in great need of assistance.

She would like some direction in her own path of seeking. She would like to polarize more positively and she would like some direction as to how she could do this more effectively. She would like you to speak to any blockages that you may have noticed within her mind/body/spirit complex and please give her direction on what she can do to unblock these blockages. She would also like some information on how she could balance love and wisdom in her own life. That is a big lesson for all of us and she would appreciate whatever you have to say in that regard.

(Carla channeling)

We are those known to you as the principle of the Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are. We thank the one known as S this day for calling us to this circle of seeking. We feel most privileged and honored to be allowed to share our thoughts with you and with this circle of seeking. And we would ask of you that which we always ask with any circle to which we offer thoughts, and that, my sister, is that you use your discrimination in listening to what we have to say. We may be right on target with some of our thoughts and with other thoughts we may miss completely. We need for you to know your own heart and your own needs to the point where, if something does not make sense to you or if it grates in any way, you lay it aside without a second thought.

This discrimination will enable us to speak freely without abridging the free will of yourself or in any way encroaching upon the sanctity of your process. With this understood, we are satisfied that we are in a good position to be able to speak with you and we thank you for your consideration.

You have asked this day about how to advance and refine your polarization so as to achieve a vibration that is consistent with the fourth density rather than the third density of existence as you know it and about how you can better balance yourself in each chakra of your energy body in order better to create the proper environment for this polarizing work in consciousness. You also asked about the relationship between love and wisdom and how that dynamic works and how it can be balanced, which we feel will probably take care of itself as we address the first two questions, but we shall revisit that before we open the meeting to further questions. We thank you for these questions. They are excellent and we simply hope that we may have some material that will serve as a resource for you on this great seeking that you express at this time.

Polarization is a matter of choice and of repeated choice and we find in gazing at your energy that you grasp this basic fact very well and that you have been working on the basic choice of service to others or service to self and not for a short length of time but for some time within your incarnation. The subtleties of choice, especially the



repetitions of choice, are sometimes more of a challenge than others. Some choices seem very obvious: whether to respond in anger to anger or whether to respond in love. That is an obvious choice. Yet let us examine this example for subtlety and nuance. When someone speaks with you in a way that feels angry or hostile or jangling to you, certainly your first impulse is to, as this instrument would say, clean up your act as far as the response is concerned. And may we say that we feel that you do a fairly good job for the most part in your responses. Of course, one could find ways to criticize the self. But 95% of the time, shall we say, your basic work in this area is sound and we congratulate you on the kind of full-body effort that you are making to be a gentle spirit, one who does return love, who does not ask to be loved but rather seeks to love. This is the heart of the polarization for fourth-density graduation.

When someone does express negative emotion to you, however, there is more information there than the simple hostility. There is truth. It is the kind of truth that you see in a hall of mirrors at the midway of a carnival. There are no mirrors that show you a true image in such a hall of mirrors. Every mirror is crazed. Some create a tall and slender S, others create a short and fat S. Some warp you to the right and some warp you to the left. Some make wavy lines throughout your entire image so that your eyes and your nose and your mouth do not match up and your neck is at one side and your torso at another and your leg off on the other side again. How can these images be helpful? That is the question that we ask you. How can the crazed and incorrect images of negative emotion directed towards you be helpful?

It is a brave and a stalwart soul who is willing to look into that question; to look into the nuances and the subtleties of other entities with whom you have crossed paths and whose reaction to you is, in fact, a projection of their own process. And may we say that in every situation, no matter how much distortion that there is in that entity's reaction to you and in that hostility that is unfair and unjust, nevertheless there lies material to be mined in the quiet of one's own thoughts all the time. For each and every image of you that appears to you is pregnant with information. Perhaps some of this information drags you where you would rather not go, into the shadow side of self that brings before you material that is painful. The injustice and unfairness of such images of the self that they project, from another whose reactions to you are negative, is seemingly completely incorrect. Yet in that moment of interpenetration of the two energy bodies there is sacredness if you are willing to accept the challenge of sitting in sacred space with such unhappy and unjust colors, shapes and images.

There is an honor to be done to those who are unjust to you, who do not understand you and who cannot see who you really are. To honor and to mine this information that you have been given is often a challenge which you need to meet only through a process of time, revisiting the thoughts that were shared, the feelings that you felt upon receiving these unjustly offered thoughts and so forth. The process is not bound by your awareness of consensus-reality time. You can revisit this moment a year from now and it will still be as fresh and real as it was when it occurred. So if you do not do this immediately, feeling the pain, being unable to go further with this material at the present time, that is perfectly and wholly acceptable. There is no time limit on work in consciousness.

Sometimes it may help in this regard for you to keep a little journal

and to write down those things you feel you cannot process at a certain moment. You may find that there is a pattern to this, that certain relationships are almost entirely beyond your ability to process in the present tense, as we think of those things, shall we say, in your consensus reality, in space/time. Nevertheless it helps sometimes to note down what you can about this material, to write down how you felt, note simply what was said, or how unjust or just it might be. This is not necessary for you to do. What is helpful is simply to mark the moment and to note especially everything you can remember about your initial reaction.

What is this initial reaction? Let us say that it is an entry into an underground river or stream of emotion, for you never feel emotion alone. It is not your emotion. Rather, it is a part of the color and brilliance of a system of subconscious, shall we say, waterways that begin with streams of emotion that are very small, that perhaps few people experience. They are highly colored and highly biased and may have to do only with you and another person and perhaps three or four dozen other entities on the face of your planet who have experienced just exactly that combination of emotions that creates this crystalline moment with its biases, distortions, color and beauty.

You are a crystal being and everything you feel has its truth. You are always worthy to feel what you feel. There is never such a thing as an unworthy emotion. Everything, from seemingly black to seemingly blatant white in polarity, is acceptable to the one infinite Creator.

Your job is to see and know the truth of yourself. When you feel these emotions you may feel they are unworthy but they are not. They are your truth and in feeling this emotion you have entered into what this instrument calls the archetypal mind.

Within the archetypal mind there is a very rich, detailed and broad spectrum of waterways, shall we say, emotionally coming from the most biased and the most colored and the most unique to you, moving slowly down into larger waterways which you come into as you purify these emotions, as you find distortion and bias and see into that distortion and bias. Over time, through realization and other work in consciousness which is more deliberate and less spontaneous, you begin to purify and refine the sensing system of your energy body so that when you feel the next emotion, even if it is exactly that emotion that was yours the last time that you felt it in connection with this relationship that is ongoing, say, yet you begin to enter into a larger waterway [than that] in which you are in the company only of those few entities who have your biases and have run into an entity and interacted and that entity has reacted in the same way.

You begin, as you refine your own system of energy and the corresponding emotional capacity of that crystalline being that you are, to enter into the system of archetypal mind in such a way that you are in a larger company, with more people who have done more work, just as you have done more work. What you are aiming for here is not to remove emotions but to refine and purify emotions. You are looking for a deeper and deeper truth about yourself. Now, just as all water systems do, when the stream becomes a creek and the creek becomes a river, the river widens and develops energy and power and finally it reaches the ocean. The ocean of the archetypal consciousness is unconditional love. You cannot rush or hurry the sail that you are on. You can mend your sails on your boat; you can correct and re-correct your readings of the stars; you can check your rudder for strength, but you must sail as the truth of your being is ready to sail.

Penetrating too quickly into the water system and especially into the ocean of the archetypal mind is dangerous for you. It may swamp your boat. And it will certainly land you in a world of confusion that you cannot sort out by yourself. So as you do this work of attempting to increase your polarization, we encourage you to respect and honor every truth that each emotion offers to you, noting it down. And if you cannot handle working with it at this time, yet still honor and respect your truth, your color, and your brilliance.

Now let us look further at the way in which one polarizes. Let us step back from the question of polarization and look at the energy body with which you are working. For simplification and convenience, that energy body may be thought to consist of the various chakras. And this instrument is aware of a system in which the chakras are as the colors of the rainbow: red, orange, yellow, blue, green, indigo and violet, with the white chakra, shall we say, hovering just at the top of that energy body as a crown. The first three chakras—red, orange and yellow—are the chakras which we would suggest it is helpful to visit every day, asking yourself in meditation, "What are my issues with survival? What are my issues with personal relationships with myself and with those about me? And what are my issues with the groups which I have decided to join as a human being in consensus reality?" These three categories are the categories of the red, orange and yellow energies.

Every human being living through incarnation upon planet Earth has biases and distortions in those three chakras that need to be gazed at in peace, serenity and lack of judgment each day, not with a view to kicking out the unwanted emotions or the unwanted distortions, but with a humble and open-handed prayer to be given guidance. Ask for balance. Ask for your guidance system to find ways to show you how to better balance your fears about survival, your concerns regarding relationships, and your puzzlement concerning the feelings, requests and requirements of the various groups into which you have chosen to come. They may be those relationships of the birth family or the marriage family. They may be work-related. But each group has its own biases and its own distortions and these are not necessarily a part of your own process. Yet they can pull you and push you and affect the way you perceive yourself and your process.

We encourage you to do this work patiently and with a sense of humor, and, most of all, completely without self-judgment. The object here is not to judge the self or to decide how to better the self. The object is to come into an awareness of where you are today.

The reason that we so strenuously encourage this work is that where you want to go in the next chakra requires that these three chakras, the basic chakras, be in sufficient balance that the infinite supply of unconditional love and energy for life coming into your energy system from the root chakra or red-ray chakra can move upwards without significant blockage. We do not say without distortion but without significant blockage into the heart. If you cannot clear the lower chakras enough that you are getting a good supply of the infinite love and light of the one Creator into the heart chakra, then this is where you need to stop for the moment. It is important for you to be able to rest in the sacred space of your own open heart and to know yourself there before you can really do work in consciousness with any confidence that you will not harm yourself or confuse yourself more than you clarify things for yourself. As we have said many times through this instrument, there are what this instrument calls "lions

at the gate" guarding your entry into your own heart. Listen to those lions and find the patience with yourself to do the work that it takes to make entry into your heart in such a way that the lions not only allow you to pass, but give you the feeling that they are now guarding your back.

Then take a few moments to rest in the consciousness of yourself in its larger sense. For you have, when you pass the first three chakras and move into the heart, moved from the outer personality into the inner truth, from space/time into time/space and from judgment into redemption or forgiveness. For you have become a larger you. The "I" that is the first person singular of you is significantly changed in the atmosphere and the sanctity of the open heart. When you feel that you are beginning to vibrate with unconditional love, you have then achieved that expanded awareness of the truth of who you are. Resting, then, in this truth, it is now safe for you to do your work in consciousness.

Your first work in consciousness is to come into open communication with yourself. You have put judgment away. That is not part of your personality any more. You have put doubt away. You are dwelling as a citizen of eternity. Your possibilities have become infinite. The world has dropped away in terms of consensus reality and you are living at this moment, doing this work in time/space and in the company of all who have gone before you, living a life in faith, dwelling in the sacred temple of the open heart. Here you are never alone. The Creator Itself holds you in an embrace that is nearer to you than your breathing, closer to you than your body. If you need to—and it is sometimes necessary to realize that this is all you need and all you can bear—crawl into the lap of that great entity that is the Creator, however you may see this entity—mother, father, great principle. Crawl into this loving lap and rest. Do no more than that if this is what you need. Let angels surround you. Let the love that is completely unconditional, that created you and sustains you, now rock you and sing to you and sleep the sleep of one who is loved as a child is loved by its mother.

If, on the other hand, you dwell in that temple and are ready for more, then by all means move into those energies you wish to explore. If you feel that you have explored the blue-ray energy of open communication thoroughly and you are ready to move into work in consciousness, then you may work at visualization, meditation, contemplation or any other roads that you seem called at that one moment of work to begin to walk along. There are many paths. They do all lead to the Creator. You cannot take an incorrect path in thought or in meditation or in practice. And you need to move by feelings, by that resonance that tells you when you are on the right track. The blockages that you have spoken of are those within your energy body that would narrow the inrush area of the incoming energy of the one infinite Creator.

Now picture with us, if you will, the image of this metaphysical body that is interpenetrating your physical body. There are two sources of the love and the light of the one infinite Creator. One is universal. It moves from the base chakra upwards. The other source is much more focused and pointed. It is the result of the work in consciousness that you have previously done and that exact point at which you are now entering, doing this work at this moment. And this is experienced as coming down through the crown chakra into the violet ray. It moves from the violet ray according to the ways of your energy body. It will

not harm you, and if it cannot move further than the violet ray, it will remain there and it will not pull the energy upward. However, when you have achieved an entrance into the open heart and are seated, shall we say, that is, physically speaking, in the green ray, in that temple of the heart, then your hands are empty and you are seeking. Then that universal energy may be pulled upward to where the intelligent direction of your guidance system would cause it to go and your guidance system's energy, coming down from above, will meet your universal energy at that point. This is work that cannot be thought out or done on purpose. Rather it is a matter of trusting your process and offering your prayer with empty hands, not saying "Lord, I need this; Lord, I need that," but saying, "I come to you seeking the truth of myself. Show me that which you have to offer me this day. Help me to be a part of the creative or godhead system. Give me my daily bread. Give me that which I may work with and learn from just for today." And then allow silence and faith to rest with you as you sit in the temple of your own heart.

Many things may come to you as you sit and rest. Again, take them in without judgment; without reservation. Repeat the process as often as you can, daily if possible, and over time you will begin to see why it is called a spiritual process.

My sister, you are asking for the hardest work imaginable within third density. It is work which the physical body literally cannot bear without help. That is why we so greatly encourage the clearing of the first three chakras before doing work in consciousness. You do not want to sublimate these basic red-yellow-orange issues in order to get at work in consciousness. No matter how boring or less than exciting it may seem to do the clearing work necessary before opening the heart, this is what protects your physical body and maintains it for you so that work in consciousness will not create a serious mismatch between third-density issues and fourth-density learning. You need, therefore, gently and patiently to bring that physical body into balance and bring the three chakras having to do with the physical body into more and more clarity. It is a matter of knowing who you are on so many levels.

And you shall not come to a place where you will know everything there is to know about your physical body or your physical energy body. New information will come to you every day. New situations will change your tuning in red ray or yellow ray or orange ray every day. So you cannot simply do the work and then move on. It is repetitive, daily work. You already have an absolute and overwhelming love for how it feels to be in the open heart. And a great deal of your service in this incarnation has been done from an open heart. Yet we ask you, my sister, "What have you left behind in your rush to open the heart, and what do you need to collect lovingly and patiently so that when you move into your heart you bring all of yourself?"

Let us look at the figure of the redemptive Jesus, for the one known as Jesus, as you have told this instrument previously, is very dear to you. Therefore, we will use this particular teacher and what this teacher has to say about the open heart in looking at your situation. The Creator requests of you that you take up your cross and follow the one known as Jesus. We are not speaking literally or dogmatically here, but we are using an image and a figure or a structure, if you will, which many people of faith have been able to use well. What is it to take up one's cross but to honor your suffering, to know it and not to turn away from it or to avoid it but take it upon yourself. It

is said, "For his yoke is easy and his burden is light." [1] What makes this yoke easy? What makes this burden light?

The one known as Jesus said, "When you see me you do not see me but you see the Father who sent me." [2] Can you see how that illuminates the challenge to take up your cross and follow? You are not following an entity known as Jesus. You are following the one the Father sent to do His will. You are following an entity that was described by the one known as Jesus over and over again in ways that would indicate that this entity wished, when you said the name "Jesus," not to think of a personal consciousness but to think of unconditional love. And this entity put itself on a cross to express what unconditional love is. This entity expressed it literally as the giving without expectation of return. And in that unconditional giving lies the key to the entry into fourth density.

So the one known as Jesus as a teacher was saying to you, "Love is the way; love is the truth and love is the life." [3] Thusly we say to you, as you focus yourself into work in consciousness, "Know who you are." And in a way you are your pain. If you may see that you need to carry that cross into the sacred space of your own heart, you do not need to get rid of that pain. You need to honor that pain. And as you collect it into yourself, you are collecting all the darkness within you so that no shadow remains of which you would say, "That is not part of me." You wish to collect all of yourself into the sacred space and then you wish to follow the ways of unconditional love in that sacred space.

And how do you follow love but to trust it and to know that it is the truth of you? It is your larger consciousness and if you cannot yet feel every iota of that unconditional love then you should be patient and you should ask and you should await, in utter faith, the realization that is to come.

This instrument is instructing us that we must wind up our main question, and so we would simply once again touch upon your question concerning the balance between love and wisdom. And here, my sister, we would say to you that you have challenged yourself within this incarnation with this balance between love and wisdom. And why would you challenge yourself? It is not because you do not have enough of either, but because you may have an overbalance towards love. And in that regard we would ask you, when doing work in consciousness, to visit the blockages within those first three chakras, asking yourself the question, "Am I worthy?"

The open heart knows the answer to that question, but when you are doing work in consciousness you are the Creator and so you have a great deal of capacity both to learn and to delude yourself.

Therefore, examine the love you have for yourself and the redemption that you know that you possess. And wherever you find yourself unredeemed by your own self, wherever you find yourself judged by yourself, we ask you to move to the foot of the cross and look up into the eyes of the one known as Jesus. We remind you of the stress of this entity upon the cross as he hung between two thieves and murderers. We remind you that one thief asked the one known as Jesus, "Master, when you get to Paradise, will you think of me?" The one known as Jesus said, "This day you are with me in Paradise."

Your redemption is absolute. It is not time-bound. It is not local. It has nothing to do with how imperfect you are. It has to do with the fact that you too are part of the Creator.

We thank you, my sister, for these beautiful questions and for the

delight it has been for us to share our thoughts with you on them and would ask at this time if there are follow-up questions that you would like to ask? We are those of Q'uo.

S: No. There is a great deal here for me to ponder, digest and work upon and use. And until I do that, I won't have any further questions. I need to think a great deal and work with it. And I thank you so, so very much for all that you are doing for us. This is a difficult time right now and I cannot express how much it means, the love and the care and the help that you give us.

(Carla channeling)

We are those of Q'uo, and, my sister, we thank you too and would express our humility in the face of the beauty that you offer to us. We thank each of those within this circle for the beauty of their being and for their willingness to stop and yield moments of their precious time in order that they may come to the circle of seeking and seek that truth. We seek it with you, my sister, and we simply leave you and this circle in the love and in the light of the one infinite Creator. We rejoice. We are at peace and we rest in all that there is. We are those known to you as the principle of the Q'uo. Adonai. Adonai.

[1] Holy Bible: Matthew 11:28-30: "Come to me, all you who labor and are heavy-laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

[2] This saying is in several forms throughout the Gospels. Here is one version from John 10:25-29: "The works that I do in my Father's name, they bear witness to me; but you do not believe, because you do not belong to my sheep. My sheep hear my voice, and I know them, and they follow me; and I give them eternal life, and they shall never perish, and no one shall snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. I and the Father are one."

[3] Holy Bible: John 14:1-6: "Let not your hearts be troubled; believe in God, believe also in me. In my Father's house are many rooms; if it were not so, would I have told you that I go to prepare a place for you? And, when I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way where I am going.' Thomas said to him, 'Lord, we do not know where you are going; how can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life; no one comes to the Father but by me.'"

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Sunday Meditation

April 17, 2005

Group question: Today we are going to take potluck.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we

come to you this day. May we say what a privilege and a blessing it is for us to join your circle of seeking. We thank each of you for taking that precious commodity of time and using it to form this circle, to make use of the sacred space of this place and this time and the combined energies of all of you, where you have created a temple of light. And into this temple we pray that all of our thoughts may combine to form an offering and an honestation to the one infinite Creator.

It is a privilege to respond to your question and, as we always do, we would ask that each of you be very careful in listening to what we have to say, being very ready to reject anything that does not ring true to you, for we would not be a stumbling block before you or interfere with your process in any way. Your free will is very precious to us and if you will take responsibility for discriminating between those things that ring true to you and resonate to you and those things which do not, we will feel much more free to express ourselves without worrying that we have infringed upon your free will. For we are no authority, but only seekers such as are you.

(Pause)

We paused so that this instrument could rearrange her microphone system. We felt that it would be on her mind throughout the session if she did not do that and so we appreciate your pausing with us.

We have little to say but we would say a bit before we ask for the first query. First of all, this instrument was concerned earlier because the one known as Hatonn, which is part of our group, had expressed itself in that she had caught the quality of the word, "Hatonn" [when challenging], and we would express that there is within this group the calling for unconditional love in its purity and that is the service which the one known as Hatonn so joyfully provides. We would at this time pause that the one known as Hatonn may express its nature in the silence between all of you and ourselves.

(Pause)

We are those of Q'uo, and are again with this instrument. May we say that the one known as Hatonn expresses that which is truly unconditional. It is pure presence. This instrument often prays, "Be present, be present." And yet, love is always present. It is your minds which are distracted from that presence. That presence is the heart of who you are and we hope that you will stoke up on those energies as you rest in unconditional love. For truly the days are here for each of you to experience incredible waves of energy. Some of the energy is what this instrument would call the highest and best and it enlivens and energizes you. Others of the waves of energy are those which are shrinking from the light and the love of the one infinite Creator, energies that are fleeing from the lucidity and the clarity of these times that are among you now. The new heaven and the new earth lives upon the planet Earth. It is being born, more and more. And so there are retroactive energies that are shrinking away from this clearer and brighter light, shall we say, not very accurately. When these waves of energy hit you it will feel to you as if all things are resisting and are failing. We ask you to know that this is baffled and confused energy that does not tell you the truth, for you are succeeding. You are thriving. You are growing. And in that growth, things must fall away so that new things can emerge. We can only say to you: let it flow through you, let it fall away as it will; cling not and do not reach, but be. And allow the energies that are yours to come to you. Your desire is honed, your focus is becoming more and



more clear. Trust yourself. Trust the system of guidance that surrounds you. Trust the Earth beneath your feet which is learning little by little to trust you. You are becoming creatures of love involved in a loving environment, and from the earth to the sky, from the East to the West, and the North to the South, your planet is coming alive with love. Can you hear it in the politics of the day?

Only if you listen carefully and with selective ears.

Know then that this which is unseen has a power and that you are part of the web of love. Open yourself, therefore, to those energies of love that are awakening within you, more and more.

We would at this time ask if there is a query?

V: Thank you, Q'uo. We do have three queries from the Rangers. The first of them is: "What is the nature of that pairing between two beings who find in each other that love and wisdom that connects them `not for a day, a week, or even a year, but for all eternity'?"[1]

We are those of Q'uo, and are aware of your query, my brother. May we say that the nature of the energy betwixt two entities which have penetrated the veil of forgetting and have become able to experience each other as true beings, shall we say, as souls, is that energy which we would call selfhood. It is an awareness of unity. It normally comes wrapped in some clothing and that clothing tends to be partially that of sexuality and partially that of personality. The heart of a connection between two entities that have been able to form a bond that is eternal, however, is one of unity.

It is interesting to view the ways in which entities within third-density consensus reality are able to penetrate the masks or the costumes, shall we say, of appearance, personality and sexuality. Very often, it is the trigger of a sexual attraction or the attraction of intellect for intellect, or goodness for goodness, shall we say, heart for heart, that will trigger the opening of the space in which two entities may begin to create a unity between them.

When entities attempt to move from sexuality, shall we say, from the red-ray attraction, into a soul-to-soul relationship, there are boundaries which appear impossible to cross. For sexual relationships are based upon a self and an other-self and the connection between. When that dynamic remains as a central motif in a relationship, in its own way it delimits and describes the circumference of that particular relationship. And many are the couples that have been drawn together sexually and that express the chemical attraction of the polarity between those two entities for some time before finally discovering the country that lies beyond polarity.

Similarly, many triggered bondings have to do with the nature of the orange-ray chakra, shall we say, the chakra that has to do with subtler aspects of interpersonal relationships. And again, until the dynamics betwixt the personalities have to some extent been explored and released, the very thing that brought two entities together becomes that which limits that relationship.

And so it is as entities move upwards through the dimensions of relationship, exploring the aspects of relationship which have to do with becoming a family and then exploring the aspects of relationship which have to do with opening the heart to each other's humanness. There is almost always a delimiting factor involved in this opening of the heart. It would seem, once an entity has climbed up through the first three concerns of relationship into the open heart, that the way would be free and clear. And yet this is not so. When one at last enters that sacred precinct of the open heart and one rests together

in that place of clear light, one views in the other the beginnings of great knowledge. And with this great knowledge comes a great price. That price is the shadow of all that is true about one. When one is heart to heart, when at last [one] is exposed and the humanness of the self is undefended, not simply from the other self, for the other self is ready to love unconditionally, that other self becomes a mirror which then reflects back to you for the first time, so that you can see it yourself, the picture of your own shadow.

It is a great knowledge and you are as naked as Adam and Eve in the Garden of Eden, standing before the tree of the knowledge of good and evil. Are you good? Are you evil? No. You are human: you are all that is. This is a great crux in the development of an eternal friendship, shall we say. If you shrink from the mirror of your shadow in the open heart, you then are forced back, past the lions at the gate, out into those lesser fields, plains and meadows of the one infinite Creator in which play the dynamics of personality.

Once you have faced yourself squarely in the mirror of the other, sitting together in the lap of the Creator, surrounded with arms of love, tickled by the beard of the Almighty, blessed upon the breast of the Mother, loved at last for all that you are, then at last you are free to begin what is sometimes a lengthy process but a joyful one.

And that is the moving on from the open heart to the articulated heart. That is what this entity would describe as the energy of the blue ray or the throat chakra. Once you have begun the process of open communication with another, you find that miraculously that which used to divide you now begins to unite you. You find that the truth which seemed before to beat you down and to make you feel less now blesses and redeems and heals and clears the way for you to be.

Let us take a moment and look at that verb, to be. It is so underappreciated among your peoples! And yet this is what you came to do. You came to do something that has no doing to it, for being is more than anything else a matter of allowing yourself not to act but to express as an essence beyond thought, beyond deeds. What is the scent of a flower? What value can you say it has? It is beyond words. Can you see that? And can you see that the bouquet of your being is the most precious gift that you will ever have to give? It is your gift to the other, to the creation, and to the Creator. And what but the forces of great love can give you permission within third-density beingness to explore that essence of self?

So we would say that the nature of the quality of companionship that lasts not for a day or for a month or for a year but for eternity is that quality which has been formed in the fire of moving through tremendous amounts of dynamics: sexual, sensual, physical, emotional, mental, intellectual and finally into the area of the spiritual, into the area where two hearts can touch and become one, not because they are the same but because they are sparks of the same fire that are sharing with each other the incredible gift of their unique essence so that each is teaching each, each is healing each, and each fulfills the larger desire of each to become a flame of spirit.

Is there another query at this time?

V: Thank you Q'uo. The Rangers' next query asks, "In the higher densities, how does sexual attraction and companionship play out?"

We are those of Q'uo, and are aware of your query, my brother. There are some limits to that which we may say about this question but in general we would say that the sexuality which is so much a part of third-density entities has all of the aspects which higher densities'

sexual energy transfers contain. However, within third density, as we have said, there is the beginning of sexual attraction that rests within the second-density physical vehicle within which you enjoy moving about the Earth at this time. The expression of sexual energy within this animalistic body is simple. It is a natural function which is uncomplicated and which calls body to body, depending upon the dynamics of sexual polarity. This instrument has often described the basic sexual attraction as chemical, and we would agree that it is a matter of the chemistry between two entities. Within third-density acculturation, the simple chemical attraction between two entities within red ray becomes overlaid with expectations and culturally-oriented standards of attraction which work not according to the ways of the body but according to the ways of the mind. And you must realize that within third density, the body is the creature of the mind. So very often there is a substantial amount of fairly shallow and inauthentic attraction concerned with sexual expression within third density.

Now, within fourth density these layers of acculturation fall away. Fourth-density entities, as well as fifth and sixth-density entities, have physical vehicles of a type. Each higher density's physical vehicle is, shall we say, more refined in type yet there is a physicality to it. Consequently, the nature of the physical vehicle determines the entry level of sexual attraction. It is difficult for you, perhaps, to imagine a sexual attraction that is based on the truth of each entity as seen by each other entity. And yet we would ask you to imagine a creation in which all entities are attracted to all other entities based on the truth of their beings. Higher-density bodies are attracted to truth in the harmonics of the truth within themselves to which they have the most commonality and from which they have the most to learn. So there is still a bi-polar aspect to higher-density sex within fourth density, but it is the near pole of commonality and the far pole of a mutual desire to learn from each other the mysteries of the essence, the fragrance of the being of each other. It is sexuality and teach/learning.

Within fourth density, the casual sexual expression is not simply common but is as much a part of courtesy as shaking hands is within your density. It is as if when entities meet, they have sex. That is the way that you would describe it within your density. The potential difference between the two entities is expressed naturally and without any shame, removal of clothing, or the exchange of bodily fluids. It is an energy exchange. The children produced of this energy exchange are those opportunities for souls who wish to learn from the two entities which exchanged energy in such a way as to make an opportunity. The bodies are more refined. Sexuality does not have those physicalities of third density. And yet there is the possibility for enormous love. And when it is seen between two entities that there is this unique potential for teaching and learning together, a mating is formed.

So you see the processes of the energy body continue to be red, orange, yellow, green, blue and indigo. And relationships continue to be refined through the interactions of two entities who have joined together. Yet, the work is subtler and deeper and, in its own way, narrower. We who speak are those of fifth density and we carry the energies and the information of those within fourth density and within sixth density. In each density of those three, the physical bodies become more refined and in sixth density the bodies are what you would

call photons. You are moving from heavy chemical bodies to lighter energy bodies to bodies of a certain type of light to bodies of limitless light, shall we say. This is very inexact and while we apologize for the inexactness, we can only express that there is information that would infringe upon your free will involved in attempting to explain to a more precise degree the evolution of mind, body and spirit.

We would ask in general that you simply consider the direction to be that of the refinement of the energy exchange between two entities. Your entity-ness shall not change. You shall continue to be you. As you form relationships within higher densities, your opportunities for learning and service shall be lifted and refined. This is not a difference in kind, but only a difference in quality. You are on the track which you shall continue upon.

Of seventh density, we cannot speak, for we have not yet experienced the density that is drawn directly back into the Creator to create the next octave of experience. We stay within this heartbeat of the one infinite Creator.[2]

Is there another query at this time?

V: Yes, the Rangers' third query reads, "Of the worlds Q'uo evolved from, how did they typically enter into fourth-density service?

Namely, what cultures and sociological constructions did they move through on their way towards living in love?"

We are those of Q'uo, and are aware of your query, my sister. We find that we are up against the full stop of the Law of Free Will when it comes to describing experiences that are common to us, experiences which would pull you into a false place where you were hoping to be like us.

We would instead say a few words about the opportunities that lie before you at this time. For you are those with third-density bodies and fourth-density hearts—yearning with every fiber of your beings to live a fourth-density life, by fourth-density values, and with fourth-density qualities. The Earth does not hold you back, for the Earth is vibrating fourth density. Your own inner nature does not hold you back, for you hold within you the energies of the universe. All of nature is willing for you to grow.

Then what holds you within the density of your choice? Certainly, you incarnated in a third-density body, but your very DNA, in every cell of your body, is waiting for you to remember who you are. And in the quality of your remembrance comes the opportunity to form new strands of fourth-density DNA. And this is happening among your peoples at this time. It is possible for you as well.

What shall you have to do to avail yourself of this remembrance? My friends, you shall have to allow the pain and the sorrow that you hold so dearly within you at this time to die; not simply to forgive it, but to allow it to fall away. Are you ready to die to this hard-won suffering that has soaked up a portion of your identity? Are you ready to be a creature of joy?

This instrument has talked about letting the sorrows and the sufferings of herself and others flow through her, but she does not do it. Oh, she is in love with suffering; she is ready to give up her life! Yet, when she can do that, then she is free within incarnation.

And to some extent, little by little, she has let portions of herself fall away. She is ready not to hold on to difficult energies; here and there, now and again. And so we say to each of you, "Awake to love and joy and allow the dead self to bury itself, dust to dust, and ashes to

ashes." We speak now not of the dust of the body, which is easily seen, but the dust and the ashes of old emotion held in their imbalance as if they were treasures.

What is the crucible and the refining fire all about but the taking of dead ash and dust and the compression of it into jewels? You carry coal within you: let it become a diamond. And if the pressure is fierce, embrace it and do not be afraid of the transforming and refining.

(Side one of tape ends.)

(Carla channeling)

It is a condign and just process.

Is there another query at this time?

V: Q'uo, that's all from the Rangers.

(Pause)

We are those of Q'uo, and because of the energies within the room, we would ask one more time, is there another query at this time?

(Pause)

We are those of Q'uo, and we do feel the strength of unasked questions within this group and that is perfectly acceptable to us. We are happy to let them be and to express to those with issues upon their hearts at this time our absolute and unwavering love for you and our gladness at any time to respond to any questions that you do have. We are always with you if you request our presence, that we may underline and underscore the stability of your own silence. We thank you so much for the great privilege of being allowed to speak with you and to share what humble information we may have. At this time we would leave you as we found you, in the love, the light, and the unity of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai.

[1] This phrase is a quote from an answer to a previous question to Q'uo in the March 20, 2005 session about finding a loving companion.

The complete thought was, "And how shall you prepare to walk side-by-side with an entity that speaks to your deepest heart and that satisfies you, not for a day or for a week but for all of eternity?"

[2] This source has often spoken of the entire octave of densities in which we are now experiencing third density as one heartbeat of the Creator.

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Sunday Meditation

September 18, 2005

Group question: The question today, Q'uo, has to do with the fact that so many of us who are here on Earth at this time wishing to be of service to others have found a great deal to do. We live at the speed of computers, jets and commuting. The problem seems to be, for many people, how to get everything done that you want to do. It seems like some things have to be left off! There isn't enough time in the day for one person to do what that person has set beforehand for herself. How do you go about prioritizing your expenditure of energy in the area of serving other people? Do you listen to your heart that says you give everything you have got to each person that comes your way one at a time? Or do

you try to use some wisdom; do you try to tear down, logically, the load that you've got so that it's more manageable? We would appreciate any thoughts that you have in this area of organizing our energies, being of service, and not wearing ourselves out with trying to do everything that's in front of us.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are privileged to come to you this day. We thank each of you for the beauty of your being and the power of your dedication to seeking the truth. We thank you for forming a circle of seeking and for calling us to speak with you concerning the use of your time in the time of your usefulness.

As always, we would ask of you one clarion thing and we would be as clear as a trumpet as we say to you to take responsibility for discriminating as you listen to our thoughts. Do not take them into your being if they do not resonate to you. If you will guard your own temple, then we shall feel free to offer our opinion without being concerned that we may infringe upon your free will. Your process of growth is precious and it needs not to be disturbed but to grow very organically.

Your query this day concerns how to maximize the use of your time. It is understood in this question that you are on the path of service to others and so this is not a talk about how to choose between service to self and service to others, yet it is a talk that encompasses the question of how service to others works.

Your group has asked us many questions in the last little while concerning the nature of being, and, as we hear this question concerning the use of time, we find ourselves relating this question to the question of being. In the best of all possible worlds, that which you do flows from the fount of being within you. The one known as Jim has made a vow to invoke the mantra to "relax and enjoy" whenever he becomes aware that he has lost his balance and is no longer resting in his own peace and power. We would begin by saying that this mantra is very apt for anyone who wishes to serve others well. It is not to the fleet of foot that the race against time goes. The winner of that race is the one who remembers to stop running and to rest. Clearly, we do not mean this literally. Even the most abstruse and abstract work involves movement. Once the choice of tasks is made, the fingers move across the computer keyboard, the mind and the body working together to create patterns, thoughts, and ideas where before there was nothing.

Those who work in more physical ways must do their work working with machines or using their bodies to create more order out of the chaos of nature's bounty, as the one known as Jim does in his gardening. Certainly the one known as C must take many steps, climb many ladders, and investigate many malfunctions and difficulties as she goes about creating order and beauty in the pattern of her rental business. Whatever the kind of work that you do is, the gist of your query to us this day concerns not the work itself but your choices of two things: precisely what task you shall choose in any given day or moment, and what attitude or point of view you shall choose as you offer yourself in service.

Energy expenditure is little understood among your people. You do not understand where your energy comes from. There is an abiding belief that energy is personal and that it belongs to you. When you go to sleep, you are thinking in terms of restoring your energy. When you make an effort you think of it as your effort. This is entirely understandable.

Nevertheless, your energy is the energy of the Creator. Your life is the life of the Creator. Your path is the path of the one infinite Creator. You are a miracle, astonishing in your perfection, breathtaking in your brilliance, and unknown to yourself.

You are a nexus, a crossroads, shall we say. You have offered yourself to incarnation in order to create this nexus or crossroads of illusory reality within an environment of third-density existence. You chose to enter third-density existence and create this point of potential because you realized, in gazing upon the Earth plane, that you wished to express the love and the light of the one infinite Creator within this precise environment.

We do not have to paint the stark picture of your environment. For all of the surpassing beauty of the world of nature that makes up the vast majority of this environment, the passion play of humankind has created a drama that unfolds before you in details and patterns of outworking expressions of the distress and confusion of a lost humanity. You did not come to add to the sorrow and the distress of this environment. Rather, you entered incarnation with a firm intention of being a part of the lightening of planet Earth at this time. You came to offer a local habitation to the ineffable and illimitable values of compassion, wisdom and unconditional love.

It could be said in a way that you came to save the world, and yet you did not in any way say to yourself, "I have to come to save the world." What you said to yourself, was, "I come to bear witness to the light and the love of the One whom I follow, that Logos that is the Creator."

What is it to bear witness to the light? What is it to follow the embodiment of love? It is certainly no tangible thing. It is, however, more real to you than your body and closer to you than your breath.

Energy expenditure is only possible, in terms of your present illusion, when there is a local habitation for that energy. Thusly, have you come into manifestation as a mind, body and spirit which serves the Creator. To move to the depth of such energy expenditure and to investigate its source, one must apply to the Creator Itself.

This instrument has been studying the nature of the archetypal mind as set forth by those of Ra in Book IV in the Law of One [series] in order to respond to questions in one of her forum e-mail groups. She is aware of the Ra's statement that the archetypal mind is the blueprint or builded structure of all energy expenditures within incarnation in this local habitation of third density.

Therefore, logically, an investigation of the most appropriate choices of energy expenditure would turn to the study of the archetypes.

Dear brothers and sisters, we realize that the depth [of the gap] betwixt your present ability to contemplate the archetypal mind and a skillful use of that vast and powerful resource is tremendous. You may perhaps even feel that it is impossible to bridge that gap. We would say to you that in some ways it is literally impossible for you, within incarnation, to be able to have a grasp of archetypal processes, especially as they are ongoing within your energy system. However, the gift of story and myth is that, without knowing what you know or how you know it, in telling each other your story you inadvertently touch upon various aspects of your archetypal mind. It is very helpful, for instance, that this group met today, not simply to ask us a question but also to tell each other your stories.

The listening ear and the understanding heart of those who hear your story create resonances that support and validate your archetypal process. You are not aware that you have solved any problems by sharing your stories, yet you have expended the Creator's energy in ways that have built up each of you as well as building up the adhering and abiding energy of the group itself in sharing your essence.

Moreover, you have alerted vast sources of energy which are unseen within your plane of existence, yet which add tremendously to the available energy within the system that this group creates as it sits in this circle. Any two entities listening to each other in an atmosphere of support have much the same dynamic. Any entity conversing with its guidance system, moreover, creates this same

dynamic if the guidance that is requested is then listened to, heard and responded to within the context of the ongoing, daily life. You do not pray into a void. There is in every prayer a conversation with the divine within you. We realize that your query is about how to choose what tasks to accomplish in any one day. Perhaps you may begin to see that, to our way of thinking, that question lacks priority. To our way of thinking, the priority in any day needs to be first, "What is the Creator's will for me this day?" We wish to move your thoughts away from the specific and into the underlying nature of your being who is the self that comes to the moment and begins to do the work of the day. Look deeply into this question in order to retrieve your self in your entirety and wholeness from the shredding influence of detail. When you begin to work, let the self that begins that work be that self which has come to bear witness to the light. Let that self rest in its own nature. Indeed, dear ones, be intransigent in your determination to retain your identity. Then, that which you do shall be flowing through you and not from you. Your personality may flow and bubble along behind the essential self that you are and enjoy the light. But that personality shell needs not to be the one doing the work. Know that the Creator is working through your nexus. This instrument, as part of her tuning process, prays, "Fill the heart of your faithful and kindle in her the fire of your love. Send forth Your spirit and she will be created and You shall renew the face of the Earth."

Whether you work at mowing a lawn, writing a paper, fixing a window, or responding to a correspondent, you work as an agent of the transformative power of the one infinite Creator. You are magical. And what you do is effortless when you remember that you are only here to bear witness to the light. You are here to dance, to play the pipe and timbrel and to be a part of the whirling, rhythmic pattern of all that there is.

If you can retain this basic remembrance of your point of view, then we do invite you to use your conscious, intellectual, analytical mind to make those choices of what task you shall pick and how you shall proceed. As you make those choices, open yourself to those sacred impulses within you which sense the rightness of the present moment.

This instrument, for instance, has expressed her feeling that each entity that contacts her is a spirit which has a need to be heard.

(Side one of tape ends.)

(Carla channeling)

Yet, as this entity becomes aware of the cry for help of that one who wrote in to her, she is that entity which is bearing witness to that help that has already been received, not because she responded but because the universe itself responds to every cry for help. The act of asking this instrument for validation activates for the one asking for help a chain of events that is completely independent of her and whether or not she responds to the correspondent.

In the moment of asking, that correspondent has created channels for energy to move within him or her from the guidance system within him or her and from the environment, spiritually speaking, which surrounds that correspondent.

Things are not as they seem to be. They are not linear, nor are they bound by space and time. However, it is because each of you has become a location in space and time by virtue of incarnating that these non-local processes may work. We would suggest to each of you that you breathe deeply, in and out, knowing that life is one breath at a time; yet it is infinite.

We suggest that you look at yourself with that same double realization that you are local, flesh and blood, a gathering point at a crossroads through which spirit may speak and move and, at the same time, you are all that there is: non-local, not bound by selfhood, bound only by the awareness of the harvest of all the energy that you have processed, harvested and developed into the flower that you are at this moment.



We would at this time ask if there are any further queries from this group? We are those of Q'uo.

(No further queries.)

My friends, it is rare when there is no question at the end of our speech! But we hear only silence through this instrument's hearing apparatus and so we assume that the fund of questions for this day has been exhausted. May we say what a privilege and pleasure it has been to share our humble thoughts with you at this time and to rest with you upon the waves of consciousness as they flow from the Creator to the Creator. We leave you as we found you, in the love, the light, the power, and the peace of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, Adonai.

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Sunday Meditation

October 9, 2005

Group question: The question today has to do with the seasons of change that we go through as conscious spiritual seekers on the path. We're wondering how these might manifest in our lives. We know that there are initiations we go through when times are kind of difficult and we learn specific lessons and if we do learn them then we're a more advanced neophyte and we're working our way to adept and pointed towards mastery someday. How do these changes manifest? When we feel blockages or difficulties on the path, is that a part of the process or can we actually make things more difficult for ourselves?

And the way we face the blockages or go through the difficulties seems to be important. Could Q'uo talk to us about the seasons of change in the spiritual seekers life?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege and pleasure to be called to your circle of seeking. We thank you for this honor and are most happy to speak with you concerning the various considerations of the conscious acceleration of one's own spiritual progress and the issues that that raises within one's seeking. It is what this instrument would call a juicy question and we look forward to working with it.

But before we share any thoughts upon that subject, we would share our request of all of you to be diligent in the use of your discriminatory powers. We offer you our thoughts. They are not the thoughts of those who are more advanced than you or those who have more authority than you.

In truth, each of you is the sole authority in your universe in terms of metaphysical work. In the world of humankind, in your consensus reality, shall we say, there is indeed a perceived system of authority and a perceived level of truth which can be assigned to various aspects of your seeking. We are not asking you to seek in the world of humankind or consensus reality, nor are you asking us for our opinions within that context.

You are asking for our opinions in the world of thought, in the world of time/space. And in that world, thoughts are things. And if you do not take full responsibility for the magical nature of your own being, you are then at the mercy of the small magic of each thought across which you come.

We would ask that you assume the sigil [1] of power, whatever it may be for you. Switch on that knowledge that you have within yourself, of yourself, and know that you are a powerful and magical being and fully capable and worthy of doing this work. You and only you can be or should be in charge of deciding what thoughts you will entertain and what thoughts you will pass up.

When you listen to what we have to say, be very ready to pass up our thoughts. Be a tough room, as this instrument would say it. Do not be overly pleased with us but listen carefully for that inner resonance that says, "This thought may be a good resource and I will pursue it."

If you will take that care with what you allow into the deeper regions of your thoughts, then we shall be completely free to share our humble thoughts with you at this time. We thank you greatly for this consideration, my friends.

The process of following one's thoughts is a never-ending and constantly beguiling process. Since your mind and your consciousness share the same space within your brain, you are constantly toggling between the two worlds of which the one known as M spoke earlier. It is not precisely that they are parallel universes, but they are certainly alternate universes. They are, in fact, reciprocal.

Toggling between two universes is at once a simple and a subtle process. It is simple in that there are two clearly defined universes separated by the shuttle of the spirit. You, in your body, your mind, and your spirit constitute a nexus or meeting; a place where those two worlds coincide.

In every cell of your body you carry the imprint of the one great original Thought of unconditional love. Every cell of your body is fully aware of the love and the light of the one infinite Creator at a level far beyond conscious thought. In fact, it is far enough beyond the reach of conscious thought that this precious, infinite and sustainable resource goes unnoticed and unused by most entities.

We would encourage each of you to become more and more aware of the intimacy of the one original Thought. It is not far from your body, from your mind, or from your spirit. It is inherent in every cell of your body, every cell of your brain, every iota of your consciousness, on whatever level and in whatever universe is, replete, teeming, and overflowing with love and light. The energy held within your system or energy field is infinite.

You are protected from the infinity of this resource by the degree to which you attend to transient thought. It is not needed or desired that you be at all times in full, conscious awareness of your metaphysical mission on Earth. Your goals within that metaphysical world in which thoughts are things and questions such as, "What is my mission on Earth?" have a degree of meaning that is substantial. There is a handsome portion of your life experience that is perfectly appropriate to reserve for what, in metaphysical terms, might seem meaningless activity.

It is well that you reserve a substantial portion of your life for such questions as, "What shall I eat?" "What shall I do?" And, "What shall I put on my body this day in order to keep me from the heat or the cold?" There is neither shame nor bad judgment involved in the choice to pursue earthly and worldly matters.

When you have achieved a certain degree of comfort and facility at blending or toggling between the physical and the metaphysical universes which come together and share space within your mind, body and spirit, then you can begin to allow those universes to coalesce through the shuttle of the spirit so that the simplest worldly duty begins to have the potential of becoming replete with meaning that is purely metaphysical.

Reciprocally speaking, as you become more able to enjoy both universes without giving preference to one over the other, you may gradually become more able to embody the progress that you are making in following the metaphysical nature of

your thoughts.

This, my friends, is subtle work. It cannot be done quickly. It cannot be done conveniently. The process of evaluating one's progress is fraught with difficulty. This instrument was speaking earlier about this difficulty. She was sharing with this group, in the conversation preceding this channeling session, her blind spot in recent work in consciousness which she had been doing. Her particular stumbling block happened to be a mental and emotional mind-set, as this instrument would call it, which assumed, without examining the assumption, that the work that this instrument had been doing for some time was the appropriate work to do and therefore the only consideration was how much she could accomplish within a twenty-four-hour period. Fortunately for this instrument, she had not only the counsel of those who cared for her soul's health, but also a willingness to listen to those messages which she might not wish to hear, which is characteristic of this particular entity. She listened to those who suggested that she was stumbling over her own devotion and dedication. It was out of balance. This was impossible for this instrument to see on her own.

So let us look at that dilemma, for it affects everyone who is upon the path of seeking which she has defined for herself. When a seeker grasps the baton of work in consciousness and accepts the fact that there is power available to that entity to accelerate the rate of the evolution of mind, body and spirit, that seeker enters into a world which is completely and utterly metaphysical. The metaphysical universe is a universe in which time is a field. All of time—past, present and future—becomes unitary. It is a world that is specifically non-physical. The things or objects of this world are thoughts which carry vibration.

A thought is an object but a thought is not a flat object. A thought is rounded by various subtle and etheric attachments that are not abstract but rather are wrappings or colorings of emotion that create a certain vibration. You can say a thought or a concept and in saying that thought the words themselves carry a certain roundness or vibratory coloration.

However, the state of mind in which you find yourself as you come to that thought, and all of the emotions that are wrapped into the creation of that thoughts or concept, create the specific vibration or coloration or roundness or shape of that thought. On no two days and in no two repetitions of that thought shall that thought be the same shape.

This is why the work is so subtle. You are part of every thought that you think. How you come to that thought, how you feel about the thought and how you respond to the work you have previously done on that thought all create for you the unique moment in which you are the creator of a vibration and a field that is not only a thought or concept but is also that which has brought it to life so that it is a creature. It is a creature that exists in your universe.

And it then becomes an essence that, as you work with this thought, as you stabilize this thought, you become able to use as a building block for the further creation of developing thoughts or concepts along the lines of the process that you have begun by focusing on this particular thought.

The stumbling blocks involved in this process begin with the fact that it is your universe and no one else's. To an extent, you can share your concepts with each other. But this extent is not on the level of open communication using words, a generally satisfactory component of companionship with others. You cannot successfully, directly, share the full vision or vibration that lies behind the words that are flat upon the air or upon the paper as you speak or write them. You are blindsided, in short, by the isolation of your process.

Therefore, your first blessing as spiritual seekers is guidance.

Your second blessing is the willingness to listen to the guidance that you receive.

There are many sources of guidance. For one such as this instrument, who spends a great deal of her time communicating in correspondence, e-mail and personal conversation with those within her extended family of spiritual community, the sources of guidance are many. Each person with whom this instrument corresponds comes in at an unpredictable and unexpected angle and may ask any number of questions or may offer advice. In each and every contact there is the possibility of inspiration and guidance. It is a matter of applying those powers of discrimination of which we spoke earlier and listening for resonance.

Perhaps you could visualize, as this instrument does from watching so many World War II war movies, the ping of the sonar as a searched for underwater object becomes closer and closer and the pings become louder and louder. Listen with your sonar for the hidden resources of guidance from without your energy system. It does not matter whether or not you know the person that is interacting with you. That person is a part of the creative principle and is a mirror to yourself. It may be a casual mirror. It may be a very distorted and basically useless mirror.

On the other hand, anyone, anywhere, can be an angel that you behold unawares. That is the nature of our shared universe. It is unified. Everyone can communicate with everyone.

The question is how deft and dexterous you are at listening for the guidance that is yours out of the tremendous bulk of communication you receive which, indeed, is not helpful. Where is the signal and where is the noise? Let your sonar work. Listen for the ping.

It is important not to scorn the company of those who do not seem to be awake and seeking. All entities are moved by the tides of creation and whether or not they have any knowledge of being a part of your guidance system, as they pass you they are, by virtue of their being, for that moment, a part of your guidance system. Honor, respect and cherish these strangers and listen for that ping. Indeed, we would urge you to listen even to inanimate sources such as the inevitable synchronicities as you pass signs, advertisements on the road, and things that are announced upon the radio or television as you pass that noise. Anything can be a source of hints and revelations. Listen for the ping.

There are precincts of despair and other involitional emotions that tend to isolate the dedicated spiritual seeker from outside guidance. And many are the seekers who basically feel that they seek almost inside a bell jar, that glass surface that keeps the dust of ordinary living away from the process of seeking [and] also works invisibly but effectively to create a sense of inner isolation. The emotional feeling that one is alone can build up within that bell jar of intense seeking. This in itself can be a stumbling block.

When you sense that feeling of inner isolation, we encourage you to find the energy within yourself to ask for the guidance system that lies within your heart to come into play. Indeed, this instrument has at times of deep distress found it helpful to sit down with a pad and a pen and write down her question. And this instrument addresses her guidance system, whom she calls "Holly." And her opening mantra is, "Holly, help!" She will then either speak aloud or write down her dilemma and she receives an impression, when she has asked a question, which she also writes down.

This process is a valid and meaningful conversation. We would especially encourage those who feel that they do not have much help in the outer world, as far as companionship and the ability to communicate openly, to use the guidance system that lies within.

Whether your guidance is from a source that is apparently outer, or apparently inner, its effectiveness is bounded by the choice that you make as to whether or not you shall listen to this guidance. It is essential that you listen to the guidance that you receive and follow it.

That is what this instrument did within this last week, responding to the

request of those about her that she contemplate whether or not she was using her time wisely by working at her perceived tasks for each week on all seven days for all the time available. The suggestion was made to this instrument that she was not valuing herself and that she should take some time, perhaps a day in each week, to honor and respect her own private concerns, whatever they might be, disconnecting completely from the self-perceived work of being facilitator for a spiritual community.

To this instrument's surprise, there was substantial resistance within her to disconnecting from the work at hand. To her further surprise and delight, she found that upon achieving a state of disconnectedness from her perceived work, she opened up within herself a tremendous source of energy which she has not yet come fully to understand. Nevertheless, she is aware of it and is aware that new life and new growth are available to her because she heard the ping of resonant information and she changed her actions and her thoughts in response to that resonance.

What constitutes a stumbling block? In each seeker, that answer will be different. In general, entities create their own stumbling blocks. It is not an energy that is imposed from without. We might say to you that a keyword here is balance.

Some stumbling blocks are easy to identify. When one sees that one's prejudices or biases have limited one's thinking, it is easy to assign blame. As the one known as T was saying earlier, his dislike of religiosity and dogma had been a stumbling block that had kept him from thinking deeply about the nature of true Christhood or that thought that encompasses unconditional love within this meeting place of flesh and spirit that each of you is. He could not think of the nature of unconditional love as embodied in the one known as Jesus the Christ because he had been so punished by a childhood within which Jesus, Mary, the Saints, the Pope and other mythical figures were woven into a seamless prison where ideas could not flourish and where love died, gasping for validation.

He found judgment, guilt, and death in the church. He did not find the Christ.

So it is with each perceived dogma that seems to limit one's creativity. And we encourage and urge you not to accept those limitations that do not feel resonant to you. We encourage you, however, to look beneath the surface where you run into a situation where there are ideas offered to you that have potential. Look beneath the dogma and the limitations implied by those who believe dogmatically to hear the melody that gives life to a flat fact or color to a flat piece of writing. Search out those moments of inspiration that dogma is attempting to stamp out in the way it says something that has potential.

(Side one of tape ends.)

(Carla channeling)

Do not be afraid to separate the melody that dances in your head from the imprisoning words that seem to limit that melody's usefulness. Allow yourself to become a non-literal singer of the song of feeling and thought.

We tread very delicately here in speaking of stumbling blocks in the spiritual process because while it is true that you create your own stumbling blocks, it is also true that stumbling and falling are a needed and valid portion of the process of growth.

Since it is your universe, who else can create the opportunities to fall but yourself? Therefore, in your every error, as self-perceived in hindsight, lies an astonishing and unexpected gift. Falling is a gift. As you rub your spiritual posterior and contemplate your bruises, you may not appreciate that gift. Yet every stumbling block is information.

We encourage you, then, to retain your sense of self, your sense of proportion and your sense of humor. Do not use the occasion of self-perceived error to scold yourself or to shy away from that error, looking for its dynamic opposite. There are reasons that you erred in just such a way. Gaze upon the pattern. Try

to see into your own biases. Were you proud? Did you assume? If so, what were your assumptions?

We do not wish to seem to disrespect this process overly [much]. But in a way it is very much a game. It is a game in which it is supposed that there is a linear progression from being a novice to being a master. In many ways there is indeed a progression that is linear that can be seen, especially in hindsight, when one is looking back on a spiritual process that has been played out, or, to say it another way, a song that has been sung to its natural conclusion. Hindsight is a wonderful thing.

In another way, there is not such a progression. Rather, there is the stitching together of a pattern much as the process of weaving would eventually create a complex and beautiful pattern upon the loom. There are various thoughts that create the work and there are various techniques of moving with the energies that are available to you at a particular time for you take those energies in hand as if they were thread and you created by that pattern of your weaving the finished woof.

It is as if your concepts were the "A axis," shall we say, the vertical threads. Whereas your sensings, intuitions and feelings are the thread which you weave on the "B axis," or the horizontal axis, through these preexisting concepts which you are using.

The patterns of the weaving that you choose are heavily influenced by the work in consciousness that you have chosen, whether it be meditation, visualization, contemplation of inspirational texts or any other technique that seems useful to you. What you are creating in doing this work is a piece of material that then is your momentary creation, a thing of color and shape and texture, a gift to yourself and to the one infinite Creator.

It is certain that these prayer rugs, shall we say, that you create for yourself are in and of themselves things of great beauty and usefulness that may constitute for you a resource as you move forward. At the very least, they are mementos of where you were and who you were at this particular moment. They may well reflect back into your momentary, everyday, ordinary experience and in turn, as you become more facile at toggling between the two worlds, your ordinary experience may give you inspiration to create your next prayer rug, a concept, question or love.

We thank you for this question which has been a delight to work with and would ask you if there are other queries that you may have on your mind at this time? We are those of Q'uo.

R: I had a question, Q'uo. To follow up on your explanations at the beginning when you were speaking of the love of the Creator being in every cell of the body and that being a resource that is close to us and yet often unused, when I look at it, I see no entry into that subject or suggestion, at least with my intellectual mind. Could you speak on that love of the Creator vibrating in every cell in some way that we could work with?

We are those of Q'uo, and are aware of your query, my brother. We can make a beginning, my brother, and welcome your querying concerning the implications of that beginning at a later time. Indeed, much of what we have said is heavily implicative and open to further questions and we would welcome them.

Every cell of your body is made up of atoms which are fields that are held into greater fields as molecules and then bound into combinations in the development of organic life that creates the cell. These atoms and molecules and so forth have energies of rotation and field values that are unique to those particular atoms, molecules and so forth. Each of these atoms is the outworking of the impression of the one great original Thought of unconditional love upon space and time in its progression.

This concatenation or combination of love, space and time creates light acting in ways that are impressed upon it by love which then creates the particular

kind of atom, molecule and so forth that constitutes the field of the self. Your body is made of love and light. That is why we greet you in the love and in the light of the one infinite Creator. We are marking this moment in time and in space in such a greeting and when we leave you we are leaving you in the house of oneness in which you shall reside in infinity and eternity.

The light that is held in just such and such a kind of field is relatively undistorted, bearing in its information, shall we say, the "factory specifications," say in the infant body, the imprint of the Creator's design.

Thusly, every cell in your body is instinct with the truth.

Mark the power of the human mind. You can overwrite the instructions or the information at the cellular level and often you do so to your detriment as far as the integrity of your health [is concerned] by the way that you think habitually.

We have talked often to this group concerning the power of thought and the power of the things that you tell yourself. If you give yourself information concerning your environment from a place that is governed by fear, that is, if you are afraid for your health, for your source of supply, or for anything at all, you will eventually, as these repetitious thoughts continue, begin to affect your body systems at the cellular level, weakening them and making them sensitized to environmental input.

For instance, if you are habitually concerned in such a way as to arouse fear and if your body has sensitivities to allergy or illness of some kind, be it cancer, heart disease or whatever is in your genetic predisposition, you can gradually build up for yourself at the cellular level a tendency towards grabbing those inputs that are fear-based and rewriting your cellular information so that you become more and more able to become sick.

Similarly, if you think conscientiously and constantly to the best of your ability in a fearless manner, affirming your self-worth, affirming your health, or affirming the sufficiency of your physical supply, you gradually inform your body at the cellular level that it does not have to respond to environmental inputs of this fearful nature, thereby beginning to make you less and less pervious to the damage done by habitual fearful thought.

What you believe and how you believe it are not abstract things. They are powerful inputs that go down into every cell of your body. When you assume that your body, at the level of being fresh from the factory, shall we say, being newborn and completely free of the benefits of life on planet Earth within incarnation, [is] appropriate and correct, then you have established for yourself a default which you can trust.

Then your conscious mind simply needs to go back to that default position of the newborn, undamaged factory specifications with which you entered into the incarnation. Affirm those defaults. Ask for the body to reprogram itself to those default settings, losing the overwriting of the cultural miasma.

Trust and faith are all-important in connecting the consciousness with the goodness of your physical vehicle. This is also true in the more subtle and etheric form of connecting your consciousness with the goodness of your basic thoughts and feelings, whatever they may be.

May we answer you further, my brother?

R: No, thank you, Q'uo. There is more that we can follow up but I think the group grows tired and the energy is low.

We are those of Q'uo, and we thank you, my brother. Is there a final query at this time?

T: I have question which has come up before. I often feel that I'm not making progress in meditation. Could Q'uo talk about perception of progress versus actual progress?

We are those of Q'uo, my brother, and are aware of your query. It may seem that we are far in advance of you in terms of our progress, and yet, my brother, this

question has great resonance for us because our rate of progress is considerably slower than yours within third density. Indeed, your progress seems to us to go by at a blinding speed, for in the very heaviness of your outer environment and your experience of seeming to have to slog through physical life in order to get to the metaphysical portion of life you are truly in an environment which is incredibly rich in the opportunity to make changes in consciousness.

We have been going through a refining process for some time, as you would say, and at our level of development our progress is very difficult to see, even in hindsight. We must, more than you, take on faith the goodness of the process through which we are going. We must maintain faith that that which we do is bearing fruit. We can only encourage you to do the same.

Every once in a while, my brother, there is a gift that is given from spirit. It is a gift of realization. And in that moment, your progress is clear and the worth of the efforts that you have put into coming to this moment of realization are also very clear. Treasure those moments and give thanks for those gifts. They are rare.

For the most part, one's sense of one's progress must be left to faith. In the world around you, much of spiritual progress is rather pushed upon one from behind, by the context of guilt, sin and correction of that guilt and sin, by doing something perceived as virtuous or good. This has almost nothing to do with spiritual progress.

In truth, we believe that progress is an organic process that uses everything that you are, weaving and reweaving context on the one hand, and every thought of substance that you think on the other hand, to create a shifting kaleidoscope of color, texture and form.

Therefore, as you meditate, trust that you do not need to be pushed from behind to make progress. The Creator is calling to you from the alpha and the omega of the circle of oneness. Spiritual gravity is building up within you and you are called from beyond yourself ever forward with the inevitability of weather, taxes and so forth.

You cannot help progressing. Your only question is whether or not you wish to progress faster than the surrounding ambience or environment out of which you come.

Naturally, you wish to progress faster than humankind as a tribe is progressing, for the humankind that is your tribe upon planet Earth is having systemic difficulties that are deep and substantial. They need not concern you, yet you must and you do make a conscious decision to separate yourself from that ambience and to move into a far more individualized and creative personal environment.

You create for yourself a hotbed, a greenhouse, an enhanced growing environment by doing the meditation, the contemplation, the reading, and the daydreaming.

You are continuing to create growth conditions for yourself.

Focus, then, on those things over which you have control. Give to yourself the gift of reading inspired thought. Give to yourself the gift of silence. Do those things which you feel have resonance for you. Place yourself, in other words, in the deepest, richest soil of which you know. Ask of yourself that you empty yourself of preconception and pride. Let yourself be planted. Let your soil do its work. Bring the water and the sunshine to yourself by those things which you call into your environment. But do not second-guess the growth. It is occurring not on your time but on the Creator's.

May we answer you further, my brother?

T: No. Thank you again for your usual clarity.

My brother, we thank you as well. It is a great pleasure to share energy with you. This instrument informs us that indeed we must leave this group as the energy does wane and we do so with great love and with many thanks for the privilege and the pleasure of your company. May we comment on your beauty and on



the joy that we feel in sharing these moments with you.

We are known to you as those of the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai.

[1] sigil: a sign or an image considered magical.

Sunday Meditation

March 19, 2006

Group question: The question today has to do with the general idea of "ascension," or transitioning into fourth density and we're wondering what role the Holy Spirit plays. Is it something that comes into us and inspires us and helps us along on this transition? Is it the same thing as the higher self? Is this transition something into which we're moving or is it moving towards us? Just how does this work? We're wondering what Q'uo could tell us that would give us a little more clarity on this whole concept of moving from third density to fourth density, how it happens, who helps, and how it works.

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and the light of the one infinite Creator, in Whose service we come to you this day. We thank each of you for laying aside this precious time to seek the truth and we are most honored and privileged to be called to your circle of seeking. As we gaze upon you, we, as always, are moved by the beauty of your vibrations and the harmony of your interrelating auras.

You have truly created a special chapel that takes in many entities in many places and it is a very special moment for us to experience the internet's addition to the group, for we are able to see you as a group in the non-local precincts of time/space and you truly have a builded structure of light from the combined and collaborative efforts of all of you to join into the unity of a seeking circle. We thank you for this privilege and for the beauty that lies before us in each of you.

As always, we would ask a favor of you, please. Be very careful to discriminate as you listen to or read those words which we offer through this instrument.

Words are fragile things and in a sense that which we intend may not be conveyed. Therefore, we need you to discriminate between those thoughts that are helpful to you and those thoughts that do nothing for you. If a thought is not resonant to you, please let it go and use only those thoughts that you recognize, almost as though you had thought it but had forgotten that you knew. That is the hallmark of material that it is time for you to use. If you will make that distinction in working with our words then we will feel much more free to be open in our communication with you and not be worried about infringing upon your free will. We thank you for this consideration, my friends.

In speaking about the ascension process and the Holy Spirit's part in it, which is the way we understand your query to be centered, we take on, as this instrument said earlier, a good bit of terminology that is loaded with distortions because of the heavy use of both these words, [in] the portions of the religion that you call Christianity, in which much focus is placed upon ascension and the second coming of Jesus the Christ.

The problem with using religious terminology, in general, is that it is distorted in the way that anything will be distorted while gazing at it through a corrective lens. The perceived job of religions, as seen by the religion itself, is to create a distorted lens so that entities with bad eyesight can see their vision of the one infinite Creator. Therefore, they set up terminology, structures of thought and words which create a correction to the innocent vision of the faithful, offering to them the corrections of points of dogma in a certain pattern which, when received in faith, shall create that correction to the sight that will give them the heavenly vision of the new Jerusalem.

The problem with any dogmatic source, of course, is that the Creator Itself is not dogmatic nor is it subject to being described by the humans who are

attempting to honor and worship that Creator or that great creative force or Thought. Therefore, the terms used—that is, the term "ascension" and the term "Holy Spirit"—alike are weighed down with an inadvertently heavy burden of inference and assumption. When what this instrument would call fundamentalist, inerrantist Christians use these terms, they are using them in a very narrow sense, specific to the New Testament and even more specifically to the Book of Revelation.

We would like to start there and work our way back to, may we say, a less distorted valuing of those words, and then we would like to lift away from the burden of the terminology and talk a bit about the underlying picture that this terminology is attempting to depict.

This instrument has a long and intimate relationship with the Holy Spirit as it is understood by her. She calls this entity, "Holly." She talks to this entity many times each day. She begins each day by calling upon Holly and asking for her help. She does not know what the day will bring but she has learned that it will bring something. And so before she arises from her bed in the morning, she calls upon Holly. She asks for her to be with the one known as Carla during the day and to speak in her ear, to shed her wisdom, her love, and her compassion upon the situations that meet this instrument's eye.

This is the general sense in which we would use the term, "Holy Spirit." That is that being which comforts a certain entity with all of that entity's distortions in place. The spirit that belongs to an entity is not a judge but a witness, an advisor, and an enspiriter.

The nature of the Holy Spirit is well summed up by a prayer that this instrument uses each time she tunes for working with us in a session or for giving a speech or offering an interview on the radio or television. The prayer is one that we would repeat at this time in order that each may see the intended function and nature of this powerful part of the principle of the one infinite Creator. This is her prayer. It is one that she learned in 1983 when she was a part of the Episcopal Cursillo movement, taking a weekend out of her life to examine that life, create a rule of life, and dedicate her life even more intimately and firmly to the following of the teacher that she calls Jesus, the Christ.

Come Holy Spirit. Fill the heart of your faithful and kindle in her the fire of your love. Send forth your spirit and she shall be created and you shall renew the face of the Earth. Oh God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit I may be truly wise and ever enjoy its consolation. Through Jesus Christ our Lord. Amen. Looking at the structure of this prayer, you may see that this instrument perceives the spirit as coming down, being pulled into her by her calling and her yearning for the divine, yet also being called forward by her emptiness and her willingness to be filled with new inspiration, new thoughts, and new ideas. The Holy Spirit is not a comfortable comforter. It can create in the seeking soul a divine discomfort. It can help to sharpen and hone your particular vision of what it is to be yourself, what it is to be a part of the one infinite Creator, and what it is to face the world and look at that world, not for solace or for riches but for the opportunity to serve the light.

The one known as R was asking if the Holy Spirit could be considered an inner-planes or an outer-planes entity. We may say to the one known as R that you may consider this energy source to be both. In its function as guidance it is inner-planes. The calling is within the inner planes of your planet and in the inner bodies of your self. The connection is from the unseen realms directly into the heart, coming through the crown chakra, the gateway to intelligent infinity, down through indigo and blue, to rest in the heart itself.

When you have prayed to the Holy Spirit for a long period of time, you have created the connection that is instantaneous and strongly comforting, a never-failing source of wisdom, compassion and good advice.

The outer-planes portion of the Holy Spirit is that portion that has nothing to do with planet Earth or with your perceived notions of who you are or what the Creator is, for the Creator Itself is transcendent to Its creation. It is not an actor caught within the play of creation. It is uncreated, inorganic, infinite and eternal.

This Creator has a nature. That nature is absolute, unconditional love. And we use that word reluctantly, for love is a feeble, flaccid, effete word, badly used, abused and drawn through the mud of a dozen different usages of that word to mask impure intents, imperfect emotions, and confusion betwixt the desires of the body, the desires of the mind, and the desires of the spirit.

Indeed, those languages which contain many terms for the word love would be a blessing to us. However, this instrument speaks English and in your language love stands alone to indicate everything from lust to that unconditional love which causes a mother to give her life for her child or a soldier in combat to give his life to save his comrades.

We speak of a love that is beyond all of the boundaries and limits of human feeling. We speak of love that creates and destroys. We speak of love that changes things. If you can imagine a Thought that has the power to create the universe, then in your imagination you have seen love in its full meaning. To call the Creator love, however, is to limit that entity, for the creative principle is a mystery beyond the plumbing of any, including ourselves.

We would content ourselves then with describing this enlivening, invigorating, enspiriting energy and essence as the Holy Spirit.

Before we leave this particular term we would simply say that the term "higher self," as used in Confederation teachings such as those of the Ra group, is a concept which describes the Holy Spirit but from a point of view that is quite different from the religion-driven concept of the Holy Spirit.

Like the concept of the Holy Spirit in Christianity, the concept of the higher self is of an essence or an entity which is called down from the resting place of the higher self, which is mid-sixth density, to the self by prayer and supplication.

Unlike the term Holy Spirit, the term higher self indicates and specifies that the self, the higher self, and the Creator are all part of one thing. There is not another self, independent and apart from the self, that is being called down from some heavenly place into the heart. Rather, in the concept of the higher self, the self, the higher self, and the Creator Itself are all part of one entity.

The self is the self caught within the world of illusion by choice, veiled from awareness of the larger experience, and enjoying life within incarnation. The higher self is that same entity within sixth density. The explanation offered by those of Ra was that the self within sixth density pauses at a moment when it realizes that it is being ineluctably drawn forward into seventh density and will soon turn its back upon creation as known in the past in order that it may open its arms to the process of the increasing spiritual gravity of its nature and be drawn ever more quickly back into the heart of the one infinite Creator. That resource of the self speaking to the self, then, is the self at its wisest and most loving. The concept, unlike the concept of the Holy Spirit, creates an atmosphere in which the self is seen specifically as sacred and no less of a Creator than the Creator itself but rather seen as a young Creator in need of advice.

We feel that both concepts are helpful and we leave it to each seeker to play with those terms and to find for the self what each entity feels is the proper terminology for the guidance system which is a part of each person's web of resources and tools for living.

The term "ascension" is similarly trammled with a heavy overlay of religiosity. Ascension is a term which is used in what this instrument calls the Holy Bible,

in the New Testament. It is a process which is heavily laden with fear in the minds of those faithful people who attempt to understand the workings of ascension from the Christian viewpoint.

In the Christian viewpoint, the picture of the end of the Earth upon which you now enjoy life is harsh. The end comes suddenly. The world dissolves into the one known as Jesus coming down from heaven and all of the graves being opened so that all of the entities that who have died can then spring forth, take on a new and spiritual body, and if you are lucky enough to be one of the chosen, you ascend into an entirely new creation, that Utopian heaven in which you have a mansion prepared for you and are free to spend the rest of eternity praising the one infinite Creator.

As a bit of religious fiction or myth, shall we say, it is unsophisticated and simplistic and we would not know what to do with a question about this concept. We would not know where to start in order to untangle the love from the fear, the joy from the sorrow, and the good from the seemingly difficult and negative. In terms of our understanding of spirituality, there is an ascension process that we see going on all the time. It is a natural rising of entities through the mists of confusion and ignorance into a gradually more and more light and airy place where heaviness falls away, fear falls away, and what is left in the human breast is gratitude, joy and devotion.

My friends, this is your true nature. This is who you are. You are not a person seeking enlightenment. You are a person seeking yourself. To put it another way, you stand within flesh looking out [of] your physical eyes and hearing through physical ears and consequently you feel that you are a person of flesh and blood, limited by the senses that you experience as part of your physical body. We would say to you that our perception of you is entirely different. In our perception you are extremely powerful and magical beings. Even within flesh, you have within you the ability to access the divine. This is because your very nature is love. Therefore, as you call out for your guidance, it is love calling to love. Certainly you are love that is confused at times, troubled and distorted in your perceptions, often fearing, often trembling, often discouraged and tempted greatly to be cynical and smart.

It is very likely that entities who seek find themselves fairly often in times of deep darkness, when the soul is hungry. The oasis that you seek at such times lies within you. The question is how to create good access to that self that lies within the illusion of your personality, your physical body, and your culture. How many different sources that you respect have said in essence, "You must know yourself. An unexamined life is not worth living. I think, therefore I am"?

The question of guidance and how it will affect entry into fourth density is a powerful question and one which we cannot even begin to answer in this session. But it begins with clearing out and cleaning out your perceptions of ascension and of your guidance system, or the Holy Spirit, so that you are not caught on the various thorns of religiosity and instead can focus on the reality of your divinity and your way of creating a powerful and strong access to an enhanced awareness of yourself.

What you are attempting to do when you pray to this Holy Spirit is to become enspirited. You are asking the higher, better, wiser and more loving part of yourself or of the creative principle to come upon you, to fill you, to reveal to you your true nature, which is love, and to give you those marching orders that make love itself into a plan for the day. It is not that love will tell you what to do. It is that love will tell you how to do it with love.

As you do ordinary, everyday things with this intense, overshadowing love, something magical occurs. As you seek to pull that enhanced vision of a life lived in love into yourself from the regions of the divine, you activate powers within you that are incredibly strong. And you begin emitting light. It is not

coming from you but rather it is coming through you. You've turned the switch by turning your mind to love.

You've gotten the power upped by your prayers and supplications to be enlivened and enspirited by that which is clearer, purer and higher than you, in your perceptive web of everyday five senses, can remember how to do by yourself without often having trouble.

But help is available. That help is the Holy Spirit. And when the life is given over to that higher and better self that is love, when your consciousness has become that which carries the energy of the divine, then you have only to radiate, as you naturally will, as you move through your day and you shall make a difference in that day.

Whether you are alone or in the midst of many, many people, you shall make a radiation by your focus that is precious to the Creator, for it is by your free will that you have chosen to access that enlivening spirit and to give your life, your day, and your moment over to the intentions, hopes and dreams of the sacred within you and within the creative principle.

You asked concerning the transition from third to fourth density. My friends, this in itself is a topic that would take a great deal of time to examine with any degree of care. And so we shall touch on this subject as best we can in the time and energy that remain within this instrument's physical body and emotional body and within the limitations of time for all of those within this circle.

You are all familiar with the concept of channels on your television set or stations on your radio. If you would like to think of it in a way that is a little bit more comfortable than the phrase of "interpenetration of third and fourth density," you may think of third density as vibrating or radiating as a vibration or energy at a certain point on the dial and fourth density as radiating in a discrete and separate point on that same dial. You can tune into one station or you can tune into the other.

Each of you was set up, in order to come into third density, with third-density parameters being met. You cannot become fourth-density entities. You would not be useful to the planet and to the approach of fourth density if you attempted to live in fourth density. Rather, your glory is that you have earned the right to an incarnation at a time when you are capable of helping to shift the consciousness of the planet you call Earth in such a way that it calls forth from entities the desire to awaken and remember who they are so that they, too, may be part of the graduation from third to fourth density.

In a way, all of you are engaged in one mission together. You are attempting to awaken humankind. Focus that attempt upon yourself. As you awaken, the world awakens. Do not feel that you must go forth and teach in order to do this job.

As you work on yourself, you are working for all of humankind. Be content, therefore, to seek ever more deeply within yourself for your true nature.

Oh, my friends, if you could only know for sure who you are, your hearts would soar. For you are love. You are a consciousness to whom the worlds are open. You can create and you can destroy, and, my friends, you do this each and every day.

For your thoughts are powerful things, and as you gain in power as a being you are ever more capable of creating metaphysical hurt or healing by the thoughts that you think. Therefore, we ask you to be aware of your thoughts, to patrol them with love and compassion, and when you find yourself being cynical, petty, judgmental or foolish—and we will allow that word to be what it means to each of you—we ask you to remember that one of the things you came here to do was vigorously and relentlessly to go after consciousness itself and find ever more fully that joy that comes from knowing who you are and why you are here.

The planet itself is going through its own transformation. The energies that are hospitable to third-density life are waning and because of the actions of your peoples in their thoughtlessness ...

(Side one of tape ends.)

(Carla channeling)

... with regard to their planetary resources, that time that is hospitable to third-density life has been shortened to a certain extent. It is normal, at a time of shift, for there to be as much as a thousand years after the shift while third density clears the planet of all energies that have been unfriendly or inhospitable. Unfortunately for planet Earth, the entities upon your planet have not come to the end of third density ready to embrace love, peace, freedom and justice. They do not see the beauty of harmony.

There has been within your culture a stubborn and persistent love of aggression and violence, where entities are moved by fear and therefore seek to protect and defend those things and people which are dear to them while rejecting the oneness of the planet as a whole. It is only in this atmosphere of separation that it is possible to consider slaughtering one's fellow beings as your peoples do each and every day.

Therefore, the end of your third density is not going particularly well from the standpoint of comfort and it will be uncomfortable for some time to come. You knew this when you took incarnation. You were eager to come here and to make a difference.

You do not have to rescue planet Earth! However, there is a karmic energy within many of your peoples which comes from actions in other lifetimes which resulted in making third-density environments uninhabitable. Therefore, the karma is involved in restitution and stewardship of planet Earth. And there are many people among your tribes all over the globe who feel a tremendous love for the planet itself and a desire to heal it. We would encourage this line of thinking, for truly all is one and your planet is a part of you.

As you move into the future, realize that part of your job has to do with radiating the love and light of the infinite Creator. And another part of it may well have to do with working with whatever energies that are about you in your natural, everyday environment, to attempt to become better stewards of that which is around you. What is your environment? How can you interact with it lovingly? How can you create islands of peace and joy so that when you enter the door to your home you are entering a sacred place? If you perceive of the Earth as a sacred place, what shall you do to clear the moneylenders out of the temple? We leave this to your consideration.

Fourth density already exists. It is a very sound and healthy child. It is a new heaven and a new Earth. And it is being filled more and more each day with those who have ascended, in the natural way of things, from planet Earth through the gateway of death. It is the great hope of many energies and essences of your inner planes, such as your angels and your guardians, that each of you may enjoy a leisurely, organic and natural ascension through that gateway to larger life that is the physical death.

From the standpoint of planet Earth, that is perfectly acceptable. Gaia herself does not at this time need to shake you off like fleas. However, as we have said before, we caution you, for there are entities all around your globe whose vision of ascension includes a self-created apocalypse. There is almost a hunger within that part of the planetary consciousness that is invested in power for the dark pleasure of blowing everything up once again.

See what you can do, my friends, to elect officials who are not caught in that "glorious Gotterdammerung" vision. See what you can do to elect officials whose hearts are stayed on love itself and whose vision is one which includes all entities in any plans that it may make, not just those who are wealthy or powerful.

We encourage you to wake up to this life, to embrace third density and to orient yourself as to who you are and why you are here. That is where the Holy Spirit can be so very helpful. Whether you see that energy as a Christed energy as in Christianity or whether you see that energy as coming directly from a larger

vision of the Creator which includes all of the galaxies, all of known space and time, and all of the inner and unseen realms as well, whichever vision helps you the most, we encourage you to take that vision.

There is nothing wrong with the Christian vision. It is a distorted vision, but so is any structure that is pulled into logic and mentality and intellect from the realms of spirit. The heart does not deal in quantities, it deals in qualities. When you attempt to define the Holy Spirit, you are attempting to quantize it. It cannot be done. So the best we can do is to give you ways to think about these terms that may help you.

To respond, finally, to the question of the one known as T, it is indeed so that the transformation of the self by calling on the spirit is an essential part of ascension, however one describes or configures this relationship.

It is by the guidance that penetrates into our heart of hearts that we finally learn to let our lives go and to open them to the unfathomable and mysterious presence of the divine. It is a release that is miraculous, just letting the boundaries of the intellect go. We do not encourage moving without regard to the intellect in everyday life but rather we encourage the opening up of your point of view to encompass a self that is both physical and spiritual, not separately but all together in one glorious confusion, as the one known as M said earlier.

Our wish for you would be that you were in this moment to determine to be ready to listen, to say, as this instrument does, "Come Holy Spirit!" And we say to you that you are asking for a lot when you ask for the spirit. You are not simply asking for a nice or a pretty or a beautiful experience. You are asking for the truth. Be ready, when you ask, for whatever may happen, for a sincere request to the spirit shall never be unheard. You shall be answered, my friends, and your lives shall change.

We realize that our time is up and we believe that it is best, examining this instrument's energy levels, that we ask for only one or two brief questions before we leave this instrument. Is there another query at this time? We are those of Q'uo.

B: I have one. You mentioned we are beings of love and beings of consciousness. What's the difference between love and consciousness?

We are those of Q'uo, and are aware of your query, my brother. Love is an essence. It is not necessarily tied to a point of focus. It is rather that focus that creates all that is and, as such, its nature transcends consciousness, as we use the term to indicate that portion of a human being which is not caught in space and time.

May we answer you further, my brother?

B: I understood.

Is there another query at this time? We are those of the Q'uo.

B: Let me check on the internet.

(Pause)

B: I think P has one. Hold on.

(Pause)

P: (Speaking through the internet from Nevada.) I was wondering if you could clarify how love is destructive.

We are those of Q'uo, and are aware of your query, my brother. And may we say what a pleasure it is to embrace the energy and the spirit of the one known as P as well as all of those whom we have not experienced as part of this group for a time. It is a great pleasure to us to say hello.

That which is the Creator is that which equally creates and destroys. To the Creator, the two are part of one process. There is a dynamic between light and dark, creation and destruction, love and fear, and so forth. It is one of the powerful dynamics that are a part of the illusion which you now enjoy.

It is perhaps easier to see this destructive and creative aspect when one examines, say, the life of a sun or the life cycle of an animal within your

second density. There are portions of that cycle in which the animal involved is growing. There are portions in that cycle in which the animal is food for another animal. Yet the entirety of the creation is harmonious. And rather than feeling that there is a wickedness involved in nature, "red in tooth and claw," [1] as the one known as Alfred said, it is to be seen that this is all a perfectly acceptable part of the dance of life in which entities eat food and are food in their turn. As your body dies it shall be food for worms. And the Creator has provided natural ways in which the seemingly destructive process of various creatures, like worms and other bugs eating the body, makes it a part of the Earth once again and the cycle of that particular body is complete: dust to dust, ashes to ashes. That is the sense in which we meant the destructive nature of love. It, in being creative, must also complete the cycle and be destructive as well in the natural and organic whole of a 360 degree world.

May we answer you further, my brother?

P: That sounded pretty good, although I'm interested on your point on a 360 degree world. Are there levels below that?

We are those of Q'uo, and are aware of your query, my brother. This instrument's use of the term "360 degrees" is meant simply to indicate there is no such thing as an arc that is uncompleted in the creation. All energies have their dynamics and form perfect circles or spheres, to be more accurate.

We find that this instrument's energies are waning and so we would take this opportunity to thank each of you for this opportunity to be a part of your circle of seeking. We would leave you at this time with great joy and thankfulness in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai.

[1] Alfred Tennyson, "In Memoriam":

Who trusted God was love indeed

And love Creation's final law—

Tho' Nature, red in tooth and claw

With ravine, shriek'd against his creed—

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Special Meditation

April 1, 2006

Jim: Our first question today has as its focus the role of the spirit guides in the ascension process. We would like for Q'uo to tell us what this role is.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greeting in the love and the light of the one infinite Creator. We come to you in the Creator's service this day. Thank you for asking us to join your circle of seeking. It is both a privilege and a great blessing to be with you, to marvel at the beauty of your vibrations, and the intensity of your seeking for the truth. As always, we would ask each to use discrimination in considering the ideas that we offer. If they have resonance for you please feel free to work with them. But if they do not, please leave them behind; we would not be a stumbling block to



any. We thank you for this consideration, my friends.

You have asked this day concerning the role of spirit guides in the ascension process. We find this somewhat humorous because this instrument has been working for the past several days upon a manuscript of channelings from the Holy Spirit, which is this instrument's spirit guide. Consequently, this instrument is steeped in that companionship and comfort which is the role of the guidance system of each entity.

Your guidance system, whether you characterize it as this instrument does in the Christian term of Holy Spirit or whether you characterize it in other ways, is, nevertheless, a part of the interwoven consciousness of Creator and created. You are never without your guidance system.

A key concept to remember when thinking of your guidance is not what form or shape it takes, but what its essence is. The essence of that spirit that companions you throughout and incarnation is unconditional love, absolute support, unending compassion, and a clarity of understanding that takes in the full sweep of the octave of densities within which you now enjoy consciousness.

It is not an event that occurs in a moment to ascend. Ascension is rather a process. Think of third density, if you will, as a spiritual distillery. You know of how a distiller creates spirits from the fruit of the vine or grain using various substances such as yeast, hops, raisins and many other choices of ways to create a chemical reaction which will distill the raw ingredients into the finished wine that is full of the delicious taste of all of its ingredients and due to the chemical processing has transformed its nature. Such is your process in enjoying incarnation upon planet Earth.

We have observed that the dogma-driven thinking of your religions, especially the one known as Christianity, has skewed the thinking about the ascension process and has created of it not a joyful celebratory event, but a fear-driven, doom-filled event. It is not the intention of the Creator that the process of ascension be narrowed down to an event of any kind. However, were a very narrow view to be taken of ascension so that one could see it as an event, it would be an event that was as full of positive emotions as one's birthday, one's wedding day, or any other celebration or party to which one looked forward greatly. The whole concept of ascension as a terrifying moment when the world ends and suddenly you are standing before a righteous judge, is far from the Creator's mind, as far as we understand the Creator's mind and we note here that our understanding is faulty; we offer only our humble opinion at all times.

Your life is a process of gradual ascension. You start with raw ingredients. Throughout your life, each choice that you make advances the distilling process. At the moment of death, the gateway to larger life opens and you yourself are able to see with the enhanced vision of time/space where you are in your ascension process. You are the judge that you have so feared. Your spirit guide, guidance system, or higher self, is there with you as a resource to you.

From our point of view, we see the term spirit guide as somewhat lacking in specificity. We would rather discuss the higher self for in terms of the structure of this resource of the self, the higher self comes from a place in the circle of your personality stream, shall we say, or your soul stream, that is far in advance of your consciousness within incarnation at this time. The higher self is your self at a point within sixth density where the lessons of unity have been so far

advanced that you as an entity have become aware in sixth density that you are moving away from close contact with that which has been laid within your memory as the occurrences of all of the densities up through sixth.

They are falling away from you at this point and your mind, heart and will are turning ever more toward the face of the Creator. You are acquiring enough spiritual gravity that you are aware that this is your goodbye to the self of this creation. You are not any longer interested in your personality shell. You are ready to be absorbed into the godhead principle once again.

And so you turn in the midst of sixth density in this very precious and pivotal point in the distillation of your soul and you leave a resource behind as a gift to yourself. It is available in third density, fourth density, fifth density, and, if needed, in the beginning of sixth density for that soul and spirit that you are. (Inaudible) inextricably bound into your consciousness. It must be asked in order to be heard. The spirit, or higher self, will not speak unless it is asked; it can not intrude upon free will. It must wait for your interest, your desire, your questions, your cries, your groanings, your rejoicings, and any other conversation that you wish to have. It waits patiently, full of love, knowing you because it is you but you at your highest and best. So there is color to the spirit. There is energy and liveness, [but] there is not is physicality. The spirit is uncreated. It is a resource, an essence if you will.

Therefore, at the moment of death your higher self is with you, part of you, supporting and encouraging you as you walk into the light of larger life.

Is there a follow-up query to this question before we move on?

B: Q'uo, are there other selves that act as spirit guides, like angels or other forms?

We are those of Q'uo, and are aware of your query, my brother. There are indeed other entities that help to guide. This is why we were attempting to be more specific about the term that we were using, for the term spirit guide can mean any of a dozen things or more. There are so many sources of guidance that are around you that to discuss them in depth is impossible, but we can simply name them. They include, as you said, angels—and there are many varieties of angels—pixies, elves, fairies, nature divas and spirits of all kind, the essences of elements, their spirits such as undeens, sylphs, niads, dryads, and all of the totem with which you have been associated in past lives. As well, there are many entities in the inner realms who are drawn to you when you are conspicuously loving, patient or intent upon the truth. Passion for goodness, for fairness, for love, or for devotion to the one infinite Creator all draw to you entities that dwell within the inner realms in one capacity or another. And so you may have about you literally dozens of helpful, loving sources of inspiration and guidance. Each is in harmony with the other sources of guidance that are about you and they constitute your family in the unseen realms. Also to be considered are those entities which are associated with you in other densities, especially for those of you who are wanderers.

When you have incarnated as many times as each of you has incarnated, the web of connections becomes truly amazing, expanding infinitely and including virtually everyone on the planet. Consequently, the concept of one spirit guide or two spirit guides or a limited number of them is not accurate in our opinion, for if you are sufficiently motivated

to focus your will to that laser-like quality that it can achieve when your emotions and your desires are coherent, you call a very large percentage of the unseen realms to aid you and support you. Thus it is that we encourage entities to find their passion and follow it.

May we answer you further, my brother?

B: No thank you. Jim?

Jim: Our next question: "Q'uo, could you tell us what the role of the guardians is in the graduation, in the ascension?"

We are those of Q'uo are aware of your query, my brother. The guardians of your planet are a group, some of whom are inner planes entities and some of whom are Confederation entities. There is a rotation of those who are responsible for planet Earth at any one time but a constant number of those who guard and keep stewardship of the planet, its people, and its resources, and by that we do not mean the kind of natural resources of which your peoples general think when they say the word "resources," but rather we speak of the metaphysical resources of the planet as it moves through its own ascension process, shall we say.

The role of the guardians is to care for and be a steward to the people and the planet. During the ascension process, the guardians stand by the steps of light which are walked by those who are moving ascension or graduation. They look carefully to be sure that the gradations of light are precise, steady and stable. They look to be sure no one stumbles or is confused, for they wish each to walk comfortably into the light until they have chosen their most comfortable place. So they guard the sanctity of this process. It is by this process that each decides or chooses the nature of its next experience. If walking into the light and stopping one has stopped at a place that is yet in third density, then that entity shall next incarnate in another third density planet elsewhere. For the planet you call Earth has begun its fourth density positive incarnation and is even at this time accepting new entities as they graduate through the natural processes of death.

May we answer you further, my brother?

B: Is there another process besides death to make the transition?

We are those of Q'uo, and believe we understanding your query, my brother. There is not in the duties of the guardian any process other than that which occurs at the death, as you know this walk through the gateway to larger life. We are aware that there has been discussion among your peoples of that which this instrument calls the rapture and indeed this instrument is aware of the teachings of the one known as Jesus who said that when the time came there would [be] two people in the field—one would be taken and one would be left. It is our understanding of this teaching—and again we offer it humbly—that this was as were almost all of the things that the one known as Jesus taught, like a parable in nature.

The literal meaning of the stories that the one known as Jesus told was not intended but rather the stories were those stories in which the parable pointed out metaphysical truths rather than physical ones. Therefore, it is indeed so, in terms of the functionality of the graduation process, that in the moment of choice on the steps of light, an entity either chooses third density or fourth density and therefore moves into life in third or life in fourth density. We do not believe it was intended that there would be this adventurous drama suggested of a sudden and fell rapture in which life as you know it stopped suddenly and [completely] and entities were either tossed into

the pits of hell or lifted up to heaven.

We believe that the reality is less dramatic but much more understandable. We believe that the reality is that you, each of you, will choose the manner of your being. You will choose it not because you judge yourself but because you realize that there is a sweet spot in the light for you. Walking those steps of light, you are not looking to push past your abilities, you are looking to find that place where you belong, and when you have found just the right place, it does not matter if it is third density or fourth density, it is the place that you have earned, it is the gift of your long and adventurous life and all that has brought you to that point at which you were vibrating in a certain way when you passed into larger life. That vibration is your being. You want your being to be comfortable. You want that being that you are to be placed where it belongs. This as we understand it is the process of graduation or ascension. May we answer you further, my brother?

B: No, thank you.

Jim: Our third question is [about] ensoulment. When and how does a spirit enter the body in third density to take part in the third-density incarnation?

We are those of Q'uo, and believe we grasp your query, my brother. The body which you inhabit during third density has its own anima. It is not precisely a soul; it is of the nature of second-density entities, inhabiting a great-ape-with-very-little-hair gene pool, if you will. When the physical body that you are using, that serves you so well now, dies, it, as opposed to your consciousness, will sink back into that pool of naked apes that constitutes the human race as a second-density species.

Therefore, it is independent of the need for a soul or a spirit. It can live, enjoy its nature, and pass from life all without the need for a third-density spirit inhabiting the body.

When a woman becomes impregnated, the arrangements, shall we say, for the birth of a certain entity to that woman are already fairly well advanced. There is a great demand for opportunities for incarnation. Entities must wait for an opportunity to inhabit a particular physical vehicle. An entity and its higher self, or its guide, will have pondered the idea of an incarnation for some time, as you would call it, and you will have created a plan or an agenda for the creation that involves being born to a certain woman, living in the family of a certain family, and meeting various key people throughout the life experience. When you and your higher self plan an incarnation, you are redundant in your planning. You have not one or two or three possibilities, but virtually endless possibilities lined up so that if one straight road to Rome does not avail, the next straightest road—with a little kink in it and a little curve there—comes up. And if you stray off of that road, another comes up. They all lead to Rome. When a woman actually becomes pregnant, this seals the opportunity. There is to some extent an unconscious agreement betwixt the soul of the entity who is the mother and the soul of the entity who is going to be her child.

The time of the entry of a soul or spirit into a physical vehicle with its anima varies widely. In some cases, within three months of the woman becoming pregnant the soul will already have begun inhabiting the physical vehicle that is the fetus within the womb. In other cases, as the other extreme, an entity may not inhabit that body until after the birth. There is a target of opportunity from conception to

about three months after birth for the entry of the soul into the body. The choice of when this connection is made has a good deal to do with the relationship of the child to its mother in terms of how that relationship will function as catalyst in the lifetime to come.

May we answer you further, my brother?

B: I have a question from D, Missouri who wants to know, "Can a physical body exist without a soul?"

We are those of Q'uo, and are aware of your query, my sister. That is affirmative. The physical body is capable of living without being ensouled. It is, however, very seldom that this situation occurs. When the consciousness of an entity is withdrawn from a physical vehicle, that physical vehicle is without a rudder, shall we say. It is not geared to functioning as a natural second-density entity but, rather, it has given its life over to carrying consciousness. Generally, when the silvery cord—as this instrument calls the connection between spirit and body—is severed, the anima of the second-density physical vehicle, or animal, is not strong enough to maintain the health or life of that physical vehicle and it perishes because of the lack of the soul which it was designed to carry.

Is there another query at this time?

B: I've got one from L in England. She would like to know what happens to the chemical complex at the time of fourth-density transition.

We are those of Q'uo, and are aware of your query, my sister. The term ashes to ashes and dust [to dust] is familiar to all and would be the burden of our response if we understand your question accurately. Therefore, we assume that we do not understand your query.

May we ask if you could phrase it in another way, my sister? We are those of Q'uo.

B: It may take a moment to type her response.

(Pause)

B: Jim, why don't we go on to the next question and we can touch the last later.

Jim: Our fourth question has to do with how social memory complexes talk, how they relate each to the other, and to other social memory complexes.

We are those of Q'uo, and are aware of your query, my brother. This instrument can feel us laughing for the challenge of this question is such that we doubt our abilities to express, in any way that is useful, the response that would make sense.

Imagine that the entire creation is dancing. Imagine that it is dancing in a way that is unified and harmonized so that every speck and mote and iota of the one infinite Creation of the Father is dancing in perfect harmony and in full awareness of the vast and infinite reaches of that dance.

We who are not of third density incarnation, whether we are dwelling between incarnations or are essences that were uncreated and therefore have not incarnated at all, are part of this dance. It is the dance of the heavens and the Earth, the elements and the essences of creation.

In infinite variety and color, the patterns of the dance swirl in sacred geometry, in joy, in thanksgiving, and in grace and symmetry that create a beauty that is never ending, ever flowing, and an expression of unconditional love in its every facet and coloration.

Communication betwixt social memory complexes is that kind of communication that you may have experienced at times with those to whom you were very close. Perhaps you have known what someone else was going to say. Perhaps you have felt that there was someone else in the

room with you and you turned around and there someone was. You felt the palpable energy of their presence. So it is when coherent energies wish to speak with each other; the wish creates a connection, it is instantaneous.

May we answer you further?

B: I have one clarification request on what does it mean, "essences that were uncreated"?

We are those of Q'uo, and are aware of your query, my brother. To begin with, the Creator is uncreated. The angels that you know of in your Christian mythology are uncreated beings. Nature spirits are uncreated beings, they have never had incarnation. They express the spirit ...

(Side one of tape ends.)

(Carla channeling)

...which lives in elements such as earth, air, wind, and fire, and second density-creatures such as your plants and animals. And even in the stories that entities tell over long periods of time in which entities which never lived become real and have lives within the inner planes of your planetary sphere.

May we answer you further, my brother?

B: Going back to ensoulment, a couple of quick questions. E would like to know, "Does the self or higher self attempt to choose a father as well as a mother?"

We are those of Q'uo, and are aware of your query, my brother. And may we say that it is a wonderful thing to respond to each of you. The energy of each of you is a blessing to us and we thank each of you for taking this time to tabernacle with us.

The father, the siblings, the authority figures, the mate, and the friends of an entity are all considered, indeed, in creating the opportunity for an incarnation. However, in terms of choosing when to be born and in what circumstances, it is the relationship with the mother that is the most pivotal. The relationship with the father is one step removed in that the woman who is a mother carries not only her consciousness as guardian and guide to her unborn child, but also she carries the ocean of infinity and eternity within the springs of her womb. Consequently, it is her energy that is most intimately connected with the one infinite Creator in the process of sacred birth.

May we answer you further, my brother?

B: T in New York would like to know, "Does abortion incur the need for karmic reparations for the mother or father?"

We are those of Q'uo, and are aware of your query, my brother. There is no one answer to this query, my brother. And we are aware that it is a very tender subject, certainly in this instrument's heart as well as many others. However, each entity creates an agreement with the mother. If the mother is considering abortion, then it is well for that mother to sit in meditation until it feels beyond a shadow of a doubt, subjectively speaking, that it has made contact with that being that is knocking at the door for the opportunity to incarnate.

Some entities are perfectly willing to move on and find another opportunity. Other entities have a great desire to be born to this one person and be placed into incarnation in just this way. Therefore, each case must be decided on its own merits by the woman involved and by no other source. Only that woman can make contact with that soul that is asking for incarnation and ask for permission to pass up this opportunity.

An entity who is attempting to incarnate does not want to cause its

mother difficulty. Therefore, if a mother can take the time to commune with that child that is to be, it is entirely possible that there is no karma necessary to experience as a result of choosing to abort when circumstances are not opportune. The child understands as well as the mother.

However, it is well to go through this period of inquiry and communion with the child and to have a very deep and profound discussion as to whether or not that child is happy to have another opportunity with the same parent but at a later time, or with another family altogether. May we answer you further, my brother?

B: We have one more from P who would like to know, "When does the seed of thought begin?"

We are those of Q'uo, and would like to say that this shall be the final query of this session. We thank the one known as P for this question, it is an interesting one.

The seed of any thought is thought itself. The Logos is the original Thought. All thoughts spring from the Logos. Unconditional love is the essence of the Logos. Therefore the seed of every thought is love.

May we answer you further, my brother?

B: I think we're all set! He said he should have thought of that.

We are those of Q'uo, and we thank all who have gathered for this most adventurous and exciting type of meeting. It is an unusual occasion and one we celebrate. Thank you to each.

We offer our seeds of thought to you with a humble heart but a happy heart indeed. May each of you thrive and enjoy the adventure of incarnation. May you realize the stunning excitement of the possibilities that await you this day. Within you lies the power to reshape your world according to the way you think, the way you hope, and the dreams that you dare to dream.

This instrument and the one known as Jim have been reading a book called Handbook for the New Paradigm. And in it there is discussion of how a few people dreaming together can re-imagine the Earth. That is the function of the spirit as well, that guide that is ever at your side. It also hopes that you shall reach up to the one infinite Creator and to all of the guidance that you have and ask each and every day, "What is your will for me this day? How shall I serve? What shall I learn? And in what shall I rejoice?"

We leave each of you in the power and the peace of this adventure. We are those known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai.

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Sunday Meditation

May 7, 2006

Group question: "I would like to ask the Q'uo for your thoughts on the spiritual principles involved in the process of disease and in the process of healing disease both in ourselves and in our serving as conduits for the healing of other selves, such as in Reiki healing."

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and the light of the one infinite Creator. We come to you this day in the Creator's service. Thank you for calling together a circle of seeking and asking us to join you. Thank you to each of you, both in the room physically with this instrument and in the world at large. Truly, in the temple that you have made together by creating this circle we are all in one time and one metaphysical space and we are honored to be among you.

We would ask, as always, that each guard well the gates of perception and discriminate between those thoughts of ours which hit the mark and those which miss it for you. Be very careful before accepting any of our thoughts to work with. Be sure that it is truly a resonate thought for you, for we would not wish to lead you astray. We thank you for this consideration.

You have asked this day concerning the principles involved in the process of disease and in the process of healing—whether the healing is done upon oneself or whether the healing is done for others. The two are two sides of one coin and that coin is the mystery that you behold before you in the mirror: your physical vehicle, its energy body, and all of the attachments thereto.

Let us look at the model which we would use to talk about you as a physical being that has something called wellness or health.

The body that is your physical vehicle is the outward and physical sign of your consciousness. It is not your consciousness. The physical body, left to itself, is as any animal among your many species of animals upon your planet. It has an instinctual life and it owns a brain which you generally experience as that brain that makes decisions. That is what your physical body's brain was created for, as a choice-making tool. It makes choices on a hierarchy of priorities, the first being survival.

When you took upon yourselves the ambition of entering incarnation, you agreed upon a process that would inextricably bind you to this physical vehicle which you now enjoy, for the duration of your incarnation.

The consciousness that you possess as a citizen of eternity moved into interpenetrative intimacy, body upon body, so that the body of your consciousness—which some call a light body, some call the energy body and others call the chakra system—interpenetrated the physical form and connected with it in a very careful and specific way.

We give this instrument the vision of a plant which grows up within a pot. The pot has the soil necessary for the growth of the plant. The energy which creates the ability for that plant to grow is found in the soil of the pot. That is what your physical vehicle is. It is a clay vessel.

You, as consciousness, made an agreement with that body or physical vehicle, before incarnation. That body agreed to carry you. In a sense you may see yourselves, all of you, each and every one, as a walk-in, to use the New Age term familiar to this instrument. You, as a human species are a species of walk-ins.

Into the natural physical vehicle your consciousness walked in, made its connections with each of the various facets of your energy system that connect directly into your physical body along the line of the spine and you settled in for a shared experience together where the physical vehicle would have the privilege of carrying consciousness and you, as consciousness, would have the privilege of having an incarnation in flesh. It is a beautiful and a carefully made collaboration which you enjoy.

Left to the choices of the physical body, the kind and degree of illness which you experience as human beings would not exist. You would be healthy until your physical vehicle became weary. Given that you had food and water and the things that you needed for life, you would undoubtedly remain healthy until that illness which offered you the opportunity to leave the incarnation presented itself.



The drama of stress and tension that you experience and all of the emotional and physical aftereffects of such difficulty within the so-called energy body would not be experienced. Yours would be a life as natural as that of a cat, a horse, or a grizzly bear. In your environment you would thrive if there were enough food, enough water, enough salt, and so forth. Life would be simple.

For the human being the simplicity of that life becomes hidden. You cannot reconnect with the animal body and become a simple animal. The nature of your consciousness militates against such a choice.

No matter how deeply you attempt to bury your faculty of judgment, you as a human being are all about judgment. It is a judgment that is carefully created as a kind of instinct within consciousness which propels you forward in a metaphysical sense. As you form opinions and make choices, consciousness, which has links in the inner planes and throughout the universe, creates a reverberating sounding board which bounces your decisions, your choices, and your judgments back to you for review.

Until you begin to grasp the power and the responsiveness of this system, you may well experience a wide range of catalyst. As you become more skilled at realizing the dynamics of the natural system in which you are involved, energetically speaking, you will begin to realize that there are attitudinal choices that you can make that create within your experience much more of a feeling of participation in the process of experiencing catalyst and choosing to respond to it.

Until you grasp just how powerful a being you are as one possessing consciousness, you will be completely at the mercy of catalyst. Conversely, once you grasp the rules of this game of incarnation you are playing and begin to apply the rules of the game, which are relatively simple, you may well find yourself in a process of transformation.

Things may begin to simplify themselves for you once again. But the simplicity will be the simplicity that moves in a spiraling fashion up to the unified level of body and consciousness. This is not precisely the same thing as the psyche and the soma or the mind and body, as psychology has it, for you are more than your psyche and your body. Health [and] the process of illness as well have a great deal to do with that "more than" that you are.

In a way, you may see yourselves as pilgrims who carry their packs not over their shoulders wrapped in a kerchief, as the mythical hobo figure does; rather, you may certainly see yourself as that pilgrim on the road, the journey of spiritual evolution. The pack that you carry lies within. What is metaphysical food? What does your pack hold? The answers that you offer to that may well indicate the true nature of your wellness.

We would, in passing, distinguish between health and wellness. It is well to realize that no matter what the age or health of the physical body, by examining such things as the eyes and the general feeling that being around a person may give you, you may discover that many seemingly physically healthy people are not well. You may also discover that many seemingly frail people are extremely healthy. The actual state of wellness within your organism is a function not only of the state of your physical body and not only the state of your mind, it also contains an element that is difficult to quantize.

In consciousness there is a ground of being. That ground of being is love. You are an expression of the one original Thought. That is the gift that you carry in your physical lifetime. You don't carry a little love. You carry the love that creates and destroys. It is at once your glory and your biggest woe because when you do not focus and direct the awesome power of your personality, your character, and your belief system and instead you allow it to follow its impulses without giving them particular thought, you may find yourself in the situation where life experiences are occurring to you that do not make sense and to which you do not know how to respond.

This being said, your basic health is like a default setting. If you were born with radiant health, then that is your factory setting—that is how you came from the manufacturer. Your light body, your energy body, or your chakra system copies that group of settings before birth as part of the integration process of soul or spirit and physical vehicle or body. The memory of that default setting, which is health, radiant and unblemished, is retained by every cell in your body and by every iota of energy in your energy body.

The process of disease occurs when the balance that is the default setting for wellness in your particular physical vehicle and energy body becomes upset. Such balances can become upset because of purely physical and mechanical reasons. If you fall and break your bone, there may be no higher interpretation of such an event. You simply had an unlucky accident. However, if you are a seeker on the path, it is well to open up your mind and your thinking to the possibility that some imbalance in your energy body threw you off so that you were literally out of balance and so you fell.

If you look at health as strictly physical, you will go with an unlucky accident. You will go to the doctor, follow the doctor's orders, and eventually you can get well. You will not have learned anything. Your physical vehicle was damaged and then it repaired itself.

If you go with the latter explanation, that there were imbalances within your energy body, you may still go to a medical doctor for help with healing the body, but you may also go within to that divine healer that lives within your consciousness. When you choose to examine your thinking, your actions, and the possible ways to look at the balances of your energy system, you open yourself up to a whole level of powerful possibilities that are not there if you stay strictly within the physical parameters in your thinking.

Consequently, when entities decide to work with the game of incarnation at a deeper level than the physical body, [they] have made the choice to move into a faster lane as far as the pace of spiritual evolution because the sufferings and the woes of the physical existence are created as part of the work which lies before the consciousness you carry. That consciousness will use every bit of the suffering that you are able to penetrate [with] your faith. It will use it to learn how to return to the default setting. Many supposed miracle healings have been done simply because of the depth of an entity's faith.

In general, when there is a movement away from perfect balance in any part of the energy body, the key word in looking for cause is fear. There has been a contraction away from the relaxed and peaceful default setting of the emotional and mental part of your physical vehicle. That contraction has pulled some part of your energy body into imbalance. That contraction was in one way or another caused by the faculty of fear.

If you see the perfect body and wellness itself as a state of love, then you will see that fear is a choice which turns one away from the face of love.

Therefore, the choice for healing is a choice to lose fear and choose love.

Because it is sometimes difficult to drop all fear, healers exist which work with the energy body rather than the physical body. What they do is to offer to the entity who seeks healing the opportunity in a neutral atmosphere to drop fear and choose love.

We realize that we have barely, barely looked at the top layer of an enormously profound subject and we have a desire to speak further with you at a later time. However, this instrument informs us that there are other queries that she would like to focus upon to some extent this day, and we, too, would like to respond to the great privilege of having this wider group that is non-local. And so we would also like to turn from this query for now in order to field some of these other queries.

May we ask the one known as Jim to read from the sheet which the one known as R has given him?

Jim: "I'm interested in knowing what transition may be like for a dual-activated person. Will the transition between third and fourth density bodies be seamless or is it more abrupt, like the death process? If so, exactly how does it work? Is it more of an individual process or is it more of a process done by the social memory complex?"

(Carla channeling)

We of those of Q'uo, are aware of your query, my brother, and we thank you for it. Third density is third density. And while you are in a third-density physical vehicle you will primarily be a third-density entity. The fourth-density activation, however, enables you, far more than those about you, to be tough. We think that is perhaps the simplest way to put that. The interpenetration of third density with fourth-density energy in the time/space sector of this development is bombarding the Earth with wave after wave of a denser kind of light that brings all entities' worst fears to the surface and plays them out.

It is a separating device, if you will, between wheat and chaff, in biblical terms. There are tares sown among the harvest of good that you have created in your life[time]. These waves of energy call for the truth from you, and, so, many of you are facing parts of yourself you never wanted to see and at which you don't want to look.

The fourth-density-activated entities or dual-activated beings are tougher at looking straight in the mirror of the self, seeing the weeds, and deciding on a form of weed control.

It is up to you to decide how you want to deal with this judgment of self. We especially want to indicate that in our opinion it is not well to judge the self in the way of this instrument's experience of the Old Testament. We do not want you to condemn yourself. We want you to see that when a plant is not wheat, that plant is a weed.

Do you want to pluck it out by the roots? You may, but it will take time. Do you want to snip it off so that it may grow again but for today it does not show?

You may do that. That is your choice. But the dual activated body will unerringly give you the toughness of mind to go for the root and to do the work in a timely manner.

In terms of what body will be activated when: they are both activated now, but you are in a third-density physical vehicle. You are living on a third-density planet. You are here for a reason. Many, many others are here for the same reason.

Those with dual activated bodies have graduated and have come back. Just as the Elder Race, when it graduated, chose to return, so have you returned. You do not want to go on to the exciting and even thrilling prospect of fourth-density existence, with its greatly enhanced options for learning and for service, until you have done your utmost, not only to help others of the human tribe to move on into fourth density with you but also to restore and reconstitute the health of Gaia, [1] of planet Earth, in her living form.

For many of you in dual activated bodies there is a feeling of great and passionate desire to connect with the Earth and to love and be a good steward to the Earth. For there is that within your consciousness as a person and in your consciousness as part of a race of beings that you have, in the past, been part of the destruction of a planet, a continent, a city, or family. And that destruction has caused the Earth to grieve, to mourn, and to become disoriented. By the time you leave this planet, the planet will know that it is loved. That is a very large factor in many of those who are dual activated and is their primary reason for being on the Earth at this time.

Of course, because of the fact that you chose to come into third-density incarnation, you are always subject to the basic rules of this game. You need to polarize in this lifetime towards service to others to an extent that enables

you once again to walk the steps of light and walk into a higher density. Otherwise, you shall simply move on with those still in third density at the end of this time to another third-density planet where you will continue to be of service and to gain in memory of who you are and why you are here, until such time as you once again get yourself on the right road, the road of your own deepest choosing, and then walk that walk, step by step, in great thanksgiving and joy, every day that you are privileged yet to be alive and breathe the sweet air of [planet Earth].

May we ask if there is another query? We are those of Q'uo.

Jim: The next query is: "I, for one, would like a nice summation from Q'uo on this whole transition phase, how the pieces come together, if we are allowed to know.

"As I currently understand it, a convergence of the dark brown companion star comet cluster and wave or energy surge ushers in the shift or realm border crossing for planet Earth from third to fourth density and all kinds of service-to-others and service-to-self spectators are coming to watch the show. The Ra and Q'uo groups have mentioned the cessation of third density around 2012. Is this correct? An aspect of service-to-self entities aren't agreeing to this or accepting it. So after that is supposedly a thousand year transition period on this service-to-self and service-to-others choice.

"What does this thousand year period entail, a weeding out process between the two polarities? Perhaps a last chance for those newly awakened; those whose choice is not quite firm enough to allow full entry into fourth-density form? Or how does this change in classrooms apply to the various groups such as service-to-self, service-to-others, wanderers, indigos, dual-body activation, etc., etc."

We are those of Q'uo, and are aware of your query. There are portions of your query that do not make sense to us and about which we will not comment except to say that in attempting to imagine those things which bring about the harvest, there are sources which use information which may be seen in a non-literal sense with much more helpfulness from that construction than attempting to make literal sense out of some material.

Concerning the basic setup of the transition, there is a moment of transition in terms of the planet itself. That moment of transition is at some point near to the winter solstice of 2012. It is fairly set—cut and dried, as this instrument would say.

For the human tribe that inhabits the surface of Planet Earth, things are not so cut and dried. The time of choice is greatly limited now among your peoples. This is not a cause for great concern for most of those, if not all of those, who shall make that choice for graduation have already made the initial choice of service to others. There is still time to make that initial choice, but you may do the calculation necessary to see that the time is short. [The year] 2012 is within [the] lifetime [of] each of those to whom we are speaking. This is something that you may choose and you may do completely and well in the next few years.

For most of you, indeed, as we said, the choice has been made. You have decided to be of service to others. Let these next few years that remain before 2012 be a testament to your stability, your spiritual maturity, and your ability to persevere. Bloody mindedness and sheer guts is sometimes part of what it takes to make the choice of love.

You have to look beyond your own feelings and your own first responses and ask, as this instrument has heard often from us and from those of the Ra group, "Where is the love in this situation? Where is the light in this moment?" When you are prompted to ask this query of yourself, you may well find that you are the only source you can find in that situation of love and light.

(Side one of tape ends.)

(Carla channeling)

Yes, my friends, you! You are only one being, but you have within you consciousness. That consciousness is what this instrument would call Christ consciousness. It is the consciousness of unconditional love.

Go looking for that consciousness. Ask for help in finding that consciousness. Your guidance system is just waiting for you to ask for help. The angels that surround you are breathless with anticipation that you will remember them and call for them. They love you with a love that we cannot describe to you. It is the love of the one Creator. They are bits of that consciousness; uncreated, sent forth in purity, unable to enter incarnation and able only to help when asked by incarnated beings such as yourself. Remember to ask for that help. After these years of choice have been lived through, you may well live for quite some time thereafter. You will not notice changes in your own ability to breath and eat and do the natural functions of a human being. You will be able to live out your life.

The one known as Jim was saying that in The Ra Material, the period of transition was suggested to be perhaps between 100 and 700 of your years. The reason it is so approximated is that we do not know who shall inspire whom with love and with the daring to make courageous choices at difficult moments. Every choice that you make for love extends that transitional period. And it is good to have that time, simply to work with the earth energy and to reconstitute and restore the health of the planet.

For those who graduate in a positive sense, their next incarnation will be on planet Earth, unless they are wanderers and have chosen to move after graduation into other realms or densities for further work as a wanderer.

For those graduating in the negative sense, they will go to a negatively oriented fourth-density planet unless they are wanderers, in which case they will be able to, after graduation, move back into whatever they feel would serve them the best.

For those who have not chosen either service to others or service to self as a polarity, there is still work to do in third density, the density of choice. You shall have some more time to make that choice and it shall be upon another planet.

Once third density winds down on planet Earth, it shall be inactive for a time. This is due to the need of new fourth-density entities to learn the ways of invisibility. There is no desire in fourth-density entities to disturb or surprise third-density entities. If fourth density were visible to third density, you would find yourself in a charming but very crowded universe made up of elementals, nature spirits and devas, totems, fictional entities who have gained inner-planes life because of the continued thoughts of many and so forth. It would be an enchanting and diverse experience but it would be too much for you to bear. You are veiled from fourth density and all other densities that would give you these experiences because you are here in third density to discover who you are—that is, an ethical being—and to decide what you want to do with that troublesome consciousness that you have found.

May we answer you further, my brother, on that question? We are those of Q'uo.

Jim: No, but we do have another question, Q'uo, if you have time. It is from A:

"We third density humans tend to categorize things—the time of the year, the races and classes of people, the species of animals and even the flavors of ice cream.

"As we've been told many times, fundamentally, all things are one. Does the need and purpose of categorization diminish as we advance toward the higher densities? Do we eventually lose all differentiation between ourselves and all that exists?"

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. We find this to

be an interesting query in that it assumes almost the direct opposite of what is true, but it does so because of the logic of third density. We do not operate according to that logic.

As one rises in densities, one becomes aware of the tremendous, unimaginable array of information. Each density has a quantum leap of information involved. It is as if the light had more facets so that it could carry more information.

As your souls crystallize in the way water is a crystal, they become much more easily magnetized and you become a much more fluid and responsive being. In higher densities you are aware not of less organization but of more, for you are not veiled and shielded from the dance of creation as a whole. That dance is endlessly, beautifully, rhythmically, gracefully organized. All parts of the creation are aware of all other parts of the creation.

You are familiar with this kind of dance because you see it in the second density and first density about you all the time. The trees, the air, the oceans, and all of the energies of nature are responsive in one holistic system, of which you are a part, but a bumbling, awkward and unknowing part. For the most part, you don't catch the rhythm of existence and so you don't celebrate life. You just accompany it. You're missing out on the celebratory aspect of this wonderful dance of life.

So, my brother, in brief, as you rise in densities, you see the details in much more full array than you do now. But you also see the organizing principle of love that drives the dance. This overarching love is the consciousness of which we were speaking earlier. Each of you possesses it and as you rest back into both yourself and the essential nature of the world around you, you will be led closer and closer to the immediate apprehension of the beauty of this dance. We would encourage you, my brother, to try, as an experiment, the experience of resting within a natural environment, far from clusters of people, and drumming or beating upon a piece of wood with your hand or anything that enables you to begin to express the rhythm of your being. For you have this dance within you. Allow civilization to take a back seat for awhile and just beat the rhythm of the beat of your heart for a while. It does not have to be a terribly long time. It is a way of putting you in touch with the part of you that is in rhythm and dancing with all of the rest of the unified creation of which you are an integral and loving part.

May we ask if there is a final query at this time? We are those of Q'uo.

Questioner: What would Q'uo recommend that doctors, nurses and family do in hospitals to reduce or eliminate the fear of their patients?

(Carla channeling)

We are those of Q'uo, and we are aware of your query. We find that our first response may be impractical but we will offer it to you anyway.

In the first place, if it is possible to avoid an institutional setting when you are ill, it is well to do so.

The one known as Norman, whose last name this instrument requests us to give—it is Cousins—wrote a book which this instrument read, in which he spoke of being given a terminal diagnosis. And what they suggested to him had a great deal to do with hospitals, radiation and so forth. He decided that he did not wish to heal himself in this way.

He figured out what it would cost him to enter a hospital for these machinations by the medical community and realized that he had a fairly large budget. He chose to put himself into a good hotel with room service, which happened to be a very good room service. He installed a video player so he could watch movies. He watched all of the Marx Brothers movies, all of the old Jerry Lewis movies that are part of this instrument's memories as a young girl, all of the Three Stooges movies, and any other comedies he that he could lay his hands on. He laughed himself well.

Rather than focusing on the illness and his fear of dying, he decided to focus

on his wellness and his love of life. In this entity's case, it worked well because this entity had done the work before he was given this diagnosis to be able to come up with this scheme.

Therefore, our first suggestion is if you can find a way not to enter an institutional setting for healing, I encourage you to do so.

If you are going to take the institutional setting in order to accomplish things that need to be done and you have become convinced that this is an appropriate thing for you to do, then we would suggest that you remember that you can create your own environment wherever you are. You can override the environment around you. But you must know that and know it very well before you enter such an institutional setting.

The institutional settings of so-called "health" [industry] are cesspools of negatively-oriented energy. In the first place, my brother, there is the fear of the patients. In the second place, there is the stink of the physical setting itself, which is by nature and by necessity cold, easy to clean, cleaned often and never quite cleaned to the point where the distressing odors that have been cleaned away go away. There is always the remainder of the various waste products of the human body that is ill that remain within the physical olfactory senses of all those who enter it. It is a depressing place to be, simply physically speaking, esthetically speaking, and so forth.

Thirdly, there is an aspect to doctoring, as you call it in your culture, which is heavy and dark because of the overwork of the doctors involved in the system and because of the completely needless attitude of utter dependency that many patients employ in relating to doctors, nurses and other authority figures within the health industry. This creates an irritability and an impatience within those supposedly attempting to heal you.

And lastly, there is the metaphysical atmosphere of a hospital or other health facility. Inner-planes entities and outer-planes entities find fear and suffering to be excellent food and so they congregate in such places looking for targets of opportunity.

All in all, it is a very unhealthy place to be ill and it is obviously to be avoided if possible.

If you cannot avoid these places—and certainly this instrument has often, time and again, been placed in the middle of a hospital situation—it is still possible to create your own healthy, light-filled environment. This instrument and the one known as Jim have, in the past, used the Banishing Ritual of the Lesser Pentagram [2] in order to cleanse the space of a hospital room or an operating room. This can be done for the self and it can also be done, if permission is given by the other entity, in absent healing for another person who is perhaps too weak to create this cleared space herself.

We find that this instrument's energy wanes. We realize that we have barely touched upon these queries and we welcome refinements of them in the future. Meanwhile, we thank each of you for the beauty of your beings, the harmony of your coming together and the depth [of] character that it takes for entities as busy as each of you are to make a special time to seek the truth. It has been a pleasure and a privilege to share our humble thoughts with you and we would leave you at this time, as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai

[1] Gaia is a name for planet Earth which comes from Greek mythology, in which Gaia is goddess of the earth and mother of Cronus and the Titans.

[2] This ritual and the explanation of why it is effective are contained in William E. Butler's book, *The Magician; His training and His Work*.

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Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Special Meditation

May 13, 2008

Question from Y: I feel as though I have a wall around me that keeps me from communicating with my higher self and my guidance system. If it was set there on purpose before incarnation, please discuss the spiritual principles for making this choice. If it was not set there on purpose, please discuss the spiritual principles involved in taking down this wall.

(Carla channeling)

We are those known to you as the principal of Q'uo. Greetings in the light and in the love of the one infinite Creator, in whose service we come to you this evening. We thank the one known as Y for asking for us to join a circle of seeking in which she may ask some questions. And we thank those who formed [the] circle this evening: one known as R, the one known as G, and the instrument. For each of you to take time out of your busy day to seek the truth and form a sacred circle of working is most impressive to us. We realize how many, many things are upon your minds.

We are honored and privileged to share our humble thoughts with the one known as Y. As always, however, we would ask both Y and all of those who may hear or read these words to use the utmost discrimination, taking what is good from the thoughts that we offer and leaving the rest behind. Follow the path of resonance, my friends, for truly you are the very best judge of that which is important to you and that which will be helpful in your work to accelerate the pace of your spiritual evolution. We thank you for this consideration, for it enables us to speak freely without being concerned that we may infringe upon your free will.

My sister, you asked concerning a wall that seems to have blocked you from being aware of your guidance. And you ask whether it was set by you before incarnation or whether it is something that has occurred during incarnation. We assure you, my sister, that there is no power on Earth or in heaven, shall we say, that could keep you from your guidance. For your guidance is an aspect of yourself. However, there is a tendency in some seekers to create for the self a self-imposed wall, due to the workings of personality and a somewhat low opinion of the self by the self. We might call this factor a low self-worth or the unworthiness factor.

The guidance that you seek so ardently is closer to you than your very breath. And yet when there is within a seeker that [which] is prejudiced against the perfection and the beauty of the self, a glass wall can obstruct the free flow of information betwixt the higher self and the self within incarnation. Let us look at some aspects of this situation, for we feel that there is sure and certain hope that it may be ameliorated, and that you may find yourself being much more able to work with your guidance when some things are taken into consideration of which we would now speak.

The energy body, that time/space body that is pure energy and pure light, is the author of your physical body, holding the template of your physical body during incarnation. It also holds contact with your



greater self. You have brought only a part of yourself into incarnation. It is as though a lifetime were a journey. When your guidance and you decided upon this incarnation and set your intention for it, you packed those things that you would need. You packed your relationships. You packed the gifts you needed in order to perform the services you hoped to offer. And you packed those limitations and challenges that you felt would help you to come into a more balanced configuration of a vibration.

Some entities seek to balance their open and loving hearts with more wisdom. Other wise souls come into incarnation hoping to break open their hearts and link that unconditional love vibration with wisdom in a more balanced and equal fashion. There are also some who seek the right use of power, balancing it either with love or with wisdom or with both. These are the usual areas of which concern the soul going into incarnation.

When the desire is to open the heart on the more stable and continuous basis, that choice has been made by the one who is wise and this is the case with you, my sister. Therefore, you offered to yourself the challenge that wisdom poses for the seeker. The wise seeker knows the self very well. He knows his shortcomings. And the more close to perfection his character may be, the more harsh those shortcomings may seem to him.

In reality, each soul is perfect. We have said before through this instrument that there are no mistakes; there are only surprises.

Consequently, know that your guidance is separated from you only by the illusions of thought-forms you have had in place since childhood. They are located within your energy body and they constrict the amount of energy moving into your heart and especially moving from the heart into the blue and indigo chakras.

The way the energy body works, it requires a constant working through all of the chakras, starting with the very basic chakra, the red-ray chakra, and moving up to the orange and yellow rays and then to the green ray. It is a common desire of those who so eagerly seek the presence of the one infinite Creator to spend as much time as possible within the higher chakras, experiencing the infinite light and love of the one Creator. Yet always the entry into the higher chakras must be preceded by work in the lower chakras to clear the way.

Perhaps you know the verse from the Holy Bible: "Prepare a road in the desert that makes the crooked places straight" [1]. This is the journey through the lower chakras and it needs to be taken not once but every day; sometimes more than once in a day if there are triggers that you find occurring that pull you away from the open heart.

Let us look a bit more closely at that open heart. As you move into the heart chakra, you move into what could be termed an outer courtyard. You stand before the open heart. And yet there is a gate that you must cross. It is guarded by the lions of discrimination.

Those lions guard that gate until such time as you have accepted yourself. It seems a simple thing, and yet for those who are habitually self-critical, it is not so simple at all. How can one forgive oneself for self-perceived faults and errors?

My sister, the way to forgive yourself is to realize that you gaze at the illusion of self, thrown out by your personality shell. You may take it on faith that within that personality shell lies a beautiful, worthy, wonderful, exquisite spirit, unique in all the creation, beloved of the Father beyond all telling. When you see bits of your personality that you would wish to be other than they are, you have

allowed yourself to judge yourself. We would ask you then to find it within yourself to refrain from judgment and instead hold out your arms and embrace yourself with your own open heart.

You have come into an illusion upon this planet and your life must be lived within that illusion in order for you to choose, by faith alone, to seek the Creator. And it is in faith that you forgive yourself, accept yourself, and fall in love with yourself.

When you see those faults occurring, do not think judgmental thoughts, but think affectionately, "Ah, there is my personality again," and give yourself a hug. We do not suggest that you cease attempting to become a better person. We encourage that journey towards the light. However, upon that journey you walk with feet that move through transformation. One of the transformations is to begin to see yourself as a magical, beautiful and entirely worthy being.

We ask you not to see that which is not there. We simply ask you to see that which is not on the surface. We ask you to move deeper and find that portion of yourself that we would call consciousness. You share this consciousness with every third-density entity upon this planet. And, indeed, in the deepest sense you share this consciousness with all there is. For it is the consciousness of the Creator. It is the consciousness of unconditional love. Form a heaven then, when you feel yourself moving into judgment, of choosing to refrain from going further with that thought, and instead taking up that thought of appreciation of the self just as you are.

When you have gathered all of the bits and pieces of self that you might have shrugged aside because they were not your best parts, then and only then can you truly come into the tabernacle of the open heart. It is then that the lions will let you pass.

When you move into the open heart, then remain in silence for awhile. Allow the silence to fill you. For there is information being given to your subconscious mind within that speaking silence. Simply rest, letting the love you have for the Creator flow and radiate until you begin to feel that answering pressure of love from the Creator, that incredibly strong, answering love. Rest there; be fed, and be comforted. Now we would speak about working with guidance. Working with your guidance is one of the ways in which you use the gateway to intelligent infinity. You open yourself to the metaphysical worlds by the process of tuning yourself up to your highest and best as you move out of the open heart and into the blue-ray chakra, then into the indigo-ray chakra, and from thence into the violet-ray chakra and through the gateway.

Your guidance is a source of inspiration and information and it is most happy to communicate with you. Thusly, after you have spent time resting in the open heart, form your intention to seek your guidance system. You may even say so out loud, or if you are one of those who enjoy working on the computer, type your intention in a new document on your computer: "My intention is to seek the guidance that has been given me in the love and the light of the one infinite Creator."

Then, we would suggest that you simply speak or type or write with the pen and paper the question that you have to ask your guidance. As soon as you have finished writing or typing or asking that question, write or type or say the very next thing that comes into your mind, not checking it, judging it, or evaluating it in any way, but simply letting flow what comes to you.

When that flow has stopped, evaluate it and continue to ask the questions that you wish to ask your guidance and continue, as you

finish each question, to let that answer, whatever it may be, flow without judging it in any way. The greatest hindrance besides low self-worth to hearing your guidance is intellectual evaluation. It is not a logical or rational activity to seek guidance, but it could be classed rather more as one would a musician as he sings or plays, a poet as he writes his poetry, or artist as he manifests on canvas what lies within the precincts of his imagination. It is pure intuition, insight and impulse which is the environment of your guidance's communication with you. Consequently, we suggest that you immediately write or type what comes to you as soon as you have finished your question in order that there is no time or space for your intellect to interrupt this flow.

It is a flow, my sister. It is an energy exchange of a kind. As long as you continue this exercise, you and your guidance are in your own world, a world in which nothing can break in or destroy. For there is nothing of Earth in this vibration between you and guidance. It may seem illogical, my sister, that you and your guidance planned for it to be somewhat difficult for you to contact guidance within incarnation, given that your guidance could help you open your heart and find ways to keep it open in more reliable and steadfast manner. Yet, it is often the case when planning incarnational lessons that a soul chooses to challenge the self by making it more difficult to reach that which is desired. It increases the factor of suffering within the lifetime while at the same time giving to the seeker the maximum opportunity to exercise the faculty of faith.

Finally, we would note that the habit of meditation on a daily basis creates a very strong background for the seeker who wishes to be more and more in touch with himself and all of his aspects, including his guidance, which is a part of himself. There are many ways to meditate, and we have no opinion as to the best way. For each entity is unique. And for each entity, the best way will be an intimate and deeply personal way.

However you choose to enter the silence, setting your intention shall be your password to that tabernacle that lies within. Your environment may be inside or outside, in the cloister or the forest. We suggest that you seek the silence where you are most comfortable and where you are able to go on a daily basis.

We would ask at this time if there is a follow-up to this query. We are those of Q'uo.

Y: I feel that my heart chakra is open and balanced, at least to the minimum, and that my blue-ray chakra is in the process of opening. Please confirm.

We are those of Q'uo, and we are aware of your query, my sister. We can confirm that which is said, but would enter into some thoughts concerning this judgment. Firstly, as we have said before the heart chakra does not open and then stay open. The energy body as a whole has a basic vibration, which does not change very much at all. But within that range of vibration, there is constant change, just as there is change in your oceans because of the pull of the Moon. You have inner tides, my sister, both daily and at periods longer than a day. Some are cyclical on a regular basis and some are unique to certain phases in your development as a spirit. When you go through dark nights of the soul, the energy in the vibrations changes a bit as you move through challenging times.

And again we would suggest that one key to opening the higher chakras is to be sure that you are getting full power through to the heart

from the infinite love and light of the Creator that moves through from the base chakra upwards and out of the top of your head. If you have issues with sex or love of life; if you find your relationships lacking; if you judge yourself or others; if you find your relationships with your family or your work troubled—all of these things can limit or even stop the flow of energy into the heart.

Consequently, always move back with true humility and begin again, each time that you sense that you are being triggered, that you are closing off, shutting down, and limiting the light that can flow into your open heart.

The challenge of the blue-ray chakra is that it takes a well-developed ability to be completely forthright and honest at the level that is not often seen among your peoples and normal conversation. The process of falling in love with yourself is the key in opening the blue-ray chakra.

It is a great challenge to find complete and utter compassion for yourself. It is indeed one of the great challenges which you offer to yourself as you came into the incarnation. The reason that it is the key is that when you have become able to see yourself with eyes of love and love yourself, warts and all, as this instrument would say, you then will find it child's play to have compassion on others. For you are always harder on yourself than on others. That freedom that compassion gives to you is a palpable vibration that can be felt by other selves with whom you're interacting.

When you know that you are perfectly worthy, it is far easier to move through a discussion with someone who may attempt to trigger your feelings of unworthiness, without being swayed from your compassion and your open heart.

This compassion also enables you to listen with enhanced ears, ears enhanced by love. It is not that you become able to rationalize and excuse other entities. Indeed, many is the time that blue-ray communication requires honesty to the point where many would shrink away and not wish to share their shining truth for fear of being rebuffed, rejected or judged. Yet, many times it is just that point of view that you have to offer that is going to be a saving grace for someone else.

Yet in blue ray, with the heart open and fully powering your movement, it is easy to find a compassionate way to share that truth so there is no accusation or judgment, but only the sharing of opinion and emotion. We believe that you will find, my sister, that once you have opened green ray it will springboard you to blue or indigo ray with equal ease.

We wish you the very best of fortune in wending your way through the many mirrors that those about you offer to you. When you are seeking to open your ability to communicate, the one infinite Creator may well see fit to offer you many distorted mirrors upon which to practice your new-found compassion. Gaze steadily into those mirrors. No matter how distorted they may look, they offer you information concerning parts of your shadow side.

It would be helpful for you to store up such conversations with such distorted mirrors of the self and contemplate them at the later time, looking within the self to find the same distortions, no matter how deeply hidden they may be. They too are part of you; they too deserve honor and respect, and the chance to become part of your daylight personality by being asked to help you.

Even the darkest of emotions may become part of your very grit and

determination. That energy that was used for anger can become that energy that is unwilling to give up the dream, the hope, the prayer, the intention. Meet yourself in every conversation, not only as you speak, but as others speak to you, and contemplate at your leisure the many facets of yourself.

May we answer any further, my sister, before we go on? We are those of Q'uo.

Y: Please clarify as to whether my heart chakra is open or not.

We are those of Q'uo. We are aware of your query, my sister. You ask concerning whether or not your heart chakra is open. And we would suggest that it is open at a variable degree, depending upon the moment. The original question, we believe, was offering the idea that you felt that your heart chakra was open at least to a minimal degree and with that we certainly agree. However, it is that variability of the moment, that place where you are in the tides of your being and your progress that have caught you sometimes by surprise, so that you didn't even know that your heart had become less powered by unconditional love and was not getting as much energy as the maximum would be.

And again, as we said, the key to this puzzle that you are working is low self-worth. You see, low self-worth occurs both in the orange ray and in the indigo ray, one being on a different level than the other, but both being the same basic structure in terms of vibration. At the orange-ray level, the issue is the relationship of self with self.

Y: Is that why I have lost sexual desire?

We are those of Q'uo, and we believe that we shall do better to take questions in their turn, my sister. Is that satisfactory to you?

Y: Yes, I just thought that sexual desire is related to the orange-ray chakra.

We are those of Q'uo, and would agree that sexual desire is certainly related to all of the chakras. However, the issue of which we are speaking here is that of low self-worth. And we do not believe that that comes from anything but your opinion of yourself.

We were saying that in the orange ray, at that level of the personality, the issue is simply the relationship of self to self, just as if you were either a friend of yourself or were not particularly fond of yourself. And the issue there is simply to become your own friend.

In the indigo ray, the issue becomes steeper and deeper and involves the ability to see yourself at the soul level as an infinitely perfect and beautiful soul, trusting by faith alone that this is true, ignoring at last with great relief the judgment of the earthly personality.

We would ask if there is another query at this time.

Y: I have attributed the recent energy drainages within my chakra body as having to do with a psychic greeting. I was told I have eight entities attached to me. Did I or do I now? What kind of entities are they and what do they want? Can I use the Enochian circle of light to get rid of them? Please, comment on that in any way you think would be helpful without infringing on my free will.

We are those of Q'uo, and we are aware of your query, my sister. Because the question of specific entities attaching themselves to you is part of your active personal seeking at this time, we would step back from the line of infringing upon your free will by saying that all seekers who wish to accelerate the rate of their mental and spiritual evolution will attract those entities who see your light and

wish either to gain power over it or to put it out.

Psychic greeting can be something that occurs even within your own personality, as voices from your past spring up from your mind as thought forms, offering you hurtful messages. Whether the psychic resistance comes from within the self or outside of the personality shell, the response that removes psychic greeting is, firstly, to be fearless and secondly, to send love and light to the greeter and to the entire transaction.

A negative entity will be sickened by true love. The challenge here is that it needs to be genuine, heartfelt love, not that which is applied as a Band-Aid from the intellect. This love for the Creator must come from the heart.

Further, we would agree that the Enochian circle of light is one way in which protective forces that are abounding in the unseen realms may be alerted to the need that you may have for strengthening your allegiance to the light and your firm stands within the light. This instrument, being a mystical Christian, leans more towards invoking Jesus the Christ and creating a ring of light in that way across which no mortal error dares to set its foot. However, the way you mentioned is equally efficacious in alerting a large number of those who come in the name of the love and light of the one infinite Creator. The Enochian tradition is millennia long and there are many who dwell in the unseen realms who are allies of all of those who would use those words of beauty and light.

We would suggest that it is inevitable that any seeker who is successful at moving closer to the light within himself will have cyclical periods of seeming psychic resistance. These can be uncomfortable. And yet it is well to look at these times as times to put into practice that which you know to be the truth: that all is one, and that one thing is love.

This instrument has read a book called *Psychic Self Defense* by the one known as Dion [2]. In this book this entity speaks of seeing a ravening wolf during a very difficult time in her life, while she was in her bedroom. She was sitting upon her bed and meditating and suddenly there was a wild wolf at the foot of her bed, crouching, getting ready to jump at her. She knew what she had to do, she said. She opened her arms and embraced the wolf even as it tore and bit into her skin. And as she did so, the wolf melted away and was gone. Lose all fear, offer the greetings of your best love, and you shall move through these times of resistance with your spirit unquenched and with the constant growth of maturity as you find yourself able to weather the storms that you have asked to come upon you by your desire to seek the truth.

As one continues to seek, one begins to transform. And in every transformation, various changes occur. Change is by its very definition uncomfortable. One gains comfort by routine. When things fall away from the seeking soul, it feels as though one even may be losing one's self. And so fear may enter in these times of transformation. Rest back into fearlessness and know that all is well, even when the resistance seems the thickest.

Is there a follow-up to this query, my sister? We are those of Q'uo.

Y: I believe I had planned to stay through the difficult times of Earth's shift to fourth density before incarnation. It is my life's goal to ascend while on Earth. It is my desire to stay and serve as teacher/mentor/parent to many children who would lose their earthly parents during that change and to share the best of me with them and

teach them the Law of One. I have been calling on the Masters, the Christed Ones, to establish a contact. I feel I could learn many metaphysical teachings from them, which will be helpful and in some cases necessary for physical survival within the small communities which would be left after the shift. Do these Masters hear me? Are they aware of me and my goal, intent and desire?

We are those of Q'uo, and we are aware of your query, my sister. Firstly, we would assure you that your voice has never gone unheard and never will be unheard. For you are precious. And as you seek, so you shall find; as you love, so love is reflected in love. Those with whom you wish to connect are indeed connected with you, and joyfully so. Secondly, the scenario which is part of your intent is somewhat limiting in that it has a certain view of how the shift shall occur. We might suggest that you release the limited view of what will happen in the future, while maintaining your desire to be of service, to ascend, and to have an ever closer connection with those beings whom you so value.

May we answer you further, my sister, before we leave this instrument? We are those of Q'uo.

Y: There is a young man who has run into me at the book store for the third time now. My first thought was that he is somehow connected with those Masters, the Christed Ones. He may be some sort of messenger. Can you confirm or tell me anything at all about this?

We are those of Q'uo, and, yes, my sister, we do confirm that. We are sorry that we must cut this session of working short, but this instrument's energy wanes. May we say again what a delight and a pleasure it has been to communicate with you. Thank you from the bottom of our collective hearts for the beautiful seeking that you share with us and for asking us to share our humble thoughts with you. We leave this instrument and circle of seeking in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai vasu.

[1] Holy Bible, Matthew 3: 1-3: "In those days came John the Baptist, preaching in the wilderness of Judaea, and saying, "Repent ye, for the kingdom of heaven is at hand. For this is he that was spoken of by the prophet Esa'aias, saying, "The voice of one crying in the wilderness, prepare ye the way of the Lord. Make his paths straight."

[2] Dion Fortune, *Psychic Self Defense*: York Beach, Maine, Samuel Weiser, 2001. This book is in print.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Saturday Meditation

November 22, 2008

Group question: (Asked by G.) Q'uo, tonight we would like to ask what the difference is between two basic activities: channeling and becoming. To elaborate further, what is the difference between channeling energy—be that energy the magical personality, radiant awareness, healing energy, inspiration energy, communication energy or

love energy—and becoming that energy, becoming the supreme choice of non-dual awareness in which the boundaries between subject and object dissolve so that there is nothing outside of the self to channel and all is seen again as one?

Specifically, in terms of the structure of the personality, what is the difference between the channeling entity and the becoming entity? In terms of the movement of energy through the chakra system, what is the difference between the channeling entity and the becoming entity? (Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. It is a great privilege and pleasure to be called to your circle of seeking for this session of working and we are glad indeed to share our humble thoughts with you upon the subject of channeling and becoming.

As always, we would ask that each of you who hears or reads these humble words use his discrimination in choosing those thoughts which you shall keep and those which you shall leave behind. We do not expect to hit the mark for every seeker with our comments.

Consequently, we beg your indulgence in choosing carefully those things which you will keep out of that which we offer. We thank you for this consideration, as this will enable us to speak without concerning ourselves that we may interfere with your process.

We wish to thank the one known as G for this query. It enables us to look at the two paths of seeking which may be called "passive and reductive" and "active and inclusive." The passive and reductive path is that which we would characterize as the Buddhist way, the Way of the Yogis. The beginning of the path is seen as one of chaos and a world of confusion and suffering. The end of the path is seen as the end of suffering and the reduction of all chaos into the "zero" of the uncluttered and empty mind.

In contrast, the way of activity and inclusiveness might be characterized as that Western way, which is understood by this instrument as the Christian way, where there is a journey from the beginning which is a similar landscape to the beginning of the Buddhist way, full of chaos and suffering. However, the end of this way is seen as a journey into more and more fullness of content, more and more connection to the world, until the world becomes holy or sacred. In its way of describing that which is the spiritual journey, the Confederation, as you call our group, leans more towards the inclusive path than the reductive path. And yet both are views of the same process and the same underlying reality, if we may use that term in such a world of illusion as is the Creation.

The activity of channeling is one in which the seeker who chooses to become a channel secures itself in a metaphysical manner by declaring, in concrete and absolute terms, the identity of the self with that overarching principle for which he lives and for which, if necessary, he would gladly die.

Grounded and on the terra firma of that unshakable identity of the self that is recognized and respected in the unseen realms, the seeker who has offered itself as channel then asks for the source which vibrates in compatibility with that identification. This instrument, for instance, challenges always in the name of Jesus the Christ, asking for the highest and best contact that she can carry in a stable and conscious manner of that vibration. Indeed, we of the principle of Q'uo created this principle specifically to respond to this



instrument's request.

During this channeling, the instrument is in a state of rest in the physical sense, having quieted her physical body during the tuning process. The light/love of the one infinite Creator streams through her open chakras with no let or hindrance, so that the gateway is open through the violet ray and the energy moves ceaselessly through the gateway from the entity's south pole up through the north pole of the gateway and down from the north pole of that gateway through to the instrument's blue-ray chakra. There the two energies meet as this instrument uses the blue-ray chakra's energies of clear and compassionate communication.

Were the channeling that of a healer, those same descriptions would be true except that the seat of the meeting of the energy through the gateway and the south-pole energy of the Creator's light/love would be at the green-ray level.

Were the channeling intended to be that of pure radiance of being, the same description would hold forth except that the locus of the meeting between the north-pole energy through the gateway and the south-pole energy of light/love would be at the indigo-ray chakra.

The becoming seeker who merges with all that there is is doing the equivalent of the channeling of radiance of being, and the description would be the same as the description of the channeler of that radiance of being, the gateway energy streaming into the indigo-ray chakra and meeting the south-pole energy there.

This description would indicate that in our opinion there is no difference between one who believes that he is channeling pure radiance of being and one who believes that he is entering a state of non-separation and the complete unity of all things.

Speaking in general, seen from our perspective there is indeed no difference. We cannot speak in specifics because each entity has a characteristic vibration and mode of seeking which will create individual differences that embroider upon but do not contradict that which we have said.

We would bring the seeker's attention to the power of culture and the power of words. While there is no difference between resting in radiance of being as a channel and becoming that radiance of being, as a Buddhist seeker would frame that same activity, there are deep cultural differences that create seekers which are geared and informed in ways that are compatible with the surround milieu of their cultures. Similarly, there is great power in words. That which is entirely and infinitely full and that which is entirely and infinitely empty are two ways of describing one experience. Yet, because words cannot accommodate or express paradox and can only barely indicate the quality of mystery, it is easy for an observer to believe that the two paths are entirely different and perhaps incompatible.

Indeed, the two paths are not at all incompatible. However, it takes a great deal of experience within incarnation for one who dwells in the body to see beyond the apparent differences of the two ways of thinking about the spiritual journey and the techniques of the seeker that aid him further in his maturing.

This instrument has had many experiences of becoming the light so that there was no observer. This instrument has also had the experience of being in the light, where there was still an observer. The difference between these two states of consciousness is the quantum between one kind of light and another. That is, there are infinite gradations of light. The two states are a very small distance apart in vibration.

And in neither state can this instrument ever recall being able to retrieve that state, in terms of being able to share it fully by describing it to those around her.

The question of what kind of personality difference there might be between one who seeks as a channel and one who seeks to become those qualities that a channeler seeks to channel are more apparent than real. That is to say, one who is brought up immersed in the culture of the Western world will be culturally biased towards the active path of seeing the self as doing something, even if it is simply opening the gateway to intelligent infinity, whereas one who is brought up immersed in the milieu of the Eastern world is biased toward seeing the path of the adept as one of reduction and the elimination into that zero that holds all things.

We have greatly enjoyed your people's use of the circle as a zero, for it represents both nothing and all things. It is that spacious circle of nothingness which paradoxically contains all that there is.

When one who is reared in the West is drawn to the path of becoming rather than channeling or being rather than doing, it is quite possible that such an entity has had many incarnations in the cultures of the East. And likewise, when an Eastern-raised seeker is drawn to the path of activity, it is likely that such an entity has had many incarnations in the West. The differences between the two personalities are cultural and shallow, whereas the similarities or commonalities are deep and abiding.

Again, we thank the one known as G for this query and would ask if there is a follow-up to this query? We are those of Q'uo.

G: Not a follow-up to that query, Q'uo. Thank you for your response.

We thank you, my brother. It is a great joy to converse with you. May we ask if there is another query at this time? We are those of Q'uo.

G: Yes, there is indeed. It seems that as the densities succeed third density, they become less susceptible to description, becoming so many steps removed from our reality that they are incomprehensible to our faculties of understanding. That being the case, it would make sense to assume that although fundamentally different, fourth density would be nearest to third density in the continuum of experience.

In that event, I would like to ask if the citizens of fourth density experience what we in third density describe as beauty. If so, how would a fourth-density entity describe beauty to a third-density entity requesting such information?

We are those of Q'uo, and are aware of your query, my brother. The concept of beauty is one which your philosophers have long debated, the great question being whether beauty is an absolute characteristic or whether beauty is subjective, relative and, as this instrument would say, "in the eye of the beholder." [1]

This question remains valid in fourth density. And, indeed, as long as there is a center of awareness such as you or we, there shall be that open question. It seems as though beauty would be an absolute and yet we, no less than you, find ourselves delighting in beauty as seen spontaneously in what this instrument would call the present moment in a way which would seem to deny the absolute nature of beauty and seat it in the eye of the beholder.

It may, however, be said that as an entity moves from third density to fourth density the eyes are opened to the true nature of unity and harmony so that the impact of beauty is everywhere rather than there being the possibility, as there is in third density, of being unable to see beauty.

We believe, although we cannot say for sure, that there is an absolute beauty; there is an absolute quality that can be called beauty. And we believe that that absolute quality of beauty lies in the mystery of the one infinite Creator. Just as love is absolute and has created all that there is, just so is beauty a derivative characteristic of love.

Thusly, were you or we to see with the eyes of the Creator, all that you would see would be perfectly beautiful.

It is the characteristic of being an individual spark of the Godhead principle that creates the colors and filters of perception which bring the absolute into the specific, the individual, and the unique.

Which is the truth, my brother? Is it more true that a seeker sees, feels and experiences with every fiber of his being the beauty of some present moment, some object, some quality, or some essence that escapes definition? Or is it the truth that only the original and unsullied mystery of absolute beauty is that which is the higher truth? Again, we cannot say, but we would opine that to the Creator it is that imperfect and individual perception of subjective beauty which It finds most interesting, for perfection cannot teach, but the perception and unique distortions of imperfect beauty can tell the Creator a good deal about Itself.

May we answer you further, my brother? We are those of Q'uo.

G: That was beautiful, Q'uo! It was wonderful and it completely responded to the follow-up question I had to that question, which I no longer need to ask. I believe Jim has a question for you.

Jim: W says, "I am an incarcerated individual with a tumor. In response to this situation I am doing everything that I can to the best of my understanding with the information and resources to which I have access. I am at peace with whatever happens and whichever way it goes, I know that I am serving love by serving others with my whole heart. If I die tomorrow I would be at peace knowing I'd done the right thing for the first time in my life.

"As part of my program for healing I have read information from the A.R.E. [2] entitled "How to Kill your Cancer without Killing Yourself." I meditate on Ra's words about forgiveness and I understand how taking care of dietary matters can be a nudge for my mind, expressing a greatly heightened respect for myself. As a result I have eliminated several foods from my diet, including sugar and caffeine. However, being in prison presents a big disadvantage because I have no alternatives to the food they serve here and the heavily chlorinated drinking water.

"I hope that by eliminating what I can, it will serve as a sufficient nudge to my mind, my body, and my spirit. Above all, I know that my most important work is to accept what is and to become that `peace that passeth all understanding.' [3]

"Would Q'uo speak to the spiritual principles involved in the situation and offer me any insight that may aid me in healing?"

We are those of Q'uo, and are aware of your query, my brother. We would wish to communicate to the one known as W that the situation of illness is not simply a physical thing or even a mental thing, although certainly the culture in which you reside gazes at the psyche or the mind and emotions or the body and feels that those two energies, working together, are what create wellness and illness.

Yet, in any incarnation, there is a shape and a texture that becomes more and more apparent as the seeker moves through the incarnation, accumulating life experiences and gradually deepening and clarifying those understandings that create for that seeker the house of life in

which he shall live.

Illness and wellness are two sides or two ends of a dynamic that, for many in incarnation, plays a part in the overall shape and texture of the life. Consequently, when one gazes at the word, "healing," one must put it in a larger context than the doctors of your society would. For there is always the deeper level or the wider context within which the dynamic of illness takes place that needs to be observed. The one known as W suggested that working with this illness had created for him the opportunity to move through awarenesses and learnings which have brought him to a peace and a contentment with what is. This instrument has long been aware that illness has created for her the opportunity to do more inner work as she becomes progressively unfit to do the work of the physical body. Shall, then, an illness be considered that which must be removed so that the body is made whole? Or shall thanks be given for the opportunity to experience the ongoing catalyst which moves one ever more surely into the work of the spirit within?

(Side one of tape ends.)

(Carla channeling)

There are elements of this query to which we can give no response, because such responses would interfere with the good work which the one known as W is at this time occupied in doing because of this catalyst. We can, however, agree with the one known as W that it is indeed helpful to create, and even ritualize, the elements of remembrance and forgiveness that have been offered in the query. The element of remembrance is that which brings the seeker back to the presence of the self and of all eternity opening around the self. In that present moment, there is forgiveness; there is awareness of the total acceptance of self by self, and if that moment is remembered a thousand times in a day, it is not too much.

The nudges of which the one known as W spoke, of taking care with the diet and the foodstuffs, is also an excellent way to work with the catalyst offered. We commend the one known as W for gazing with a peaceful eye at the circumstance of illness and assure the one known as W that there is no outcome except that of healing.

There is the possibility of the healing of the body and the possibility of the healing of the mind and the emotions. There is the certainty of the healing of the incarnation for the seeker who is fearless and does not blink at circumstances that others may find full of fear.

The presence of the one infinite Creator is as close in what you call death as in that which you call life. The consciousness which is your essence is the same in life and in death, death being an illusion quickly transcended.

May we ask if there is a final query this evening? We are those of Q'uo.

G: No question for me, Q'uo. I would add, though, that D wrote today and said, "Thank Q'uo for me," so I'll pass that on. Thank you, Q'uo.

We are those of Q'uo, and are aware of your comment, my brother.

Indeed, we were aware of the kind and loving thoughts of the one known as D when that precious and beautiful entity thought them and gave them to us directly, for when we are thought of, we are there. We find this entity a great blessing, as we find each of you. And we thank each of you for your beauty.

We leave this instrument and this group, glorying in the love and in the light, in the peace and in the power of the one infinite Creator.

We are known to you as the principle of Q'uo. Adonai. Adonai.

[1] According to <http://www.quoteland.com/articles/identify.asp>, "Beauty is in the eye of the beholder" is actually a paraphrase of a statement made by Plato in The Symposium, which reads, "Remember how in that communion only, beholding beauty with the eye of the mind, he will be enabled to bring forth, not images of beauty, but realities (for he has hold not of an image but of a reality), and bringing forth and nourishing true virtue to become the friend of God and be immortal, if mortal man may."

[2] The A. R. E. (The Association for Research and Enlightenment), whose official website is <http://www.edgarcayce.org/>, is the organization which archives Edgar Cayce's many readings. It offers many gatherings and resources for the spiritual seeker.

[3] Holy Bible, Philippians 4:7, "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Jesus Christ."

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Saturday Meditation

January 10, 2009

Question from G: Q'uo, Newton's Third Law of Motion states that for every action there is an equal and opposite reaction. In a similar vein, the central theme of the Baghavad Gita consists of a metaphorical battle between the lower, self-serving, sense-enslaved forces of past habits and conditioning versus the higher forces of discrimination, freedom, love and unity.

As the so-called higher forces are called into action in this metaphorical battle—that is, as the self begins to awaken and desires to seek the truth—the so-called lower self is stirred and agitated and called to battle. The more that attempts are made to evolve into a higher and more humble understanding, the harder the lower self works to defeat those efforts.

Q'uo, on the level of pure, undifferentiated, unmanifest unity, there are no dynamic forces at play. But to whatever extent that the seeker is working within the illusions of duality and opposing forces, is there a counter-pull to attempts at evolution? In other words, as attempts are made to know and become the light, is there a corresponding intensification of the darkness within?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator in whose service we come to you this day. It is our privilege and our pleasure to be called to your circle of seeking and we gladly join in this sacred session of working to speak with you concerning the light and the dark and the evolution of humankind.

As always, before we begin we would enjoin you to use all discrimination as you listen to what we have to say, harvesting for your later thought those thoughts of ours which resonate with you and leaving the rest behind. If you will use your powers of discrimination and trust in them you shall not be led astray by slick words and by

shallow thoughts but shall remain within your integrity and follow your own process. We greatly thank you for this consideration as it allows us to speak freely those thoughts which we would share with you at this time.

We thank the one known as G for this query, for it gives us an opportunity to share thoughts concerning the principle characteristic of your density, and to some extent, the earlier portion of the density which is to come. Your density is often called the Density of Choice. With choice there is the exclusive reference to the dynamic of two paths, one high, one low; one radiant, one magnetic; one service-to-others, one service-to-self.

Just as that is the central characteristic of your density, so is it the central activity of the spiritual seeker to make the choice between the high and the low, the radiant and the magnetic, the light and the dark, service to others or service to self.

We speak to those that have made that initial choice of service to others. We too, in our third densities [1], made that choice, each for ourselves, and so we walk that path of the light, the radiant, the service-to-others. You join with us and are wonderful companions to us as we share your vibrations in this circle of seeking. How wonderful it is to walk together!

Evolution is inevitable. No force can oppose it. No force can keep it from going forward. However, the engine of desire can accelerate the pace of spiritual evolution. We say this to indicate that it is not that the powers of darkness attempt to impede evolution. Rather it is that the powers of darkness ask the seeker to evolve according to the service-to-self path.

Such progress may seem to be unpleasant to one who is completely dedicated to seeking [in service to others]. To achieve ever greater polarity in service-to-self, however, is as valid a path of evolution of mind, body and spirit as is the polarity of service-to-others on the path of light. Both paths come eventually to unity in sixth density. So, when thinking about the way each action is met by an equal and opposing action, it is not necessary to think of this illusion but rather to think of a choice that is made once, and then again, and again, and again, throughout an incarnational experience.

The hope that those minions of the dark have in offering that necessary darkness that shadows the light is that the seeker shall be distracted and stop moving in a continuous pattern of choices that are equally positive and find that the self [is] considering choices that are not necessarily dark, but are those which indicate the attraction of shadow. The seeker that is distracted by temptation may feel himself burning out and find that he must sit by the side of the road for a time and rest. This does not halt the engine of evolution, which is inevitable. It merely slows that process of acceleration that had been ongoing before that temptation had been accepted.

It is, however, quite true that as a seeker stands closer and closer to the light, he casts an ever sharper shadow, so that he draws attention. And consequently he receives the attention of those energies and essences of what this instrument might term "the dark side," following the pop-culture [term] of Star Wars.

[When] you consider further that those who seek the light are innocent and naïve, and that those who seek service-to-self polarity are clever and subtle, you can begin to see the shape of temptation. There is not so much the heavy-handed energetic displacement of physical pain or those temptations that one might see as heavy or obvious. Rather it is

that such temptations are insidious. You may have decided on a program of meditation and the insidious voice says, "Not today, perhaps tomorrow." You may have decided to fast about speaking ill of another and the insidious voice says, "But justice must be done, I must be fair, I must find equity, I must not keep silent."

It is that insidious voice that moves the energy expenditure of your day from a straight line of service to others and instead encourages the turning away into consideration of those things which have nothing to do with service to others but have everything to do with the comfort and the preferences of the self. Are those desires for comfort and those preferences negative or lower than the higher desires? My friends, we would say no. All desires are worthy. All desires are free to be followed until there is no longer that desire; until that desire has fallen away effortlessly.

There is no consideration of lowness or judgment of one desire over another. You are here as entities evolving by knowing more and more about yourself. You experience those things desired, observe the results of those desires, and so gradually gather knowledge concerning yourself and insight concerning your perceptions. [As a result] you refine your desires and purify your choices and your intentions.

There is no such thing as a mistake, because the results of that mistake will inevitably true themselves through time, bringing you onto the path you chose before incarnation by a series of serendipitous turns and twists. Consequently, you can rest from a concern that you can get off the track in a final or permanent way. The track goes with you and a homing sense within you shall steer you in whatever vector is necessary back toward your true and fundamental desire.

Consequently, we would encourage those who seek to become ever more full of light and more transparent to the will of the infinite One; to examine with love and not with judgment those moments of temptation, those time of listening to the insidious voice that would distract you and use up the energy of the day in doing those things which, upon thought, you may not prefer to do.

As you become more mature, spiritually speaking, and more seasoned, you shall feel again and again that you have done nothing but take a step back. But this, my friends, is due to the fact that as you stand closer to the light you see every blemish, every chink in the armor of light that lies within yourself. And that too is a great temptation.

It is a temptation to move away from spontaneity and being present in the moment, to turn to self-judgment and self-recrimination because you see these self-perceived imperfections. And yet, this too is the shadow side of self, that insidious voice that takes you away from the straight path of being transparent to the light and open to the moment, so that you may cooperate with whatever is occurring, whether it would seem to be a positive experience or a negative one.

We give you the example of this instrument it spoke of earlier in the round-robin talk that preceded this meditation, of being in the hospital and experiencing a fairly long period of discomfort that seemed to her to be completely unnecessary. It would have been very easy for this instrument to listen to those insidious voices, to feel self pity, to feel anger, to feel self-judgment. However, this instrument chose, and well she chose, to give thanks, knowing from experience that such times of challenge are gifts hard to open but sweet in the opening.

Such times shall come to this instrument and to all who seek the love

and light of the one infinite Creator. As the seeking intensifies, so may the times of trial. That is what your illusion is for, the testing, the choosing, the testing, and the choosing again. It is a tapestry of light and dark, and there are no wrong choices, only the discovery of the self through the experiences of choice.

We said to you at the beginning of this conversation that it is not only third density that is wrapped up in the dynamic of positive and negative, but the beginning of fourth density as well. Indeed, there are many who, being new to fourth density, offer themselves as soldiers of the light and see the soldiers of the dark as enemies to be battled. The insidious voices have won the day! And yet, this too is acceptable and it does not halt the movement of evolution, it merely distracts it from its accelerated path, that acceleration that is chosen by those who seek the light.

On and on the war in heaven, as this instrument calls this phenomenon, runs until the last of third density has graduated and there is no more battleground over which to fight. Do not deplore this situation, for many there are who cannot quickly see through the nature of this dynamic of light and dark and who must in taking sides become embattled.

The beauty of this obviously distorted choice is that while fourth density wages this war, it bleeds away the harshest of the fear, anger and other negative emotions which lie within the red-ray's inner planes, which constitute a great engine of fear which pops out in third density as geysers of negativity coming up through the mud of the subconscious and into the mind.

It is a stabilizing factor for the inner planes of third density and it has alleviated harsh vibrations, just as the energy of All Saints Day alleviates but does not obliterate the energy of All-Hallows Eve [2]. As these times of temptation occur within your seeking, be not afraid, for you are not alone. Standing with you is the entire body of those within the inner planes who vibrate in love, forgiveness and charity. Call upon and feel the tremendous force of that support. It is unseen, yet it is ever near and ever powerful.

The one known as Jesus stood at the pinnacle of the world in his time of temptation. He was offered power, the power to make things right for his people. Who would not want that? His only saving grace was the knowledge that his kingdom was not Earth and that he had power to save but not in the worldly sense unless he so chose to relinquish his ability to offer spiritual power to those who saw beyond this Earth.

Thusly he said, "Get thee behind me." And he walked down from the hill which overlooked the world into the valley of human-hood, ignorance, illness, anguish and pain. And he said, "This is my kingdom. Here shall I let the life and the love of the one Creator flow through me. Here shall I touch and be touched. Here shall I love and be loved."

Think you that you are any less than the one known as Jesus? Nay my friends. You are all able to bear the cloak of Christhood; able to let compassion run through you like a golden river; able to open and bloom in the light of infinite love, not so others may see you, but only to bloom, only to be. In that being lies your greatest gift. In that transparency lies your greatest service.

Consequently, let the time flow. It is a river that will bring you storms and easy days. Angry whirlpools and tossing waves. Trust the boat upon which you sit. It is the boat of your knowledge of yourself.

Let that boat take all of the water, all of the moods of the river as they come, and if you do get distracted and find yourself in a whirlpool going around and around, let it exhaust itself in you, and



then take out the keel, point it in the direction you choose with all your heart, and begin again.

There is never an ending. There is never a true loss. There is only you, your desire, and the road upon which you long ago have set your foot. Let me ask is there is a follow-up to this query. We are those of Q'uo.

G: Yes, Q'uo, thank you. Briefly, are you suggesting that the darkness or negative polarity within the self, the face of that darkness, is temptation and that the self encounters that darkness as temptation?

We are those of Q'uo, and are aware of your query, my brother. That is not precisely our suggestion. We are suggesting that it is helpful to view the shadow side of the self as the offerer of temptation. We are not suggesting you separate from the shadow side. We are simply suggesting that rather than separating the light part of the self from the dark part, or the higher desires of the self from the lower desires, it is helpful to see that together these two sides of self create a whole. Together the dynamic between light and dark creates that wonderfully unique entity that you are.

In suggesting that you view the desires of the shadow side as distraction and insidious voices, we are attempting to give you a viewpoint which partakes of fearlessness and non-judgment as regards the worth of lower desires, so called. For every shadow energy can, through the application of compassion and unconditional acceptance, be refined to become a wonderful, powerful part of the self which supports the light.

By giving the action of the shadow side that is upon the surface, that comes to you as temptation, the respect of refusing to stop seeing it as temptation, you gradually are able to reach out to the shadow side and ask it for its help. However, in order to leave the surface of the shadow desires, these insidious voices, and to plunge deeply beneath that surface energy which partakes of judgment, you are honoring those energies and asking them to move into a more purified state.

It is as if you saw a small child who was acting foolishly and not taking that foolishness lightly and saying, "That's not a good decision." Perhaps you might think of it another way. You do not shame the small child. But by being unafraid of the child's tantrums, by speaking directly to the child through the storms of his emotions, you give the child the opportunity to see another choice, another way. May we answer you further, my brother, we are those of Q'uo.

G: I'll respond with a comment and then not ask a question, because there are other questions. My response is that I understand and feel the benefit of your approach that lifts the seeker's perspective to a point from which they can see all desires, as you said, as being worthy and valuable. And from that perspective the seeker may respond to such desires with a light heart, with a faithful attitude, with an open heart, and thereby make the best use of the energies that are available.

At the same time, sometimes the way I hear you it sounds as if you try to erase distinction. And I would just say that I believe that being able to differentiate, being able to derive distinctions, being able to identify and call something what it is and know it is also very helpful and goes hand in hand with that perspective which you are trying to relay, which is to greet what you have identified with an open heart. That's all for me, on to other questions.

We are those of Q'uo, and are aware of this entity's comment, which is insightful. We thank the one known as G for sharing this insight. May we ask if there is another query at this time. We are those of Q'uo.

Jim: B asks, "When our physical bodies die in third density, approximately how long in time does it take an entity then to incarnate in the fourth density?"

We are those of Q'uo, and are aware of the query of the one known as B, to whom we offer greetings.

The response to this query cannot be singular, for each entity is unique. If an entity has been able to move through the healing of the incarnation while within physical incarnation, the time of healing which is spent after incarnation and before a decision is made concerning the next step can be quite short, in your measurement of time perhaps a number of weeks. Especially if there is some pressure from within the entity to move forward, this procedure may even be shortened to perhaps one or two months and no more.

Conversely, if during the physical incarnation there has not been a healing of the incarnation, then the time of healing may be quite prolonged, perhaps in your measurement of time many years. It depends on the depth of the distortion complex in which an entity exists at the time of his passing from physical life to larger or metaphysical life.

Indeed, there are those who have died without realizing they have entered the gates of larger life, primarily those upon the battlefield, but also those taken in sudden trauma in other ways than war. They spend many, many years, perhaps even centuries of your time, living through mists and confusion until finally there is an awareness of the true state of affairs, which is that they are no longer in a physical body and are no longer living a physical life.

For instance, when the Twin Towers were blasted in your city of New York in your year 2001, there were hundreds of entities who died so quickly that they were not aware of the change in their condition. The natives of that island, being of what you would call the Native American nature, came into the inner planes of that building and built camp fires and drew the groups of people to them by shining that flickering light. And, sitting around the campfire, they told the story of death and rebirth into a new environment.

Over a period of time the Manhattan Indians brought to their tribe all those who were confused, and one by one, rendered them able to see their guidance coming for the first time, so that they reentered the stream of evolution and began their time of healing.

You asked how long it takes after awareness has been reached and the healing has ended to enter fourth density. That too is variable. For some it is very quick, for there is the eagerness to get on with the new lessons, the new service, the new learning, the new challenges, and it is a heady thing to be in the fourth-density light in which there is so much more information and so many more options as to what to learn how to serve and so forth.

For others, and indeed in the majority of cases in those who are graduating at this time in the harvest of Earth, there is a decision to stay within the inner planes and to help lighten the [third-density] planetary consciousness, or indeed, in many cases the choice is made to enter into incarnation in the third density world once again, coming this time as fourth-density wanderers, in order to reach out to their brothers and sisters whom they have just left.

These entities are those you call the indigo children or the crystal children, and their presence with their double-activated bodies is very helpful. For within incarnation these entities have a thinner veil because of the double activation and therefore are able to be lighthouses and allow the light of the infinite Creator to flow

through them with much less resistance than those with third-density wiring only.

It is to be remembered, my brother, that once you have left the river of time and entered larger life, [time] is completely irrelevant to you. Your concern then is to fulfill patterns, to come into balance, and when balance has been achieved, to poise the self, tune the self, and turn the self to the next choice of paths, the next incarnation or the next non-incarnational term of service within the inner planes. You shall truly not have to be concerned with time when your time in third density is over.

It is a blessing to be in the river of time and to have these choices to make while the veil is thick and opaque. Much can be done in that atmosphere that cannot be done when there is no veil. For when there is an opaque and thick veil it is faith that can move the point of balance within your personality in a deeper sense, in a much more powerful fashion than can be achieved when faith is no longer necessary, for you see all and know the truth for sure.

We thank the one known as B for this query. May we ask if there is a final query at this time.

D: Yes, I have one. Is the planetary system of healing called Reiki the same as what Ra termed the sending of love/light?

We are those of Q'uo, and are aware of your query, my brother. The description which those of Ra offered in conversations with the one known as Don [3] of healing and the theory of Reiki are indeed congruent, my brother. While the teaching of Reiki does not involve precisely the same way of describing the gateway of intelligent infinity and the allowing and desiring of energy through the gateway into the green-ray chakra and then out through the hands and so fourth, yet still the activity which both suggest is congruent.

May we answer you further, my brother? We are those of Q'uo.

D: That's great! Thank you.

We thank you, my brother. May we say what a privilege it has been to share our meditation with you. We thank each of you for your courage and your beauty, and we leave this instrument and this group rejoicing in the power and the peace, the love and the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai vasu borragus.

[1] The Q'uo principle is made up of three social memory complexes: Hatonn, Latwii and Ra. Here, Q'uo is saying that all three social memory complexes chose the service-to-others path.

[2] The original name for Hallowe'en.

[3] Donald T. Elkins.

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Saturday Meditation

January 24, 2009

Group question: (Asked by G.) Q'uo, I have read that Krishnamurti used to say that in the gap between subject and object lies the entire

misery of humankind [1]. It seems to me that the spirit's journey can be seen in terms of the complex and dynamic relationship between subject and object.

For instance, here are some ways that the subject can relate to the object. The subject fears the object. The subject hates the object.

The subject is indifferent to the object. The subject seeks control of the object. The subject is related to the object, etc.

When the heart becomes activated and its energies enter the picture, the relationship between the subject and object begins to change. For instance the subject begins to accept the object. The subject tolerates the object. The subject is patient with, forgives and embraces the object. Love sees the divine within the object. In short the subject sees the Creator in the object and the subject.

Finally it seems the message of the Law of One is that there is no subject and no object. There is only unity. So, how do we eliminate completely the gap between the subject and the object so that our experience is one?

(Carla channeling)

We are those known to you as the principle of Quo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. It is a great pleasure and privilege to be asked to join your circle of seeking and to consider the question of the one known as G concerning the distance between subject and object and how to traverse that distance in such a way that it disappears.

However, as always, we would preface our remarks by requesting that each of you who listens to or reads these words use discrimination, so that our thoughts are not simply accepted but are held to your own personal standards and needs. If our thoughts resonate to you then by all means use them, but if they do not please leave them behind. In this way we can speak freely without being concerned that we shall interfere with your spiritual process or become a stumbling block in your way. We assure you that your discrimination is quite accurate. Therefore, listen for the feeling of resonance and pay attention to your own preferences.

Certainly the third-density experience is saturated with the experience of being a person apart from others. There seems to be an inevitable reality to one's being separate from all other selves. It is obvious that the physical body is separate from all other physical bodies. It is equally obvious that at least in the normal run of human experience your thoughts are your own and none others. Your creation is a subjective one, applying in many ways only to you, the individual. This is not a mistake in design. It is indeed a prominent feature of the system of third density that creates an environment in which the seemingly separate self, viewing all that lies around him, must make choice after choice of how to see his environment and how to respond to it. In those cases the self is the subject and all other things upon which he looks are the objects.

The veil of forgetting lies heavily over third density. It is not a mistake that each individual self is cocooned within his own flesh and bones. It is the way the school of learning works to [help you] make that choice of polarity. If you knew beyond a shadow of a doubt that both you and that other self upon whom you look and with whom you must interact are two sparks of the same Creator, virtually identical in every way, and that you were put here to love that entity, and that entity was put here to love you, there would be no occasion to call upon faith. There would be no occasion to suffer the pangs of

isolation. And there would be no reason to go through the fire of catalyst turning into experience when everything about a situation is known. That situation ceases to be catalytic. And although it is hard to fathom within incarnation, this process of catalysis is one of the big reasons that you chose to incarnate and to undergo the experience of having a life on planet Earth.

You came with an agenda for your learning and with a similar agenda for your service. In order to create the proper environment for your learning you chose challenging relationships. You chose limitations within yourself, both physical and mental. You chose areas in which you would work, themes within the incarnation, shall we say. Perhaps by now you have identified your biggest theme or two or three largest themes of repeating patterns within your life. It is by the repetition of these patterns that you can begin to recognize what your higher self and you before incarnation felt was the appropriate direction of your lessons.

What you hoped for in the transformational work of Earth was to shift your system of biases to lessen distortion. You wished to come more into balance in an atmosphere and environment in which there was no guidance but faith; no star to steer by but hope; no surety but your own self-confidence that you know who you are and why you are here. It is an efficient design.

The environment offers you all you need in order to discover who you are and how you wish to shape your life's journey. In this journey the subject, yourself, remains separated from the object by that part of the sentence that lies between subject and object, the verb. Ask how one may eliminate the distance between subject and object and we would say to you that it is when the verb used is "love" that the distance between subject and object shrinks.

For instance, a neutral sentence might be, "The vase on the table holds flowers." The vase is the subject. The flowers are the object and the action taken is "to hold." Taste in your mind the sentence, "The vase loves the flowers." Knowing the nature of a vase and the nature of flowers, you may infer that the vase is holding the flowers. Yet for the vase to love the flowers is for a seemingly inanimate object to come alive and to embrace the flowers not only with the round smoothness of its opening but also with its heart.

In just such a way the sentence, "I go to work," can be transformed by changing the verb to "love": "I love work." Suddenly your heart has been opened with regard to this object, work. It is so stunningly simple that it escapes rational thought.

Further, if you see yourself as love and you see objects about you as love, then love is loving love, whatever you do. To translate that into another form, we might say that if you perceive yourself as the Creator then you know that you are a person of power. Therefore, your striving can cease, for a powerful person does not need to strive effortfully. If you perceive those about you as the Creator, then you know that your relationship is Creator to Creator. Since the Creator is love, then you are love, loving love. Again the distance between subject and object diminishes.

To envision a troublesome other-self as the Creator is an exercise that anyone is capable of doing. If you attempt to reason with the other-self and find that the other-self is not capable of rational converse, then you are at a loss, stymied for further action. If you attempt to judge another self then you are caught in the wheel of karma, and as you judge, so shall you be judged. We say this not to

discourage you from analyzing and seeing as clearly as possible each and every situation, each and every relationship.

We say this to point out that the mind of the world can take you only so far, whereas the mind of the heart, that consciousness of love, can transform your world into a beautiful place. It can transform the daily grind into a great adventure. Say that you are attempting to deal with a family member that seems to be intractably determined to avoid coming into harmony with you. The challenge then is to re-see that family member. See that entity as the Christ and watch your defensiveness and anger subside.

Now, you are the only one who is aware of this entity's true nature. Certainly the other-self is not. Had the family member seen himself as the Creator and a being of great love, he would not place himself in opposition to you or stand in the way of supporting and encouraging you in everything you do. So this is your secret. Only you know the true identity of this family member. But since you know, it changes your experience of this entity. This family member may continue, as this instrument would say, to push your buttons and yet you can see this entity unhappy as he is attempting to sow strife and you are not vulnerable to the automatic responses that you learned toward this family member so long ago. You do not have to remain stuck in the pattern of relationship that was formed before you were a person of self-awareness and power. You can forge a new relationship that only goes one way and that relationship is love reflected in love.

Perhaps the family shall never perceive any difference between the past and the present and shall not see your transformation into a person of love and power. That does not matter to you. All that matters to you is that you retain the vision of this entity as the Christ and are therefore able to love, encourage and support this entity in any way that lies within the path of your integrity. His situation may not change. He may never get that which you are offering so freely and lovingly. But your experience shall be greatly improved. For you have chosen to see reality instead of illusion, to dig deep instead of sliding across the surface of life. Those depths are comforting and peaceful and living in love is healing and joyful. Thusly, little by little, you may, by the way you live your life, create a new world for yourself in which all beings are the Christ and all actions are those taken in love.

We do not suggest a grand program of changing the world in order to achieve a more loving Earth world. Rather we suggest that you confine your work to your own consciousness. That is your true arena of adventure and challenge. It is not for nothing that the one who wishes to seek goes into a cave or the apse of a cloistered church, or other quite forested or retreated places that are dark and that limit the stimuli of the senses. It is very easy for the seeker to become lost in sensations. Your culture is on sensory overload. The more you partake in listening to or watching the mass media, playing the games that the computer experts have created for your entertainment, and other ways of distracting the self and keeping the self on the surface of life, the less success you will have in living a lucid and coherent life in faith.

We are not suggesting that you refrain completely from spending your time watching the media, listening to the songs and the news and so forth. We are suggesting that you be aware that, generally speaking, the purpose of such media in offering their shows to you is to sell products and to create an atmosphere of sameness and conformity so

that each human being within the society becomes a trusted consumer of products and ideas that have been sanitized until nothing of true digestive value remains. The more of the buzz that you take in, the more it is likely that you will continue to see other-selves as objects against which one may have to defend oneself or with which one may have to be clever and smart in interacting. Blessed is the man in your society who is able to greet all with the unspoken but very present awareness that the person to whom he is speaking is none less than the Creator.

The journey from well defended isolation and life as a monad to the undefended self with an open heart that senses itself as part of the dance of life is a long one. And, indeed, to achieve a total awareness of the unity of all things within incarnation is quite rare. Yet it is a goal that is clearly a good one, a positive one, one which shall bring you many blessings as you do the work that it takes to clear your vision of judgment and to allow love to flow into the sometimes unkind and harsh picture that you see with your physical eyes.

As always, love is the answer to your question. See yourself as a creature of love. See all other things as creatures of love. And see the action you take towards another self or a situation in general as partaking in unconditional love. Love, love, love: love as subject, love as verb, love as object. These are the practices that shall bring you ever closer to your goal of living in unity in a world of your own making that is a world of love.

May we ask if there is within this circle any follow-up to that query?

We are those of Q'uo.

(Long pause.)

We are those of Q'uo, and we find from your silence that, as the one known as G is not here, there will be no follow-up to that query.

Consequently, we would ask at this time if there is another question.

We are those of Q'uo.

D: I've heard either you or Ra speak on a soul's natural ability to polarize towards a certain polarity. Could you speak on this inherent polarity or natural tendency to polarize and why the negative polarity tries to circumvent it? I guess the gist of this question is, are third-density souls really up for grabs like the fourth-density battle would imply?

We are those of Q'uo, and are aware of your query, my brother. In the sense in which you ask it, it is quite true that as [a seeker] goes about making its choices in life, each entity is seen as an object to be swayed by those of negative polarity who would distract seekers from the positive polarity and retrain them to think in terms of service to self.

It is not, my brother, that the negative polarity seeks to circumvent the process of evolution. It is that it is lobbying for one of two paths of evolution. As the seeker goes through his life, he is constantly standing at a fork in the road. One decision lasts for awhile but then another decision comes up, another fork in the road. The challenge for the seeker is to determine which choice contains more love, more service, more radiance, and which path contains less service to others, less radiance, and more magnetism, and that which serves the self.

When choices are made carelessly, it is often the case that an entity thinks he is choosing positively but has been seduced by the negative polarity into rationalizing a selfish act by pretty words. So a great deal of care is called for when the seeker perceives that there is

this fork in the road. It is well to sit and meditate on this choice, to feel into it: "Well, if I did that what would it feel like? If I did the other thing how would that feel?" For analysis can take the seeker [only] so far. To achieve a more well-rounded ability to judge at a crossroads in life, it is well to invoke one's own insight and one's feeling of direct apprehension for sensing into the true situation. In order to avoid becoming a pawn in someone else's game, it is well to think for oneself. In order to avoid moving down a sweet-sounding street which ends in a dead end in service to self, it is well to envision and sense into the choice before you. In this way, as you ask for deeper senses to come forward in you, your ability to perceive a situation is enhanced.

It is always helpful to ask your guidance for insight. The practice of journaling is an excellent way to consult your own guidance, where you simply write out your question and then write down the next thought that comes into your mind. In this way, fairly easily, you can begin a conversation concerning those things that concern you, that are on your mind, and for which you need guidance.

So, my brother, looked at from the standpoint of the self as that one that has taken his power and chosen to be responsible for himself, the negative-polarity entity that might wish to distract you or turn you to the path of service to self really never has a chance. It is at first a seemingly risky thing to stand on your own two feet and think things through for the self without letting other people's opinions or the run of opinion throughout the culture affect your thoughts. Many times it is all too clear that the cultural bias is somewhat oriented toward service to self. That which is of the popular culture tendencies will often have the tang of selfishness and self-involvement, where rationalizations abound. And you may say, "Well, it's just business. That the way the world works," while you hoard your riches and ignore those hungry, homeless and lost entities that are your other-selves, saying, "Let them get jobs, let them work, just as I have had to work." [As] your hearts [are] softened, these huge differences between person and person shall begin to soften also. The one known as Jesus the Christ said, "He who helps even the least of these, my brothers, has helped me." This is so directly against the prevailing attitude of the culture in which you experience life at this time that it is easy to see the dynamic.

Another way that the negative polarity can seduce you from the positive path is to encourage you to use your power in order to help your family or your nation, or some element of the world, rather than the world as a whole. The one known as Jesus was once offered a great kingdom. And indeed, in the worldly sense, many of those who followed the one known as Jesus thought of him as a worldly, earthly king. Their hope was that he would take the Holy Land, as you call it now, back from the Romans who had conquered it.

The one known as Jesus could well have been tempted to lead his people to freedom. Yet somehow he knew and stated that his kingdom was not an earthly one. And so he took to the road and walked it with dusty feet and offered his parables instead, educating people concerning his true kingdom, the human heart.

We have spoken before concerning the battle between good and evil that reigns within the inner planes of early fourth density. We do not deny that such a war exists. It takes a good deal of what you call time and what we may call experience to see clearly that the war is not necessary, that there is nothing to defend and that love is the



answer. And so, filled with glory and honor and hopes of serving the one infinite Creator, those of positive polarity go forth to do battle for the light.

Gradually, as fourth density progresses for each of those in the fight, there comes a time of epiphany when it is seen that the war is unnecessary. And finally that entity lays down his sword and moves ahead rejoicing.

In your life too and in every seeker's life there shall indeed come many forks in the road, many chances to make ethical choices. Receive them as gifts and enter into such choices with a full heart and a request for guidance and we believe that you will find yourself completely equal to remaining in your integrity and progressing along the path of service to others.

May we ask if there is a follow-up to this query? We are those of Q'uo. (Long pause.)

We are those of Q'uo, and again we perceive from the silence that there is no follow-up to this query. May we ask if there is another question at this time? We are those of Q'uo.

J: G asks about the word "darkness" as it is applied to those of the service-to-self path. It's also used when speaking of the unknown.

What's the difference between the darkness of service to self and the darkness of the unknown?

We are those of Q'uo, and are aware of your query, my brother. It is an interesting question and a play with words at the same time to think about the darkness of the unknown and the darkness of negative polarity. Indeed, there is a bias within the general run of entities that would place a negative connotation on the unknown. For that which is not known can easily be feared.

However, the entire spectrum of the spiritual journey takes place in darkness and in the light of the moon. Consequently, all that shall be good as well as all that shall be evil, according to your definitions of good and evil, alike are present in the darkness. This darkness is not a positive condition but rather an absence of light. The unknown seems dark because it is as yet unlit by familiarity, whereas negativity and evil seem dark because they express the utter refusal to let light shine.

The negative mindset is one which is shuttered against the light. For the light cannot be controlled. It is only in the absence of light that control may be had. And so when darkness, in the sense of evil, occurs, it is a darkness of the deliberate shutting out of those things which do not conform to the desired situation or outcome. That chosen darkness, when there is no need for darkness, is different from the darkness of the unknown in that there is a positive choice being made to shut out the light of compassion, inclusivity, and the radiance of love from the self to others. And so that which is dark because it is service-to-self is dark by choice.

However, simply because a choice has been made to deny the light, that does not mean the light does not exist. Consequently, the service-to-self path is a path steeped in illusion and lies. For it is only by denying the truth of light that darkness can prevail. In the end, darkness never prevails. For it cannot put out the light, as the light can and does at last illumine every corner of existence. The eventual ascendancy of light is inevitable.

The service-to-self path is delaying the inevitable moment where light is embraced, whereas the service-to-others polarity is cooperating with that moment and accelerating the pace towards it.

We are those of Q'uo, and would ask if there is one final query before we leave this instrument.

D: Yes, I have one quick question about love/light. When a being sends love/light to another being, is love/light sent only through the hands or can it be sent by concentrating on a being and willing it?

We are those of Q'uo, and are aware of your query, my brother. In actuality, the sending of love by an act of will is far more common than the sending of love through the hands, which takes place only when a healer is working upon another entity. Both are perfectly possible and equally efficacious.

However, we would comment on your use of the word "will," for it is not necessary to be overly concerned or to will or to project or push the sending of love/light from you to another person. In actuality you do not have to do anything. You simply have to set your intention, offer your prayer, and then move out of the way. For love/light is not flowing from you, or at least it shall not be for very long. You shall exhaust your human supply quickly.

Rather, whether it is from your being or through your hands, the love/light moves through you, not from you, coming from the one infinite Creator. It is for this reason that there is never any concern when love/light is offered, because it is the Creator's light, and it is not an invasive or pushy light. It goes where the need is. And if the entity to whom you are sending light does not wish it, then it shall gently surround that entity but not enter its auric field. For free will is infinitely respected by the Creator's light.

May we answer you further, my brother?

D: That's great, thank you.

We thank you, my brother. We find that the energy wanes in this circle and regretfully it is time for us to take our leave of you who sit in this circle of working this evening. We thank you for the beauty of your beings and your courage in seeking the truth. We thank you for digging deeply and thinking carefully. We thank you for the love that you have for the truth, for each other, and for the Creator.

And we would offer you every support and encouragement as you go about your daily lives, seeking to transform a seemingly dull and placid existence into the great adventure it truly is when it is seen from the standpoint of the spiritual seeker who is using this mazed and mysterious veiled illusion of physical life to become a more authentic, a truer, a more genuine person who knows himself ever more well and who is ever abler to serve the one infinite Creator as he so wishes.

At any point that you may wish for us to share your meditation, you have only to call upon us and we shall be with you, offering a carrier wave that helps to stabilize your own meditative vibrations. Simply ask for us mentally and we shall be with you, not to speak but only to love you and support your seeking.

Thank you again for the opportunity to share our humble thoughts with you. We are those known to you as the principle of Q'uo. We leave you, as we found you, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus.

[1] The quote from which G formed this question is found on p. 209 of Ken Wilber's book, *A Brief History of Everything*. It reads, "And so the typical structure of experience is like a punch in the face. The ordinary self is the battered self—it is utterly battered by the universe 'out there.' The ordinary self is a series of bruises, of scars, the result of these two hands of experience smashing together."

The bruising is called 'dukha,' suffering. As Krishnamurti used to say, in that gap between the subject and the object lies the entire misery of humankind."

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Special Meditation

January 27, 2009

Question from D: (Read by Jim.) "I've been exploring dream and sleep yoga to accelerate my spiritual development. The idea of dream yoga is to be very lucid and aware within dreams. The idea of sleep yoga is the maintaining of conscious awareness throughout the night, never falling into a deep, unconscious sleep. Although I've only just started and I'm not very good at it yet, it has yielded good progress, primarily as a result of my regular middle-of-the-night meditations. What techniques can I apply to facilitate this practice?"

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. It is our privilege and our pleasure to be with those present and those in the extended group on the telephone. We are grateful to have been called to your circle of seeking and we thank you for putting aside the time to seek the truth and to lay all else aside. Time is a very precious coin in your realm and we greatly appreciate the effort involved.

We are happy to speak to your question, my brother, but first, as always, we would pause to request a favor. We would ask that each who hears or reads these words place between these words and your thinking processes the powers of your discrimination. For we cannot hit the mark each and every time. Therefore, please take those thoughts that seem good and true to you and work with them, laying all others aside without a second thought. In this way we may speak without being concerned that because of overzealousness at following our words, you miss the direction of your own spiritual process. We thank you for this consideration.

My brother, you have embarked upon a fascinating and fruitful journey in examining your dreams and working with them in a very present and attentive manner. It is, of course, most helpful to attend to the spiritually fertile time of the night at approximately 3:30 in the morning, when the energies of the night are focused at their best. To move into meditation at that time creates an energy that is excellent in terms of creating for you a resting place of the spirit from which you may venture forth.

It also connects you with those entities of the inner planes who have observed the same time of meditation and prayer, as well as linking you with all of those in this present experience which are observing that time of meditation. That is an excellent beginning.

One's dreams are communications from those places within your consciousness which have been impressed from above—that is to say, in

the daylight mind—by those things that have occurred during your day, and from below, that is to say—in the archetypical mind—by those energies, some cyclical and some anti-periodic but not random, so that they move into your preconscious state.

This mixture is always an interesting one and a great deal of work is done during the so-called dream state. To become a part of that process in a conscious manner is a work requiring the setting of a firm intention and then the willingness to undergo a good bit of repetition as you attempt to become conscious within the dream state without waking yourself up.

There are two fairly mechanical details which may aid in your attempts to become conscious within dreaming or, as this instrument would say, to become a lucid dreamer. The first is to become aware that you are asleep and dreaming and then, without disturbing your dream, to move your hand, your head, or your eye, within the dream, so that the entity that you are within the dream is connected to your will.

This is a delicate matter, for you do not wish to disturb the tenor of the story that is unfolding within your dream. You wish in no way to alter the dream, but only to become aware within the dream and to have control over your body as it appears within the dream. Needless to say, much rehearsal is usually required before this process goes smoothly.

The second practice that shall aid you in your lucid dreaming is a matter of recordkeeping. Assuming that you not only wish to be aware within your dream, but that you also wish to work with the material gathered within the dream at a later time, it is helpful to move, with as little fuss and ado as possible, to the writing instrument and the paper or to the computer.

In either case, the idea is to record the experience that you have just had, not editing or choosing what to write but writing all that you can remember. Once you become used to this discipline you shall find that this can be a time-consuming process. Nevertheless, it is a helpful one.

May we ask if there is a follow-up to this query? We are those of Q'uo.

Jim: D says: "On a few occasions I have had an experience during meditation that I call 'crossing the threshold.' There's a distinct transition sensation. My breathing slows down considerably and my mind is very still. From this state I seem to be able to predict events that happen the next day with great accuracy. Am I in time/space? And how can I increase the frequency of this experience of 'crossing the threshold'?"

We are those of Q'uo, and are aware of your query, my brother. We would estimate that you have, indeed, moved through the gateway to intelligent infinity when you are in this particular state. You have successfully cleared your chakra body so that you may seek the truth from those essences and intelligences which dwell in the time/space portion of this present density. We may say, my brother, that it is an achievement which is relatively rare among your people to be able to move through the gateway and then to reside in, shall we say, the "borderland," so that you are not bringing back through the gateway the information having to do with healing or teaching, but are simply resting beyond the threshold and across the quantum boundary from space/time to metaphysical time/space.

It is an interesting turn of mind, if you will, to find a seeker who is not greedy for detail, but has the ability to rest in essence, for it is in this state, shall we say, within the candle-flame shape just beyond the gateway, where it is possible to glimpse the

possibility/probability vortices, which you are indeed doing as you pick up details of likely occurrences in the near future.

In order to create a more dependable or frequent experience of this kind there are a couple of things which you may do. The first is to create a settled intention to reach this state of vibration and to remain there for a period of time/space-space/time. We say it that way because you are bridging to different kinds of time with your bodies, both your physical body and your energy body.

We would encourage you to be aware, however, that it is well to be disciplined concerning the length of space/time-time which you spend in this place just beyond the threshold. For it is somewhat of a strain or source of tension for the physical body to be experiencing time/space in its flow.

The other range of resources which are open to you in the matter of duplicating this experience is that range of preparation which you may find it necessary to do in order to leave every care and concern behind. This instrument calls this process "tuning." She is always careful to tune her physical vehicle and her energy vehicle to its highest and best state before a channeling session such as this one. She thinks of it as tuning to the highest and best "station" she can pick up on her "radio."

In your case, however, you are not seeking a voice or a contact. You are seeking pure beingness. Therefore, it is well to tune yourself off of all stations and into the quiet between signals. Intellectually speaking, you cannot cause this to occur. However, when you set your intention to do this particular work of arriving at this particular state of consciousness, that within you which is far wiser than your conscious being grasps your intention and is able to use your tuned vehicle so that it will be placed as you wish it, between the sources of incoming voices.

We particularly encourage you not to attempt to reason out this process. Were you to have a long, long life and were you able to approach this spiritual seeking as though it were a scholarly discipline, you might well be able to create a rationale so that the seeking of this state of consciousness would be easier to discuss in an intellectual manner.

However, since you require the pure experience and not the network of words surrounding such experience, we would recommend that you move along lines of felt and resonant insight rather than reasoning out the ways and means of achieving the repetition of this state. Let your focus be upon preparing for the experience by clearing the chakras from the lowest to the highest and then relaxing entirely into the tabernacle of your open heart.

One final recommendation would be to close such an experience by immersing yourself in water and there allowing the water to become magnetized with love, that love that flows into you at all time in infinite amounts. This shall restore the balance of your physical vehicle, given that there has been a dislocation because of your pursuing this particular work.

May we ask, my brother, if there is a follow-up to this query? We are those of Q'uo.

Jim: The follow-up question is, D has had a couple of experiences lately where he's felt a great deal of bliss and peace and he's wondering if getting the heart chakra open is integral in having a repetition of that experience?

We are those of Q'uo, and are aware of your query, my brother. It is

quite so that the complete opening of the chakra body, so that full power is moving through the lower chakras and into the heart chakra, is essential for this work. There would not be any movement through the gateway to intelligent infinity in the absence of this completely open heart chakra. Thus it is that we recommend a careful and thorough clearing of each and every issue of the day that may dog at your heels and pull you away from a completely open heart.

May we answer you further, my brother? We are those of Q'uo.

Jim: The third question is: "It's my understanding that I've incarnated within many systems. It's logical I've taken both positive and negative paths before. In fact, one of the most realistic past-life dreams I've ever had was one as a lizard person, and he was a pretty nasty fellow, at least from a human's perspective. Is one's shadow self composed of these negative incarnations? Can you effectively get a negative greeting from aspects of yourself?"

We are those of Q'uo, and are aware of your queries, my brother. Our response must be divided into no and yes. It is not so that the shadow side of an entity within an incarnation is made up of the previous negative incarnations, so called, of your soul stream. Rather, the shadow self is made up of those parts of the circle of beingness which you have been so far unwilling to examine closely [within this incarnation.]

This is understandable, my brother. A service-to-others polarized seeker has no wish to examine his rapist, his murderer, his abuser, or his manipulator. He would prefer to emphasize those parts of his 360 degrees of self of which he approves.

There is a significant point to be made here, that being that it is only sophistically possible to separate the dark side of self from the light side of self. The goal of the progress through an incarnation is to lessen distortion and increase balance. Consequently, it is hoped that in the course of a lifetime of catalyst and the observation of his responses, the seeker shall have the opportunity to examine many of the shadow portions of self, so that those portions of self may be respected, honored and redeemed to a useful and integrated portion of the self within the daylight. Flood a murderer with light and you discover tenaciousness, grit and patience. The shadow side of self will stand ready to be your ally if you can love it, accept it, and ask it for its help.

The incarnations which you have experienced besides this one certainly matter. Especially do they matter when you have carried adhering karma from one experience to another. And there are times when it is helpful to become aware of some detail of this karma that adheres.

However, my brother, in the main we would recommend that you focus upon this life, this experience, this incarnation. Our reason is that you carefully selected the gifts, limitations and relationships that make up the intricate welter of detail and pattern within this present life experience.

In no wise can you consider the self [you are] in incarnation as the self as it experiences itself outside of incarnation. It is as if you left a home with many rooms and many possessions and you packed a bag for a trip. You could carry just so much and no more. No matter how carefully you packed to come into this incarnational experience, you could in no way carry even ten percent of what you would wish to bring if you were moving house.

Thusly, be content with examining the contents of your suitcase, for they are plentiful enough to give you matter upon which to work for an

entire incarnation, we assure you. You cannot help packing the mystery of your essential being. Therefore, there is always an infinity of considerations which you may choose to ponder as you observe yourself and get to know yourself ever better.

On the other hand, the "yes" has to do with the fact that you do indeed deal with the essential self as you experience the shadow and the light of self. Therefore, you are perfectly capable of being the source of psychic greeting within your own experience. In point of fact, it is very often the correct solution to the question of what source it is that has created a psychic greeting. When the shadow side of self is ignored and feels abandoned, it is perfectly capable of making itself known as if it were other than you and over against you. The solution to such experiences, then, is to sit with that shadow side that has seemingly attacked you and offer it your unqualified and absolute love.

May we ask if there is a follow-up to this query? We are those of Q'uo.

Jim: The fourth question is: "I had a dream experience which changed my view on the ego/personality. In the dream I experienced a feeling of complete oneness with every other human on Earth. Upon return I felt that the ego/personality is, in fact, more a piece of Earth consciousness than it is of the essence/soul. The ego/personality is every bit as much a part of Gaia/Earth as the minerals that make up your nails and the oxygen in your blood. An incarnation is really a joint experience between the Gaia consciousness and the external consciousness, and it is this ego/personality with which most everyone completely identifies, but this isn't what survives death in the same sense that the essence does. What is valid and invalid about this perception?"

We are those of Q'uo, and are aware of your query, or should we say "considerations," my brother.

The correct assumptions are so neatly plaited up with the misperceptions included in your sentences that we shall probably not be able completely to untangle them. However, my brother, we shall make a start of doing so and ask your forgiveness for our lacks when we are done.

We would wish, firstly, to compliment the quality of your considerations. What we would say firstly is that you are completely correct in stating that your earthly personality has only tangentially to do with your soul stream. However, it is a firm and sturdy tangent and as "all roads lead to Rome," in the old saying, so all incarnations lead to the soul stream, feed it, fulfill it, and create fascinating issues to ponder when you are between incarnations and ready to create a new learning experience for yourself.

As we said in a response to your previous query, the earthly personality is a much slighter and less interconnected entity than the soul stream itself, which has a size or a power that is impossible even to fathom within incarnation, including ...

(Side one of tape ends.)

(Carla channeling)

... as it does, experiences in each of the densities, not only those that have come before third density but those which, from a linear point of view, come after this present density. Time in time/space is circular, if you will, or spherical, with all experiences of whatever space/time moving in radii towards the center of self.

What would you do with such an awareness within this school of souls which you know as Earth, my brother? It is not useful to you.

Therefore, that which you experience as yourself may be taken lightly but trustworthily as the self within incarnation.

However, much as when you arrive home after a trip, you toss the garments you have worn in the laundry and glory in your full closet, and much as you reacquaint yourself with all of the things that you so missed upon your journey, so you shall, upon entering larger life, enjoy and appreciate that sense of self that shall be yours when you once more come into awareness of your soul stream.

You are also correct in positing that there is, within the very energy of your body and not simply the body itself, its blood and bones, an essence of Gaia, an essence of Earth, for just as Gaia has given you the water and the chemicals to form a physical body, just so has the energy that comes infinitely from the one infinite Creator moved first to the very center of the womb of the Earth and only thence into your energy body.

Thusly, you are through and through, physically and energetically, a creature of Earth, and as such, my brother, you are part of the dance of all that is upon the Earth and in the air and in the waters beneath the Earth.

To ground yourself in this awareness, it is well to spend time in the wild places so that you may give your system time to decompress from the hurly-burly of urban life and move once again into heightened awareness of the rhythms of the natural world.

Perhaps from this discussion, my brother, you may infer those parts of your considerations which would not be as accurate from our point of view as those items which we have mentioned.

May we ask, my brother, if there is at this time a follow-up?

Jim: The fifth question is: "I had a dream that explained that I was a part of one of the original "teams" that adapted human DNA to life on Earth. As a result, I'm karmically obligated to experience directly the programming choices made. So, my incarnations are more spread apart over linear time, but I will keep coming back during certain time periods throughout this experiment.

Would it be possible to validate or invalidate, this as well as discussing anything else you deem helpful about my origins?"

We are those of Q'uo. My brother, were we to respond to this query in any of several ways, we run the risk of interfering with your free will. This is a matter that is a key you are presently attempting to fit into a lock. We encourage your seeking and encourage your consideration of this.

We may say, however, that you are of the Creator; that you are a creature made of the one great original Thought. All that has occurred concerns you and all that shall occur concerns you as well.

It is easy and even appropriate to play many roles in your mind and to see how these roles make you feel. However, is there truth in this or that story? This instrument would say that everyone is a legend in his own mind. What story resonates to you? What is true identity and whence does it come?

May we ask if there is a final query at this time? We are those of Q'uo.

Jim: That last question is: "I've had two experiences in which I felt as though I was connected completely to something much deeper, possibly my higher self. Each experience was brief and happened as I was waking up. My access to information seemed massive and instantaneous. It was a feeling of complete knowing and confidence.

For that brief time I was something else entirely. Is there anything you can offer me in terms of spiritual principles to help me better



understand this experience?"

We are those of Q'uo, and are aware of your query, my brother. It is said in your Holy Bible that "In my father's house are many mansions."

[1] Each mansion is a state of consciousness, a rate of vibration or a nexus of rates of vibration in harmonic relationship. Several states of mind have been described by you during this session. What they have in common is access through the gateway to intelligent infinity. Each state, however, has a distinct environment and nature which you have noticed. This state of which you speak now could be described as "being in the light."

Indeed, when one is in the light of that candle flame of sacred geometry that is just through the gateway, at the tip of that geometric shape there is "being in the light." It differs from "being the light" by a gradation of vibration but is similar to being the light or experiencing the self as light. In that light is information and when one is in the light, it is patently obvious that all is well. It is clear beyond any telling that the plan of the infinite Creator is working perfectly and that all is as it should be and must be. It is indeed a rest for the weary seeker in third density to experience this fullness of light.

The theme of your queries, my brother, has to do, we feel, with becoming more and more aware of the various environments beyond the gateway of intelligent infinity. It is as though you were a wayfarer but not a tourist. [You are] one who seeks experience in states of mind, but is not greedy about bringing back treasure except in terms of pure experience. We find this to be a fruitful, useful and somewhat efficient path for one who seeks to lessen distortion within his own basic soul-stream self. We wish you every blessing and good fortune as you pursue your seeking for the love and light and the truth.

At any time that you should wish to have your meditation strengthened or lessen distraction in your contemplations, you are always welcome to request our presence mentally, in which case we shall enter into your vibratory nexus with a carrier wave that is a stabilizing vibration, not adding to or subtracting from your own vibrations but simply acting as a battery to stabilize varying surges of energy. It is our pleasure to offer this service to those who would wish it.

Also, my brother, always remember that the voices of your guidance need only be asked in order to converse with you. And if you should wish to form a conversation at the intellectual, conscious level with your guidance it is entirely possible for you to sit at the computer or take pencil and paper in hand, write down your questions, and immediately write down the next thought that enters into your mind. In this way also you may deepen your understanding of yourself, who you are, and why you are here.

May we thank the one known as D for this opportunity to share our thoughts, humble as they are. May we thank the one known as D, the one known as Jim, and this instrument for creating this working and calling us to it. It has been our privilege and our pleasure to enjoy sharing your combined vibrations and dwelling with the sacred circle of seeking that you have created by your intention. Your beauty and your courage move us. We are known to you as the principle of Q'uo. We leave you, as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai vasu borragus.

[1] Holy Bible, John 14:2, "In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you."

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Special Meditation

February 3, 2009

T: I'm sure you are aware of all the many questions that I've brought to you in my many meditations over the last few months. I have some questions here that we have been discussing today and I know you are aware of the many thoughts that I have had and the questions I've had during that time.

I have come to the point in my life where I want to know what the heart of my life's meaning is, what my main purpose is. I have many questions and I will ask them separately, but as I ask my questions please know that I hope your answers will point back to the center of my life and its purpose so that I can integrate my vision of my life into one integrated web of meaning.

Question #1: As you are probably aware, there are many people in my life whose names have something to do with a meadow, whether it be "meadowland," "west meadow," and so forth. When I took these questions that this brought up to me into meditation, twice it was said in my mind, "Be the meadow. Be the meadow." Please comment on this statement and the spiritual principles involved.

(Carla channeling)

We are those known to you as the principle of Q. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. We thank the one known as T for creating this circle of seeking. We are happy to speak concerning the purpose at the heart of his incarnation.

As always, we would ask all of those who listen to or read these words to use their discrimination in prioritizing those things which we would offer. If our thoughts have resonance to you, by all means use them. If they do not, please let them go. In this way we may feel fairly sure that we are not infringing upon your free will in any way as we speak. We thank you for this consideration.

My brother, we shall indeed attempt in all things that we say to keep in mind that you are seeking the heart and not the periphery, the essence and not the details. Indeed this may well shape our responses to a degree and we thank you for this direction.

There are certainly many ways to look at what the heart of one's existence is. One might ask what the overriding principle of a life is, or what the most beloved thing is, or what the thing most desired is. And yet it is always to be remembered that a life is lived in the present moment in order to be lived well.

The center of that present moment is always love.

A guiding key question for one who seeks the heart of existence is, "Where is the love in this moment?" As it applies to your first query, that question has to do with the nature of your incarnation.

Now, each incarnation upon third-density Earth shall be, at its heart, focused upon being, as opposed to doing. That is not simply true of you, my brother, but it is true of all who draw breath upon planet Earth. The actions of a life certainly speak, in terms of articulating the inner nature of a person. It is said in the Bible, "By their fruits, ye shall know them." [1] To a degree, this is true. And yet the spirit in which these things are done is an ineffable and intangible and yet a very important part of all actions, creating the essence of that action.

The direction which you received, "Be the meadow," speaks to a certain kind of attitude about life and about your place in that life. In the discussion which preceded this meditation, my brother, several times you said to this instrument that you had done many things and yet were not sure what your main purpose really was. With the phrase, "Be the meadow," the doors open into a certain way of looking at the web of life and love that is your incarnation.

This instrument is aware of a system of teaching by the one known as Rudolph called bio-dynamics. [2] It is a philosophical system which has practical applications in the field of agriculture. Farming bio-dynamically means seeing all of the farm as a universe, of which the farmer is an integral part. This theory envisions such a farm as a little universe, unique unto itself. It has its own grasses and herbs, its own fruit trees and other crops. And the animals upon the farm are moved from one pasture to another, spreading the seeds of the herbs and the grasses, so that in a very short number of years that farm is distinctive in its plants and its animals. And because the animals and the crops are rotated, the biota becomes richer and richer. Products from the animals together with the farmer's envisioning and various processes create manures that are specific to this particular little creation, so that the land is always being enriched, always developed to be fuller of life, always more able to receive the sunshine and the rain.

The one known as Rudolph always saw all of nature and all of humankind as one, so that it was not the humans doing things to the Earth according to his will, but the farmer as an agent of the Creator, making beautiful and fruitful that of which he was a part. In this context, "Be the meadow," is a suggestion to become a unified and harmonious part of your environment. It is a call to incarnate fully into the Earth, both physically "literally" and non-physically "descriptively." Literally, it is well for you as an entity to work with the land, whether or not it seems to produce an increase, simply because moving into nature, becoming intimate with it, its moods, its feelings, its sensitivities, its desires, the desires of the nature spirits, and so forth is very healing and very empowering.

Again, this is not simply true of you but true of anyone who wishes to integrate many aspects of his life. Wild nature is a master orchestrator and there are many lessons to be learned from the one who wishes to "Be the meadow." It is a directive to be responsible for your universe and to know that what is real is not what is given to you; rather, it is what you create.

Therefore, let your mind be calm and peaceful as you go about daily life, not seeking so much, to pin down meaning but seeking, instead, to be or embody or experience meaning as it flows through you. Be confident that you are, indeed, capable of becoming more and more aware of the web of love and light of which you are a part, not only with the people in your life or the ideas within your mind, but with the elements of the Earth itself, the rains, the sunshine, the seasons, and all [elements] that go into the very complex and yet perfectly harmonized environment that is the meadow.

The life of one who has worked hard, [and has] had a job to pay the bills for his family, as have you, is full of actions, heavy, seemingly small actions. You have been one who has carried the mail. You have been one that bought the groceries and worked with the family in various ways, putting children to bed, washing dishes, supporting your wife. A million trips to a million shops, a million chores and many, many thousands of days all blend into a web of life that is characterized not by any single chore, any single day on the job, any single bit of work with a relationship where there was a falling away from unity and then a restoration of unity, but rather the web created by many loving actions over a long period of time.

It is well to realize that as one hopes to live, as one intends to live, as one envisions living, one's setting of intention creates a far different and

fuller picture than can be seen if one simply looks at the actions of a life. As we said before, it is the attitude of love which you bring to a job, a chore, or a relationship that illuminates that relationship, that job, or that chore. And from the standpoint of spirit, it is the love in that intention that is at the heart of your action, rather than the action itself.

We realize that there is a great desire to do something in the outer world that has an obvious meaning such as teaching, building, channeling or healing would. And we appreciate your desire to be helpful in the world. Because it is so greatly a part of your present process to determine those outer actions we cannot speak, not in a direct way. However, we can encourage you in your every effort and assure you that you can make no mistakes, no matter what you decide at any given time.

However, we would say that the heart of your purpose here, in terms of what you hoped to do with this time for yourself, is to become more comfortable with the "being" aspect of your existence upon planet Earth.

The being that you are is a combination of spirit and the physical. They are intertwined within you so that you are one mind/body/spirit complex, all together, not separated. Consequently, from the standpoint of spirit within flesh, the central service to others of any life will always be the way you have allowed your energies to open, so that you may be an instrument for the love and the light of the one infinite Creator. This instrument sometimes calls this process "becoming transparent to the light."

The net result of one who is more and more comfortable with being who he is is that whatever the personality is, it is open to the light so that the light can shine through him and out into the world. This radiance of being shall always be each entity's main purpose.

May we ask if there is a follow-up to this query, my brother? We are those of Q.

T: Not on that. Thank you.

We thank you, my brother. May we ask if there is another query at this time? We are those of Q.

T: Yes. Question #2: I have conversed much with God and have asked specifically for the Holy Spirit to speak through me in my early teaching days. But in 1999, I once heard a voice, not even in meditation. It was at a point of confusion in my life. And that voice, very loudly in my head, spoke the name, Edgar Cayce. Part of this question is, can you tell me who that voice was that spoke that name? And also, there is a psychic that has said that Lao Tzu is my guide in this incarnation and that I have two angels, one named Leland and one named Crystal. Can you tell me, secondly then, is Lao Tzu my guide in this incarnation? And are my two angels Leland and Crystal? And how did they come to be with me? And what is the meaning of the vibrations of those names? And if you cannot answer that, or along with that, can you please talk to me about guidance in general?

We are those of Q, and are aware of your query, my brother. We find that we can confirm only that your key main aspects of guidance have the vibratory energy which is contained within the names which you have given.

The nature of guidance in general is that you have contact with yourself, at a far-advanced stage of your development. The higher self is your gift to yourself from mid-sixth density. At this point, that soul that you are has reached the level of consciousness at which it is perceived that there are no more things to desire except to rejoin the one infinite Creator.

At that juncture, the entity that is you creates of itself a form which is quite marvelously intricate and complex. It contains all that the higher self knows about itself. That thought form is given as a gift to the developing self within early third density. The full higher-self entity is immense, full of the nature that is uniquely you. As it filters down into your consciousness, it is quite

common that there be three aspects that are central: the male aspect, the female aspect and a non-sexually-oriented aspect which might be described as a mentor or companion.

The female and male aspects do not refer to sexuality in a physical sense. They refer to the sacredly feminine and the sacredly masculine energies of the density of which you are a part, which is polarized. Consequently, the female aspect of your spirit shall be those parts of nature such as beauty, fertility and so forth, whereas the male aspect shall contain the traditionally masculine aspects such as the ambition and reaching, productivity, aggression and so forth.

In addition to these male, female and androgynous aspects of guidance, it is quite common for one who is seeking as consciously and as persistently as you, my brother, to accrue about himself any number of angels and presences that are attracted to you by your seeking, your serving, and the desires of your heart. To work with such a suggestion as that your guide is Lao Tzu, it is well to do what this instrument is aware that you are doing. That is, to become familiar with the work of this entity which has been left to the world of literature and philosophy. Soak up and marinate the self in those writings of the one known as Lao Tzu that resonate to you and then, when this has been done, release the specific words from their stricture and instead retain the attitude implicit in this entity's writings. For it is always well to move beyond the details of words and phrases that have been translated from one language and one culture to another.

But no matter how substantial the displacement, there is that within the philosophy that speaks of a certain basic attitude towards living and that is how to move from the question of, "Who is a certain entity my guide?" to practicing as if this entity were your guide and then seeing what gifts such an examination has brought you.

Were this psychic to be incorrect, it would become obvious because you would not resonate to this entity's written work.

We are those of Q&A, and would ask if there is a follow-up to this query, my brother?

T: The only quick follow-up I have would be, would I be correct in assuming, then, that the voice I heard in 1999 that spoke, "Edgar Cayce," was my higher self?

We are those of Q&A, and are aware of your query, my brother. We can confirm to you that that voice was, indeed, your higher self.

May we ask if there is a further query, my brother? We are those of Q&A.

T: Yes. I have two questions that might be a little involved so [before I ask those.] I would like to move to two possibly quickly answered questions, if I might. That would be question #5 which would be, I seem to be running into numbers, as was mentioned in earlier conversations, of roads that are leading to special places in my life. They seem to be adding up to eleven. And there are some synchronicities that happen. I have to know what this particular synchronicity would tell me about the center or heart of my life and its purpose.

We are those of Q&A, and are aware of your query, my brother. The number eleven, as this instrument has told you earlier this evening, is what this instrument calls a "master number." [3]

What is a master, my brother? Why would a man who does not claim to be any sort of master see the number eleven a good deal? We would say to you that a master is not a master because of external signs or achievements. One might rather think of mastery as the level at which a student becomes a teacher. One might think of it as a level at which, no matter how interesting the studies, there is the achievement of studies already accomplished which have graduated the student from classes to what might be considered an ongoing dissertation.

Just as in school there is a point at which the academy awards a degree, in a life there is a point at which the classes have added up to sufficient information to create a shift in the center of gravity of the student so that, although he may continue learning his whole life, for there is always more to learn, there is a fundamental freedom from studying and a realization that he is as capable of teaching as he is of learning.

This is a huge step in a person's life and yet for some entities it is to this level that the incarnation calls him. We may say, my brother, that you are one of those people. You are not a professional student. You did not intend, in your life, simply to take course after course after course. You intended in your life to consolidate, simplify, integrate and become the master of all of the many, many things that you have learned.

To this incarnational goal, you have been called for a long time. At an earlier point in your life, my brother, you came very close to finding comfort at this level, yet your vision began to be too narrow to satisfy you. Consequently, you entered another long series of learnings and you have, once again, come to the point where you can, if you choose, begin to release yourself from the need to learn further and allow yourself to begin that master work, that life dissertation, where the work is integrating and simplifying those many learnings that have created a web of thought, intention and desire within your life.

Looking towards the question of central purpose, the question of the heart of the incarnation, we would say that this comes close to expressing one of your incarnational themes and that is that theme of integrating, simplifying and becoming the master of your particular brand of being yourself, so that you are comfortable within your own skin.

Of course you shall continue to learn. Of course you shall continue to have new things to integrate into your basic understanding of life, of who you are and why you are here. But your hope for yourself, and that which is at the center of your vision of yourself before you came into incarnation was that you should become so comfortable with who you are that you would be able to let that beingness shine without apology or reservation, knowing that you are completely adequate to carry the love and the light of the one infinite Creator.

May we ask if there is a follow-up to this query, my brother? We are those of Q&A™uo.

T: There will be no follow-up to that particular question.

We are those of Q&A™uo. May we ask if there is another query, my brother?

T: One other short question, if I might, please. It is stated in the Bible that Jesus is a priest after the order of Melchizedek. This leads me to believe that possibly Melchizedek would be a social memory complex and that Jesus was a part of that social memory complex. Is this a correct assumption?

We are those of Q&A™uo, my brother, and are aware of your query. To the best of our knowledge, my brother, the one known as Jesus was not a member of a social memory complex called Melchizedek. The desire of that entity who called him such a priest was to establish him as the figure in the Old Testament that was prophesied to be the Messiah. The intention of the one creating this statement was not spiritual but in a sense, political.

That Jesus was a member of a social memory complex before incarnating upon planet Earth's third density is so.

(Side one of tape ends.)

(Carla channeling)

May we ask, is there another query at this time, my brother? We are those of Q&A™uo.

T: Yes, I have two more but [it is hard] for me to determine which one would really be the most important because they are both very important to me. So I will just start with this one.

I do wish to be an instrument, a vocal channel. I feel like, for some reason,

that has been part of my past and I've been drawn to this talent. But I seem to be having some difficulty in opening up to this. Can you look into me in any way and tell me what it is that I may be lacking or in some way blocking [that keeps me from] being able to move forward with this process a little more quickly and a little bit better?

We are those of Q&A™, and are aware of your query, my brother. That which stops the tongue of one who translates can be as simple as the fear of being wrong. This fear pulls the openness of the energy body into a narrower and narrower configuration, thereby limiting the amount of energy available for work. Therefore, be fearless, my brother.

That which may also stop the tongue of the translator of concepts is the feeling that the effort shall not prosper because of limitations within the intellect or vocabulary of the channel. And in this wise we would say, my brother, that it is not the intellect that powers channeling, nor is it the vocabulary that necessarily limits what can be said. Much more is given through the channel than words. Consequently, my brother, in addition to being fearless, let your words come as they will, not attempting to speak as others do but only attempting to translate that which you receive, any way that you can. Focus, rather, on allowing the energy that you are receiving to come through your voice. Let the love, the caring, the compassion, the sweetness, and the light that has come into you with that concept move through you and out into your speech. The less you worry about vocabulary, grammar and diction the more comfortable you will feel and the more light your voice shall be able to carry.

Most of all, give yourself to the moment. If nothing comes, do not worry.

Nothing came. If something comes, move it forward, bring it through and let it go.

There is more of an art than a science to any translation. And certainly, receiving a voice from spirit requires of you much more in the way of creating of yourself a very specific kind of channel and then asking for a very specific kind of source that can move through your channel than it does with the specific words and so forth of a channeling.

Again, it is not the outer details that create a good channel, but a fearless approach that is honest and full of integrity that places much more value on doing an honest job than on creating beautiful prose. Let the source speak with the heart that you feel within you as you receive the words. And we feel, my brother, that you shall do well.

Most often, when entities struggle with the channeling, there are concerns about the self that multiply like fireflies at dark and light up the mind with this or that concern, so that the mind is not quiet and confident. It is that confident, quiet, fearless attitude of service without question that creates the good channel.

We are those of Q&A™, and are aware that this instrument has energy for one final query and that you would prefer to ask that final query rather than follow up on this one. May we ask if that is correct, my brother? We are those of Q&A™.

T: Yes. That is correct.

We are those of Q&A™. In that case, my brother, please proceed with your query. We are those of Q&A™.

T: Thank you, Q&A™. I am concerned many times in the decisions that I make as to whether or not I am truly working from the standpoint of what is best for the person that is asking for assistance, of whether I am really thinking in the spirit as to what would be best for them in a given situation, as opposed to having the ego or the flesh-mind take over merely because I just don't want to do it or I have judgments against them.

So my question is, how can I readily tell, looking within myself, what is the basis for my decision, whether it is really of service to others or of service

to self, being either a spiritually-minded decision or a fleshly or ego-minded decision?

We are those of Qâ€™uo, and are aware of your query, my brother. We offer you a simple thought to answer a complex question. For there are, indeed, many, many times where the life experience of a loving person creates settled opinions about the nature of life, the nature of learning and the nature of spiritual maturity. To use less than your full life experience and your full burden of gathered wisdom is to be less than true to your basic self, that self which you have worked so very hard through life to create as lovingly and as wisely as you can.

Oftentimes the higher wisdom, the higher love, translates in physical terms to that which may seem judgmental, that which may seem less than fully giving. And yet we would confirm to you, my brother, that in making use of all that insight that you have gained, all that attitude that is so hard won in you, you are doing the best service you can for another.

A way to see into your own polarity is to move away from the situation, physically, and sit in quiet solitude and then feel and sense the resonance of your choice. Do you feel radiant as you think about this choice? Do you sense your guidance and encouragement?

If, in this quiet, you still cannot come to a resonant sense of this polarity, we might suggest that you ask your guidance for help. For truly is it written, “Ask and you shall be answered. Knock and the door shall be opened to you. Seek and you shall find.” [4] One way to ask is simply to ask yourself, “What would my highest and best self do in this situation?” Almost always, my brother, if you phrase it in that wise, you shall receive an impression immediately. Listen to that impression. If you sense a resonance and a radiance to your decision and, when you ask that question, if you also sense the support of your guidance, we feel that you can rest from your concern.

We agree that there are insidious ways that ego can find to make rationalizations, coming to a decision that is convenient for you. However, we would affirm to you, my brother, that you are capable of discerning beyond such concerns so that you can reach that broader perspective from which the answer is clear.

May we ask if there is a follow-up to this query, my brother? We are those of Qâ€™uo.

T: No. Your answers have been very helpful this evening.

We thank you, my brother. Indeed, we thank you for more than the questions. We thank you for the life that has produced them and the courage and the perseverance that it has taken you to live your life according to principles that you hold dear.

We thank you for taking the time to pursue these queries. We thank you for calling us to conversation with you. We pray that our poor words may offer you resources as you ponder them further.

We thank each of those who sit in this circle of seeking. We thank this instrument. And we thank the one infinite Creator that we have met with such delightful harmony tonight.

We are those known to you as the principle of Qâ€™uo. Adonai. We leave you in the love and in the light of the one infinite Creator.

[1] Holy Bible, Matthew 7:15-20, “Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit. Every tree that bringeth not forth good fruit is hewn down, and cast into the fire. Wherefore by their fruits ye shall know them.”



[2] Rudolph Steiner. An excellent link on this subject is [www.biodynamics.com/biodynamics.html](http://www.biodynamics.com/biodynamics.html).

[3] From the web site, [www.decoz.com/index.html](http://www.decoz.com/index.html): "There are 3 double-digit numbers that, while they are rooted in the single-digit numbers, require special emphasis and attention. These are 11, 22, and 33.

"They are called Master numbers because they possess more potential than other numbers. They are highly charged, difficult to handle, and require time, maturity, and great effort to integrate into one's personality.

"The 11 is the most intuitive of all numbers. It represents illumination; a channel to the subconscious; insight without rational thought; and sensitivity, nervous energy, shyness, and impracticality. It is a dreamer. The 11 has all the aspects of the 2, enhanced and charged with charisma, leadership, and inspiration. It is a number with inborn duality, which creates dynamism, inner conflict, and other catalyses with its mere presence. It is a number that, when not focused on some goal beyond itself, can be turned inward to create fears and phobias. The 11 walks the edge between greatness and self-destruction. Its potential for growth, stability, and personal power lies in its acceptance of intuitive understanding, and of spiritual truths. For the 11, such peace is not found so much in logic, but in faith. It is the psychic's number."

[4] Holy Bible, Matthew 7:7-11: "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?" Copyright © 2009 L/L Research

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Channeling Intensive 4 - Session 5 - Special Meditation

February 8, 2009

Question from L: Is it possible to achieve a level of vibration with meditation to attract the help of a particular discarnate teacher? Or is meditation a practice best worked on alone?

(Carla channeling)

We are those known to you as Q&A™. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. We thank this group for inviting us to join your circle of seeking, which you have created as a measure of your own seeking of the truth.

It is our pleasure to speak to the question of the one known as L. As always, we ask that you employ your powers of discrimination, listening to what we have to say with a careful ear for resonance. When thoughts resonate to you, use them by all means. That is why we offer them. Yet when they do not, and surely some will miss their mark, we would greatly appreciate your leaving them behind. In this way we may preserve your free will and the integrity of your process. We thank you for this consideration.

It is our particular pleasure to speak upon the subject of meditation, for this practice is the strait way to the acceleration of a seeker's rate of spiritual evolution.

Meditation is seemingly a simple matter. The entity stops looking outward, stops

responding to the outer environment and even stops attending to his own thoughts as far as following those thoughts and analyzing their content, or chewing through various processions of thoughts. In meditation, such thoughts are seen as noise rather than signal and allowed to rise and fall as they will, without the mind of the meditator being activated.

That would seem to be the entire activity of meditation, closing out the outer world, entering the inner world, leaving the world of words and voices and issues and entering the world without voices, without words and without issues. However, meditation is much more than entering the silence, for there can be a silence of mind which simply indicates boredom. Silences within the space/time world may not offer anything except a quick exit into sleep. However, silence is a key that opens the door into time/space. Silence is the transit between the world of the mind and the world of consciousness.

The mind of space/time is handy and useful for many things within your outer world. It is not useful for becoming more aware of one's own deeper nature. It is not a good tool with which to investigate the world of spirit. People will often think of the mind and of consciousness as one and the same thing. However, we would differentiate between them. The mind is a space/time mechanism, whereas consciousness is a time/space phenomenon.

Now, as one goes into meditation, one is seeking to enter one's own consciousness. That consciousness dwells in undistorted form at the heart of your being. It is a faculty which you share with all other sentient beings upon planet Earth. Indeed, in its ultimate sense, it is that which is shared by all aspects of the universe whatsoever, for it is the consciousness that we would call the "Logos" or that one original Thought of love.

This is the value of meditation: that it moves you from mind to consciousness and from the surface of consciousness gradually deeper and deeper into the essence of that one great original Thought of love.

Further, when you are in meditation, you are vibrating in congruity with all others who have attained your particular present level of consciousness.

Therefore, the state of consciousness is a powerful one and is that which becomes more and more powerful as one is able to allow the process of meditation to clarify and simplify that self-perception of consciousness, so that it gains more and more of the characteristics of that one great original Thought of unconditional love.

The goal of meditation, then, is to create the progressive increase of awareness of one's true nature as a being of love. It is an awareness, or a complex of awarenesses, that can be sustained to a degree when you open your eyes and come out of meditation and reenter the noisy world of the everyday.

When meditation is practiced regularly, the results begin to multiply. One may count among those results an ever deeper awareness of the truth that is beyond words, an ever deeper appreciation of consciousness itself and of the nature of the Logos and an ever wider and more tolerant perception of the illusory world of humankind in all of its aspects.

It is perfectly acceptable to desire to have the benefit of the teachings of a discarnate entity. Within the environment of yoga from which the one known as Paramhansa Yogananda sprung and flourished, it is quite orthodox and normal for a student who wishes such a discarnate teacher to request the teacher. The request may be repeated at arising and going to one's sleep, and it is encouraged to keep a close watch upon one's dreams once one has set one's intention and made this request.

It is not within our purview to be able to assess for you, my sister, whether or not this shall be what you would call a successful request. We would be doing our learning for you were we to opine in that regard. We may say that such connections are common in the world of yogic masters and that it is a matter of the compatibility of teacher and student as to how successful this request is in

producing a solid feeling of connection with the one known as Paramhansa. Again, judging between various ways of meditating, most especially whether it is more efficacious to work with a master or to work upon one's own, is not within our purview. There are reasons that opining on this would infringe upon your free will and we feel that you are able to see how this may be so. However, we may offer you some thoughts about proceeding on your own.

Firstly, we would suggest that [using techniques] in addition to the classic meditation of sitting in the silence and allowing one's focus to restrict itself to one's breath is sometimes helpful. Although the basic following of one's breath and sitting in silence is the centerpiece of any meditation technique, yet also there are supportive meditation techniques that the meditator who is working on his own may find helpful.

Aspects of meditation which can be worked or looked at from several different techniques or ways of differentiating [between] various parts of the archetypal mind are available. Each of them has benefits and in truth it is up to the preferences of the meditator as to which type of archetypal meditation he would prefer.

One way of moving into the archetypal mind is to consider the glyph called the Tree of Life, meditating first upon the various aspects of the Creator placed within that glyph, going first down the center column, then down the feminine column, then down the masculine column. Once this had been done for a considerable length of time, considering first one, then another, then another, in different meditations, one could spend meditative times contemplating the relationships between them as demonstrated and articulated in that glyph. [1]

Another way of letting one's consciousness sink into the archetypal mind is to consider the twelve signs of the zodiac in astrology and then the relationships between the various houses and so forth. This, again, is a considerable body of assorted roads into the subconscious and into the roots of consciousness.

Conducting such a series of contemplations would be a lengthy process.

The third way in which we might recommend working to move one's consciousness deeper into the roots of consciousness is to consider the twenty-two cards of the tarot and the relationships between them. Such a series of meditations may not at first seem useful. There may simply seem to be a mishmash of perceptions, none of them coming clear or clean. And indeed, one may spend literally years of your time moving through these contemplative meditations before there is the inner point at which the various meditative points come together within the subconscious to create a pattern within which one may see one's various concerns and ethical considerations. At that point, and only at that point, does it become that which feels useful.

However, in our opinion, working with these periods of contemplation over a period of years will reliably result in the long run in a more clarified and seasoned web of consciousness, a consciousness that is more flexible and more responsive to the will of the meditator.

We may say that in our opinion there are times of the day which are especially efficacious to meditation. Two of those times are efficacious because of the waxing and waning of night energies and day energies. The time of the crossover from day to night and the crossover from night to day are times when the arena of the inner planes and of the world of nature as well, is temporarily quiet.

There is a characteristic hush of energies coming and energies going, a quiet sense of the changing of the guard, if you will. In terms of obtaining the most calm and peaceful outer atmosphere for one's own work in consciousness, the dawning and the gloaming are two efficacious times for entering the silence.

However, the evening, in your culture and in most entity's family lives, is a time of activity when there is virtually no opportunity to achieve a time of solitude and quiet contemplation. We would, therefore, recommend the hours between approximately 5:00 and 7:00 in the morning. Or alternatively, because of

the way your peoples move time around to suit their need for daylight, those two hours before and after dawning, whenever they may be, are recommended as times for sitting in solitude and following the breath.

It is often helpful in this practice to be sure that the body is upright and yet comfortable and that it is completely warm, so that there is not the pulling consideration of cold feet, cold fingers, or cold noses. This instrument has, upon occasion, wrapped a blanket about her shoulders and made a little cocoon for this practice and this is certainly a good way to achieve that stasis of heat so that you are neither too hot nor too cold and the body's senses are not being pulled away from following the breath in order to attend to discomfort.

We do not recommend a supine or prone position for the reason of the ease with which it is possible to move into sleep from these positions. We recommend the upright spine.

To support a life that has a meditative practice as one of its centers, it is well to tune the consciousness throughout the day in short bursts. It is well, for instance, to create a noon-hour moment of contemplation, whether it be 5 seconds or 5 minutes, for that is the height of the day's energies and it is well to stop at the height and appreciate the deeper self.

This is similarly true as the afternoon begins to turn to evening. At perhaps 4:00 or 5:00 in the evening, it is well to stop to appreciate the fullness of the day's work.

Again at the suppertime or thereafter, at approximately 7:00, it is well to stop for a few seconds or a few moments to appreciate the energies of the incoming night.

And then at bedtime, [it is well] to pause to look back upon the day, to view the day in your mind and balance those things that you see as dwelling in imbalance, before relinquishing consciousness for the night.

We also would include, for those times when it is desired to ramp up or intensify one's seeking, the invaluable hour of about 3:00 or 3:30 in the morning, that time when the energies of the night are at their height. We do not, however, recommend tearing up your peace or destroying your rest in order to create the perfect practice. Play, my sister, with each of these ideas, as you create your own practice.

Remember, as you do so, that meditation is not a practice apart from living. Indeed, it could easily be said that the goal of a meditative practice, and the supporting moments of remembrance throughout the day and the evening, is to so reconfigure the mind that it becomes easier and easier for the mind to dissolve into consciousness as a basic default setting for one's everyday life.

It is well to have a slight tinge of meditative practice ongoing at every breath that you take. Such an access on a steady state to the deeper aspects of consciousness can indeed transform the life experience and certainly accelerate the path of spiritual evolution.

At this time, my sister, we would ask if you have a follow-up query to that which we have said so far. We are those of Q's.

L: Yes, Q, I have three points on which I need clarification. The first one is, by consciousness and focusing on the consciousness, is this what is also called the method of awareness watching awareness?

We are those of Q's, and are aware of your query, my sister. There is a similarity betwixt those two ideas, my sister. The figure of awareness watching awareness is a good description of how the mind or consciousness feels within meditation, for as the persistent and hectic thoughts of the daylight mind and its choice-making characteristics pop up within the meditative state, there is that consciousness aware of consciousness that chooses not to be aware of the rising and falling of desultory thoughts.

However, awareness conscious of awareness has within it the figure of the seeker

which is attempting to meditate, whereas, when we say "consciousness" as opposed to the mind or mental activity of the brain, we are speaking of a consciousness that is the same for all and that is also congruent with the Logos, or the one great original Thought of unconditional love.

If awareness is conscious of awareness, then that puts the individual solidly in the middle of that consciousness. So, in the one figure there is the individual; in the other figure there is the inference that this consciousness is not only the consciousness of you as an individual but also each and every other sentient being as an individual. There is one consciousness and each individual finds entry into that consciousness.

We are those of Q&A. May we clarify further or may we clarify upon another point? We are those of Q&A.

L: Thank you, Q&A, for answering that question. I'll move onto the second of the three clarifications that I wish, which is, when you speak of not lying in the supine position for meditation because one might fall asleep, is that because sleep is in some way bad or dangerous or is it just that it is not a productive state for meditation?

We are those of Q&A, and are aware of your query, my sister. We suggest that one avoids sleep when in meditation for the simple reason that sleep ends the meditation. The sleep state or states, we should say, are in and of themselves useful and we may speak upon those, if you wish. However, the practice of meditation is only useful when the entity meditating remains conscious. For once one's consciousness is taken away there is no will to meditate or a person who is meditating. That set of intentions and activities vanishes upon the onset of the sleep state.

May we answer you further, my sister? We are those of Q&A.

L: I think that was sufficient for that question and the topic of sleep is best left to its own session at another time. So I'll ask for the third of my three clarifications. When you talk about contemplating on the tarot or zodiac or the Tree of Life, does that not cause thoughts to arise? And if we are trying to ignore thought during the process of meditation, is this not counterproductive?

We are those of Q&A, and are aware of your query, my sister. A contemplative meditation is not the same as pure meditation, and its value is far greater to some personality types than to others. However, the suggestion is based upon our awareness that the archetypal mind dwelling in the roots of consciousness is possessed of a sacred geometry and a characteristic division into great arteries of pure emotion which have regularized relationships, one to the other.

A sense of increasing familiarity with and a comfort within these networks of great arteries and rivers of emotion gradually creates within an individual a sophistication, a seasoning, a surefootedness when in deeper states of meditation.

You are quite accurate in perceiving that such contemplations do include thought. There will inevitably be those thought processes which start with one point of contemplation and move to inferences gained from that contemplation to imagery systems which spring from such contemplation and to the eventual putting together of various points within the discipline of looking at the archetypal mind which is chosen by the seeker.

However, it is to be pointed out that these processes of thought tend to be direct insight or what this instrument would call gnosis, rather than tending towards the use of the analytical mind. If the analytical mind takes over from the faculty of direct insight, then you are quite accurate in seeing that the practice of these contemplative meditations would be, to some extent, obviated. It is not the aim of such contemplations to activate the powers of analysis but rather the powers of intuition, insight and gnosis.

May we answer you further, my sister?

L: I am quite satisfied with that and appreciate your explaining to me some

important aspects of meditation.

We are those of Qâ€™uo, and we thank the one known as L for this very central question, which engages our affections. We are very fond of meditation. We see it as the great building block of increased flexibility of the spirit within incarnation and see that flexibility as yielding tremendous benefits to the seeker, both at levels below the conscious mind and as the entityâ€™s conscious mind takes on the business of the day.

The heart of truth is the one great original Thought. One dances about that Thought until one at last yields to silence and allows the silence to act as a key. The gateway to intelligent infinity lies beyond the door which is opened by the key of silence. We wish you good journeying, my sister, and as always a simple mental request shall bring us to you to offer our carrier wave of love that will help stabilize and give a battery for your own sometimes fluctuating energies.

It is our privilege and our pleasure to be available to those who would ask for our help.

We would at this time, transfer this contact to the one known as Jim in order that we may harvest any remaining queries on the minds of those present in this circle of seeking. We leave this instrument in love and in light. We are those known to you as the principle of Qâ€™uo.

(Jim channeling)

I am Qâ€™uo, and am with this instrument. We greet each again in love and in light. At this time we would ask if there would be any further queries to which we may speak?

S: Actually two. [They can be] answered rather briefly. The first is, can you speak to the means or some of the means by which a higher self may be contacted? The second part of that is, what fruits may be expected from such a contact and would this be useful as a step in seeking the gateway to intelligent infinity?

I am Qâ€™uo, and am aware of your query, my brother. With your permission we would speak to the second portion of your query first and state that the fruits of contact with that portion of yourself you have called the higher self are to a great extent a realization of the true self, a stepping into the true nature of existence. This is a stepping into a reality which has far fewer veils, my friends, so there is much more of what you would call the truth that is available to one which is able to make a contact with the higher self portion of the great self. Thus, an entity may be inspirited, maybe inspired. [He] may move forth in a service which is far more efficient, shall we say, in that it partakes of a balance of love and wisdom.

There are various methods by which one may fruitfully contact this higher-self portion of the greater self. The most usual means, shall we say, is through a disciplined meditation. The meditating upon the desire to know the self, to seek the self, to be of service to this higher self, is that which is likened to the knocking upon a door, a door which shall surely be opened to one which continues to knock.

The use of the dream state is another means by which one may make contact with the higher self, by stating to the self upon retiring for the evening that the desire is a contact with the higher self in either the state which you call the dreaming, or the state of consciousness which is before dreaming and after the moving into the subconscious mind.

The preconscious state of awareness which maybe likened unto the carrier wave of a radio or television station within your culture, upon which there is supplied a signal that may be perceived by the one seeking the higher self.

There is also the opportunity to contact the higher self in contemplation that is also undergone or undertaken on a regular basis for this very purpose, so that the seeker retires to a certain special location within its physical domicile or within the natural environment surrounding the domicile and places

the self in a contemplative state.

[It] would be desired, [when] making contact with the higher, [to] keep handy the paper and pencil, so that those flashes of inspiration or hunches of intuition may then be noted or may be recorded as the beginning communication with the higher self.

There is also another means by which this contact may be approached. That is with the assistance of one who would serve as the hypnotist, helping the seeker to relax into a meditative state so that guided meditation may be undertaken, utilizing the services of the hypnotist, that would then aid the seeker through the guided meditation to make contact with the higher self.

Is there another query, my brother?

S: Yes, thank you very much, that was very helpful. The second query has to do with the manner in which a meditation may proceed and the meditative states that are obtained within the course of one or more meditations. It seems to me, in my experience, that I come to various states to which I just give idiosyncratic names that resonate to me, if not to anybody else, such as bliss or splendor or glory. And as I come to these experiencesâ€"and they can be somewhat overwhelmingâ€"it seems to me that I get into a quandary. Itâ€™s a quandary about whether to stop and explore that experience or to push on, so to speak, and to seek to go further. Iâ€™m wondering whether it is Qâ€™s opinion that the former, that is the exploration, is useful in establishing a base camp or a beachhead as one continues the daily practice of meditation or whether one should always go for the gold?

I am Quo, and am aware of your query, my brother. We are of the opinion, through our own experience, that the seeking of the highest level of awareness at any particular meditative period is that which is to be recommended. And of course, my brother, as you know, the highest form of awareness is the fully experienced presence of the one infinite Creator. It is always helpful to meditate, however well or poorly the meditation is undertaken. Any fruits gained in meditation will aid the entity in its progress toward union with the One. When the door is opened toward that union, we recommend going through the door rather than exploring what comes before the door.

Is there a further query?

S: That was very clear. Thank you very much.

I am Qâ€™, and we thank you, my brother. Is there another query at this time?

L: I have one, Qâ€™. I perceive myself becoming more and more weary, wearier than usual, in this weekend. I wonder, firstly, if you can confirm that this is a fact and not simply an illusion, and secondly, if there would be anything that I might do to create rest for myself in the process of doing this work.

I am Qâ€™, and am aware of your query, my sister. We may confirm your supposition that the weariness that you feel is indeed weariness. For you have expended a great amount of the energy of mind, body and spirit, the Ålan vital which is available to each as a daily gift, shall we say, of the one Creator. It would be helpful in your future experiences of teaching intensive group channeling sessions such as this one if you were indeed able to take more periods of rest into sleep, for this is most helpful for your physical vehicle at this time. It has been expending energy at a rather high rate for a longer than usual duration of your time and has the need of being regenerated, replenished in its energy sources.

Is there a further query my sister?

L: Well, I donâ€™t know if you can answer me any further, but Iâ€™m looking at the way that our lives are structured, where you get up in the morning and you have a morning meal, you have a lunchtime meal, and you have an evening meal. I have been taking a nap after lunch. I donâ€™t see a way to take a nap after breakfast. I am then assuming that the further nap that you would suggest would be one at approximately five oâ€™clock in the afternoon, when we finish our

work. Would that be correct?

I am Qâ€™uo, and am aware of your query, my sister. As we became aware of this refinement of your query, we also became aware of a mistake upon our part in answering your first query. Our mistake was in the assumption that the query concerning the weariness and how to balance this weariness was in relation to this particular weekend and this type of weekend. As we observed your second query we became aware that this was in regard to your daily round of activities. In this second type of activity, that which is undertaken upon a daily basis throughout your week, we find that your body is functioning for you in that it sleeps as is needed, whether you desire it or not. We would recommend moving in harmony with your bodily choices and would suggest that this amount of sleep is appropriate with no added sleep periods recommended.

Is there a further query, my sister?

L: Yes, thank you, Qâ€™uo. I really was still in the mode of talking about a weekend just exactly like this one. In actuality, any gathering that we have has basically the same curriculum. Thereâ€™s a morning activity, then a lunch, an afternoon activity, then a supper, then an evening activity, or lack of activity. I was looking for another place to put a nap within the context of a weekend gathering such as this one. If you have any recommendations I would be glad to hear them. Or if itâ€™s something that is an infringement on my free will, then I understand completely.

I am Qâ€™uo, and am aware of your query, my sister. Our recommendation for your particular physical vehicle would be to be sure that there is a sleeping or at least a resting period that would follow each activity, thus with three activities during the day there would be the need for three resting periods as well.

Is there a further query, my sister?

L: Not at all, thank you so much.

I am Qâ€™uo, and we thank you once again, my sister. Is there another query at this time?

(No further queries.)

I am Qâ€™uo, and as it appears that we have, [for now] at least, exhausted the queries for this group. We would thank each once again for partaking in this channeling session, for lending the energies, the interest, the inspiration, and the desire to be of service that is so greatly appreciated by our social memory complex.

At this time we shall take our leave of this group and this instrument. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus.

[1] A clear image of the Tree of Life glyph may be found at [www.wyldwytych.com/weavings/articles/pagan\\_path/pages/tol.htm](http://www.wyldwytych.com/weavings/articles/pagan_path/pages/tol.htm). An introduction to the study of the glyph may be found at [www.tarotpedia.com/wiki/Tree\\_of\\_Life](http://www.tarotpedia.com/wiki/Tree_of_Life), although the image itself is harder to see clearly. Israel Regardieâ€™s book on the subject is titled The Tree of Life.

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Saturday Meditation

March 14, 2009

Jim: The question this evening, from D, has to do with and how, when we talk



with other people about spiritual principles, we can keep from invading or infringing upon theirs. Could Q'uo speak to any guidelines that we could follow that would ensure that we not infringe upon anybody's? And if we should infringe on someone's, does that affect our karma? If so, how?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. We thank you for creating this sacred space in your life for seeking the truth and for coming together in a circle of seeking. It is our privilege and our blessing that you have called us to your circle and we are happy to speak to you concerning the issue and of karma.

However, as always, we would preface our remarks by asking each of you to use your discernment and your discrimination when listening to or reading these words. For our remarks cannot hit the mark for everyone at all times.

Consequently, take those remarks of ours which have resonance for you and follow them if they help you, leaving the rest behind. We thank you for this consideration, for it enables us to speak freely without being concerned that we might infringe upon you or disturb the natural pace of your seeking.

You will notice that we spoke of our concern for infringing upon you when we asked that you follow the path of resonance when choosing what to remember about our humble remarks this evening. Free will is the first distortion of the Law of One. It is central to the way your environment works. We come from elsewhere than this planet. We are not your neighbors. We are not your friends. We do not have the right to give you good advice in such a way that you would be forced to listen to us.

We are a service-to-others principle and our polarity would be disturbed were we to indicate in any way that we were authorities who must be trusted. It is our pleasure to work within those limitations. We would not wish to have greater power than we claim. And the power that we claim is only the ability to speak through this instrument concerning the one original Thought of unconditional love in its many distortions of which free will is a primal one.

Among your peoples, free will is a prime mover; on a spiritual level, absolutely. On the level of the physical, mental and emotional, there is no absolute, for you are each other's neighbors and friends. You do have the right to offer your opinion to each other when asked. You have the right to influence each other when you are using your power in ways that are appropriate, within the bounds of your relationships and that which has been requested of you. You do not have to be as concerned as we in the normal run of your life and in your interactions with those in your environment. It is acceptable and within the bounds of free will to express your opinion when asked, and even to discuss that opinion again when it is asked of you.

There are many ways in which free will needs to be abridged within your third-density environment. When you have a child, that child must have his free will abridged many times. He must follow the rules of the family and learn the limitations of his power. It is not an infringement upon free will, in the sense of there being any karmic damage, to keep a child from harming himself on a hot stove, walking off the side of a porch, or otherwise hurting himself.

As parents and teachers train their charges and show them and explain to them how to be good people, these seeming infringements upon free will are appropriate and needed. When one is asked to be a mentor or teacher, it is not only acceptable but also desirable for you to express yourself to the very best of your ability, for guidance has been requested.

And when you are asked questions, whether of a physical, emotional or spiritual nature, it is entirely appropriate to offer your opinion, again using your own sense of rightness and goodness to shape your replies.

However, it is indeed possible within third density for people to infringe upon

each others' free will in ways that do involve karma. Take for instance the institution that you call marriage. A marriage of equal partners may involve many spirited discussions, but if one of the mates reserves the right to give orders to the other, there has been an infringement upon the free will of that individual whose liberties have been limited without his or her consent.

In a work situation it is entirely acceptable for the leader to give orders to the employee as long as they do not shame him or abase him or disrespect him as a human being. When one entity uses a weapon to coerce or force another to do his bidding, whether it is in criminal acts or acts of war, this, too, goes beyond the bounds of acceptable usage and constitutes an infringement upon the free will of the one who is limited.

There is no question but that in all of those three circumstances and more there is much infringement upon free will among your people. To those who feel that there is a question as to whether they are acting appropriately or whether they are moving beyond the bounds of acceptable influence and infringing upon another's free will, we might suggest that, in your mind, you turn the tables and see the situation as happening the opposite way, not from you to another but from another to you. If, in that turnaround, you see the goodness of your actions, you are most likely behaving appropriately and maintaining unity between yourself and the other self. If, when you turn the tables, you realize you would resent such a thing were it to happen to you, then you know that you have infringed upon the rights, the peace, and the liberty of another.

In general, you may trust that you are acting well when you are responding to another's request by offering information or continuing a discussion.

We understand that when you have been awakened and excited and impassioned for the good, the true, and the beautiful by truths that have been revealed to you that seem fair and worthy of being shared, it is a great temptation to share these wonderful truths with others as a way of relating to them. However, we would suggest that you refrain from doing so, relating to entities not by what you think but by who you are; giving yourself to the relationship with them, not your ideas. When relating self-to-self you may encourage and support the good that you see in another in any way that comes to you, but rest from sharing your opinions except insofar as they seem to spring up in conversation of their own accord.

As we have said before through this instrument, it is perfectly fine to share a thought and let that thought drop like a seed on the ground of another's consciousness. But, like Johnny Appleseed, do not look back when you have dropped that seed. Move on. It is not a concern of yours whether the seed takes root or whether it withers and dies.

You have asked concerning karma. In response, we would contemplate the power of words. If you bind another with ropes, it is obvious that you have infringed upon their free will. If you bind another with words, it is not at all obvious that free will has been abridged. And yet, especially when the one to whom you speak is one with whom you are in close relationship, the power of your words is great, perhaps greater than you realize.

When you are listening, you can do no wrong. Supportive listening is a blessing to all and you can err in no way as you listen. Words of encouragement are always welcome. They shall never infringe upon the free will of another.

Encouragement and support create confidence between yourself and another and give that entity to whom you speak gifts to take with him.

Yet, how easy it is, when you know somebody very well, to be careless with your words. You know the other's weaknesses. You know the other's suffering. You know those points that are painful to contemplate. You know those memories, the reminder of which shall cause another pain. And when there is anger or resentment because of catalyst that has not yet been processed, how easy it is to push a button, to evoke a sad memory, or otherwise to cause pain by your

words.

If you start a sentence, "This is what's wrong with you," think before you finish the sentence. If you must criticize, wait until your heart is full of love and compassion so that that which must justly be shared is shared in unity, in harmony, and in support.

It is especially difficult to remember to be gentle with your words when others are ungentle with you. It is understandable and human to wish to defend yourself, and we encourage those words of defense that express your belief in yourself and in your worth.

Be aware, however, of the temptation to give hurt for hurt, slight for slight, insult for insult. That entity which has insulted you, slighted you, or offended you in some way has given you a gift. You are blessed. There is always a blessing and a gift that accompanies being misunderstood, resented or otherwise hurt. That gift is the gift of self-knowledge.

Self-knowledge then leads you to a greater awareness of yourself. All things that are challenging to you are those things which promote spiritual maturity in those who are willing to work with the catalyst that has been given. It is against the ways of your culture to give thanks for the challenges of insult and injury through words. It is the way of your culture to respond in words of anger.

And my friends, we are aware of the rightness of the emotions that flood through you at those times. We do not discourage you from experiencing those emotions. We only encourage you to be aware of the power of your own words.

Do the work that anger offers you, that resentment offers you, that suffering offers you, within yourself. Give yourself time to work through difficult emotions. But insofar as you are able, refrain from sharing those difficulties with those about you. Realize that it is a delicate thing to determine what is a just communication and what is a bullying or a manipulative conversation.

We realize that you must play with these judgments endlessly as you strive for the most open and clear communication that you can find. We do not discourage the speaking of truth. We only note that there are many ways to approach truth. Further, there are the accompanying unspoken languages of tone, posture, facial expression and other points of body language which go into the communication that you are attempting to share with another.

The attention and the honest attempt to avoid hurtful and abusive language with another carries with it a high probability that no matter how imperfect your actual actions, you shall not retain karma.

All of you have considered at one time or another some situation where an entity had killed another and consequently had adhering karma from that act. There are many ways to acquire adhering karma. There is only one way to relieve karma and that is to forgive. If you feel that you have injured or harmed another, then we would encourage you to go to that person and ask for forgiveness. Then we would encourage you to go to yourself and ask for your forgiveness of yourself. By far, the most adhering of karma is that which is self-judged. Do not fall into the trap of forgiving another but failing to forgive the self. For in a karmic transaction there are two. And the entire transaction must be forgiven before the wheel of karma can stop turning.

How can you forgive yourself? It is indeed a quandary! For you, in your creation, are the judge. That which you forgive is forgiven. That which you do not forgive is unforgiven.

Shall you be harsh or shall you be merciful? Have you the courage to forgive completely and start over? Can you die to old memory and awaken anew, an unblemished person? We ask that you give yourself permission to do so. In that way your life shall be sweet and there shall be no karma but only newness and the opportunity to bloom.

We are those of Q'uo, and would ask at this time if there is a follow-up to that

query, my brother?

D: Thank you, Q'uo. I think a lot of people would thank you for bringing light to that topic.

I would ask if you could make the distinction between an awakened one speaking of truths, which you recommended against, and the giving of thoughts much like Johnny Appleseed and then moving on.

We are those of Q'uo, and believe we understand your query, my brother.

The distinction between bending someone's ear, as this instrument would say, and the dropping of thoughts is that in the dropping of thoughts, the one for whom the thought is dropped has no awareness that his ear is being bent. That subject which you feel is a beautiful opening for something that you would like to share has come up in conversation, and so you share it and you move on.

The line that is drawn here is between taking advantage of a conversation that happens to go in a direction in which you have something to share and in creating a conversation that gives you the opportunity to share.

On the one hand, you are simply communicating back and forth and in a spontaneous way you have found a nugget that you'd like to share and so you do.

If you create the conversation by bringing up the topic you wish to discuss, then in a subtle way you are herding or bullying this entity and hoping to have a certain effect upon him.

Do not create the opportunity to share spiritual truths but only respond to openings in which such a truth is relevant and apt.

We are those of Q'uo, and would ask if we can answer you further, my brother?

D: That's great. Thank you.

Is there another query at this time? We are those of Q'uo.

T: Yes, Q'uo. This is T, and I am trying to write about one of the biggest catalysts here in third density, which is money. I would like whatever advice you have to say about this catalyst which would be good, or bad, in a positive, service-to-others way.

We are aware of your query, my sister, and we are glad to speak to you concerning that which is called money.

The virtue of money, or as this instrument would call it more generally, supply, is that it creates a way to fill the needs of the self and those who are dependent upon that self. Without money, the body has no way to be sheltered.

There is no way to clothe a person without money. Money is a great blessing.

There were times upon your planet when the barter system, as this instrument would call it, by and large replaced the need for coinage. In this system there was the give and take between peoples that respected all of the value of all of the various kinds of labor for which entities have gifts. There was an equal appreciation of hard work, such as labor in the land, artistry of various kinds, craftsmanship of various kinds and the services which entities could offer each other. In this environment supply was easier to see as that which flowed between entities as a kind of nutrient. Perhaps it is well to think of wealth, or money, or supply as nutrient, a way of feeding the self the things that it needs.

Money or supply, in and of itself, is innocent. It is rightly said in your holy works that the love of money is the root of all evil. [1]

When entities see money as a kind of energy that flows through their lives and extends out into others' lives, then we feel that that money is given its appropriate value. It is a blessing to be able to pay the bills, as this instrument would say, to feed the belly, to clothe and shelter the body, to gain those things of which one finds need.

When that which may be called greed and acquisitiveness enters the thoughts concerning money, so that money is amassed and put aside for its own sake, it begins to be toxic. The values of such an entity no longer visualize money as a nutrient that flows ceaselessly through the culture, enriching it as it goes.

Rather, it holds it and amasses it and stops the flow of it. There is a

forgetfulness involved in such greed and that forgetfulness is the forgetting of the needs of other selves.

Interestingly enough, it is to the one who is most generous with that nutrient of money and who makes sure that that which is received is passed on to whom abundance comes most easily. It is not to the one who holds, but to the one who opens the hand that more and more shall be given.

May we answer you further, my sister? We are those of Q'uo.

T: Only briefly. I guess I want some clarification on amassing wealth. Most people tend to amass it and save it in another place, whether [in] businesses or corporation [stocks] or bonds, governments or municipals, or [other] things that go to keep the system going. Is that the same thing you're talking about? Most people that amass wealth tend to put it to work somewhere.

We are those of Q'uo, and are aware of your query, my sister. When one examines the thoughts behind conserving wealth, one shall see either a prudent plan for assuring the security of the family and so forth, or one shall see an unreasoning greed, a desire for money for its own sake.

When there is a reasonable and just plan at work in the conserving of the work of your hands and the labors that are translated into salary and money and supply, there is no greed involved but only prudence.

We think, for instance, of the story from your holy work, of the rich man who was owed money by another. This man begged the rich man, saying he had no way to pay him and could he please forgive him the debt. The rich man relented and forgave him the debt. Then, that man turned around and demanded money that he was owed by another.

(Side one of tape ends.)

(Carla channeling)

And that man said, "Oh, but please forgive me for I have not the money to pay you." But that man did not forgive the third man and demanded his money and when he could not pay, he threw that man into prison. [2]

The rich man, when faced with need, was generous. He was not greedy and he was not at fault, for he did not love money for its own sake, but only appreciated what it could do. On the other hand, the second man who, having been forgiven, could not forgive another, was an entity who loved money in a greedy way.

Does that make it clearer, by sister, or may we answer you further? We are those of Q'uo.

T: Thank you. That cleared it up.

May we ask if there is another query at this time? We are those of Q'uo.

D: Yes, Q'uo. I have another one. Could you speak on the relationship between psychic greeting and polarity, or how psychic greeting affects polarity?

We are those of Q'uo, and are aware of your query, my brother. We would say, my brother, that there is no necessary connection between psychic greeting and polarity. If one experiences a psychic greeting, the experience may be difficult, to say the least. Yet, if the entity retains the self and allows the self to experience the psychic greeting without judgment, that entity's true self has been allowed to maintain its integrity. It is often very difficult to refrain from responding to psychic greeting with vividly negative emotions. Yet, in those circumstances, the ability to retain the memory of who the self is and what the polarity of the self is and to continue to affirm those truths about the self eliminates the likelihood that there will be a change in polarity.

It is certainly possible to become greatly discouraged in the face of a psychic greeting, yet this does not necessarily change the polarity of the entity, if that person continues to affirm who he is and why he is here.

May we answer you further, my brother? We are those of Q'uo.

D: Let me just see if I can get you straight. You say that if a positive entity can maintain a loving attitude throughout, no matter how bad the psychic greeting is, he will maintain his polarity?

We are those of Q'uo, and believe we understand your query. That is correct, my brother. The ability to remember who one is is powerful, even in the face of very discouraging catalyst. If one is immobilized and unable to act, yet still, one is who one is, and if one clings to one's true nature and remembers it in the face of discouraging catalyst, then that true self continues singing its song, vibrating as it vibrates, even as the emotions are ragged and torn. There is tremendous power in maintaining [that] memory and there is great help to those who strive to remain positive in the face of negative catalyst. There are many, many entities within the inner planes who respond in support and encouragement to those who call upon the principles they wish to confirm: goodness, love, beauty, those things that remain when all illusion is washed away.

May we answer you further, my brother?

D: That's all. Thank you.

We thank you, my brother. We are those of Q'uo, and would ask if there is a final query at this time?

T: I have a brief one, just to continue on his thoughts. Does an entity's polarity right now affect how strong the psychic greeting is—the stronger [the entity is in] service to others, the stronger [the] service to self [psychic greeting]?

We are those of Q'uo, and are aware of your query, my sister. The phenomenon of psychic greeting is a large subject. There are basically two kinds of psychic greeting. By far the most common is the greeting of the integrated personality by those parts of the personality that are not yet integrated and that perhaps have split apart from the integrated personality, so that parts of the self attack the self as if the self were another. The other type of psychic greeting involves an actual entity other than the self.

In the case of the greeting of the self by the self, the momentary vibration that is occurring at the time may well have something to do with why that greeting occurred. However, if the psychic greeting is coming from an entity outside the self, the momentary polarity of the entity will have almost nothing to do with the greeting. Rather, the greeting will have to do with how closely that entity is standing to the light.

When an entity is standing close to the light, attempting to serve in some way that is above the ordinary, healing, teaching or in some way serving others, that light reveals any small defect of character and shows to an outer entity the most likely place for a temptation or an incursion into the energy body. Consequently, those who are serving in such a way will find psychic greeting inevitable.

May we answer you further, my sister? We are those of Q'uo.

T: If you can. In this situation, being close to the light doesn't necessarily mean having an overall vibration of a strong service to others. It could be a situational "close to the light"?

We are those of Q'uo. My sister, we believe we understand your query. The type of psychic greeting of which we were speaking involves those who intend to stand close to the light. Those who merely brush against it situationally do not create enough of a persistent image to attract attention.

May we answer you further, my sister?

T: No. Thank you.

We thank you, my sister. We find that this instrument's energy begins to wane and so we would, with great gratitude and thanks, take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai.

[1] Holy Bible, I Timothy 6:9-11: "They that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. For the love of money is the root of all evil: which

while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness."

[2] Holy Bible, Matthew 18: 23-35: "Therefore is the kingdom of heaven likened unto a certain king, which would take account of his servants. And when he had begun to reckon, one was brought unto him, which owed him ten thousand talents. But forasmuch as he had not to pay, his lord commanded him to be sold, and his wife, and children, and all that he had, and payment to be made. The servant therefore fell down, and worshipped him, saying, Lord, have patience with me, and I will pay thee all. Then the lord of that servant was moved with compassion, and loosed him, and forgave him the debt. But the same servant went out, and found one of his fellow servants, which owed him an hundred pence: and he laid hands on him, and took him by the throat, saying, Pay me that thou owest. And his fellow servant fell down at his feet, and besought him, saying, Have patience with me, and I will pay thee all. And he would not: but went and cast him into prison, till he should pay the debt. So when his fellow servants saw what was done, they were very sorry, and came and told unto their lord all that was done. Then his lord, after that he had called him, said unto him, O thou wicked servant, I forgave thee all that debt, because thou desiredst me: Shouldest not thou also have had compassion on thy fellow servant, even as I had pity on thee? And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses."Copyright © 2009 L/L Research

ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Saturday Meditation

March 28, 2009

Jim: The question this evening is, "What suggestions would Q'uo have for someone who wants to polarize service to others as much as possible?"

(Carla channeling)

We are the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening.

It is a great privilege to be called to your circle of seeking and we are very happy to speak with you on the subject of how best to increase the

service-to-others polarity of your life and seeking.

However, as always, we would ask a favor of you. That is to use your discernment and your discrimination as we speak, looking for resonance and retaining only those thoughts of ours which are resonant to you. Please let the rest go away and not be thought of, for those thoughts that do not resonate, no matter how true they may be, are not helpful for you at this time. We greatly appreciate your cooperation with this, for it will enable us to be able to speak freely without being concerned that we may infringe upon your free will or disturb the rhythm of your process.

As is often the case, we find that in order to respond to the good question of the one known as D, we need to take a step back and somewhat prepare the ground for those remarks we would like to share.

In your conversation before this session began, you were speaking about the fact that in the sixth density, the density of unity, the two paths of service to self and service to others converge and become one. This is indeed true. And yet

as the one known as Carla said, there is great virtue in the polarities within the present density, your Density of Choice.

We see each of you as powerful beings, sparks of the Godhead principle. Were you to do nothing but live your lives, reincarnate and live that life and reincarnate and live that life, and so forth, you would advance, for the pressure of evolution is inexorable. However, if you wish you are also quite capable of accelerating the pace of spiritual evolution for yourself, and we are most pleased to be able to expatiate upon this theme.

For there is virtue to the acceleration of the seeking process. The environment of third-density physical existence is in many ways a harsh environment, spiritually speaking, for it is heavily veiled. The overarching truths that "all is well" and that "all is love" are not visible within the depths of third-density living. Indeed, it is as though you are in a dark environment, that "valley of the shadow of death," as this instrument has been known to call it after the Psalmist. [1]

However, just as even one candle can be seen for half a mile, so spiritual light can never be quenched, and that light shines through for all, even in the darkest night and in the thickest of illusions. And that light which cannot be quenched lies within each and every heart of each and every human that dwells upon Planet Earth.

There are many ways, however, to hide that light "under a bushel" as the phrase is from your holy book the Bible [2], and so our remarks are along the lines of how not to hide your light, how to be fearless with the power that lies within you and how to harness it and direct it.

The nature of polarity is such that it echoes to the very fabric of your third-density illusion. Each of you is able to name many dynamic opposites: light and dark, good and evil, warm and cold, wet and dry, and so forth. The very fabric of your existence has the overarching glyph of the Star of David, that figure which is made up of the up-thrusting male principle in its delta form and the downward-pointing pyramid of the female principle. As they come together and merge, so [they form] the Star of David.

There are ways to look at the male and female of the illusion, the attributes given to the female side and the attributes given to the male side of the so-called Tree of Life, and then those androgynous energies which are in the middle of that figure, lending coherence and relationship to the whole. [3] And you are creatures of the Star of David and the Tree of Life. You are walking matrices which are able to juxtapose and merge the physical and the metaphysical, the outer and the inner, the temporal and the eternal. Each of you is a walking gateway between two worlds.

By calling upon the spiritual or metaphysical aspect of yourself, you awaken within yourself a great array of resources and these resources may be used as you choose. Primary among these resources, in terms of increasing your rate of positive polarization, is your awareness of yourself as a person whose will is powerful.

When you set your intention to do something, you change things for yourself in terms of your energy body and in terms of that connection that you have with the metaphysical world. And so, the first thing we would suggest to those who would wish to increase their rate of polarization is to set your intention.

There are various ways of doing this, the most simple of which is to say, "I set my intention to be one who wishes to polarize as quickly as I possibly can and still be able to integrate my learning." However, it is efficacious to put more time in on the creation of this statement to yourself [and your faculty] of will. You may wish to write it out or have a ceremony or ritual whereby you, in conjunction with your guidance, set this intention.

It is often true in the physical world that intentions vanish like smoke.

However, within the metaphysical world where thoughts are objects, the setting



of an intention is a powerful resource. Naturally, once this intention has been set, it is well to revisit that intention and confirm it whenever there seems to be a situation which calls for a polarized response.

The quality of memory is very important in sustaining an intention. If you can create a vivid enough memory of this complex of feelings, will and passion that you have disciplined and shaped into an intention, then you are able to access it when you need to remember the intensity of this intention.

In the daily life that supports such an effort, it is well to place daily opportunities for entering the silence and resting in your own open heart where the Creator abides in fullness. We do not feel the need to govern your choices of how to enter the silence. For some there is a green cathedral and the Creator is felt most fully in nature. For others there is a totally interior experience which can be had anywhere. For others, there is a practice that calls to them, whether it be one kind of meditation, such as Vipassana, or another, such as Transcendental Meditation.

Entering the silence is a very personal thing, even an intimate thing, and we would not feel comfortable recommending one way over another of doing so. However, in general, we may say that it is only when there is a sustained practice of entering the silence that the catalyst of daily life begins to be vulnerable to being seen as the illusion that it is. If there is not a steady practice of meditation of one kind or another there is a far less firm place where the observer-self may look upon the challenges of a busy life and see through them to the peace and the power that lie within faith, that faith that all is well. That simple statement, "All is well," is a good mantra for any discipline, for it is at the heart of faith.

Often entities among your people speak of faith as though it were a matter of believing this or that, yet faith has no content. Faith is simply an attitude, a knowing that all is well and that all will be well. This knowledge may give you peace during challenging times.

Those situations in life which are rich in opportunities for those who wish to polarize always have to do with choosing love over fear. As we have said before through this instrument, it is well to ask the self when faced with a challenge, "Where is the love in this moment?"

When that question is asked, there are times that you can see no love in the situation. This creates the opportunity for you to open your heart and allow the Creator's love to move through you, so that the love in this situation has come through you. It is not a discipline in which you must express what you know as much as it is a discipline in which you allow yourself to become a lighthouse, cleaning the lenses of your lantern so that there is no hate or jealousy that is clinging to you, so that you have become transparent in your personality. For you cannot love the world of your own self. You shall surely run out of love quickly, for the love of the mind and the human heart is finite. Yet the love of the one infinite Creator is, itself, infinite.

Thusly, polarizing towards the positive is, in some part, a matter of gently moving yourself out of the way of the light that flows through you. It is a great collaboration, my brother, for it is not unimportant that you yourself, in your humanness, love. This love that you have colors the light of the infinite One in beautiful colors made of your personality, your choices, your quirks, your uniqueness. As you bless the light that flows through you, you bless the world and in your way you are lightening the consciousness of Planet Earth. It is, indeed, the greatest service that any can offer, that service of allowing the light to shine through the personal self and out into the world.

Can you claim some credit for doing this? Not at all. It is your personal, intimate and secret gift, offered from the mystery and the depth of your own open heart. And yet, once offered, it shall color your whole life and make of it a great adventure.

When the next time of decision comes to you, my brother, slow yourself down. Move into your open heart and allow the full riches of the catalyst involved to flow through you. Positive polarity is not a matter of ignoring anything. It is not a matter of choosing to let the shadow side slide and focusing on the positive. It is a matter of asking for a viewpoint that sees the wider and more comprehensive picture of the situation.

As this instrument would say, it asks you to dolly back, [4] to pull the camera of your attention backwards to a place of observation which calls upon the highest and best within you. It calls upon your guidance. It calls upon your awareness of who you are and why you are here. And it calls upon the memory of which we spoke earlier, invoking that decision that you made at the outset to serve the one infinite Creator by polarizing towards service to others.

Lastly, in order to accelerate the pace of evolution we would encourage that which is called a "sense of humor" among your people, and what we may call a sense of proportion. Remember, as this instrument would say, "You are but dust and to dust you shall return." [5] Remember that the glory that moves through you asks you not to be glorious but only to be an instrument. Let the Creator play you. Your job is to stay in tune. Therefore, tune yourself with memory, with affirmation, with mantra, with all of the tools and resources that you find helpful.

And, my brother, when you fail to remember all these things and feel that you have "crashed and burned" in service-to-self-ness, let the dust settle. Take yourself up. And know that it shall be a new day as soon as you forgive yourself for being human. There is never an ending and never a failure to one who is on the path of positive polarity, because every morning is a new life. You may hit the reset button as often as you need to do so.

As always, my brother, those of the Confederation of Planets are happy to rest with you in your meditation and offer a carrier wave that will stabilize your own vibrations as they flicker a bit. We do not attempt to communicate at those times but merely to be with you and to bathe you with our love.

May we ask, my brother, if there is a follow-up to this query? We are those of Q'uo.

D: That's all, thank you Q'uo.

We are those of Q'uo, and we thank you, my brother. May we ask if there is another query at this time? We are those of Q'uo.

Questioner: I was wondering why ancient people are recorded in our holy books as seeing God descending down from a cloud and whether this has to do with what we call a "Merkaba" [6] physically manifesting?

We are those of Q'uo, and are aware of your query, my brother. We find it beyond our capacity to explain to you precisely what prompted writers of such works to describe various aspects of the one infinite Creator as descending from the clouds. However, we may say that beyond all anthropomorphic imaginings of writers there is our understanding that each of you has a Merkaba body, the energy body. This vehicle is not a physical vehicle, it is an energy vehicle.

Nonetheless it is perfectly capable of sustaining you within various environments, which do not include third-density, physical Earth.

However, this energy body, or Merkaba, is more real than your physical body. The physical body is a nested set of energy forms with their integrity held by the thought of that particular form, whereas the energy body is closer to the one infinite Creator in that its thought is more coherent.

Those who learn to project themselves and have astral experiences are using their Merkaba body or their energy body in which to move around and experience. And before and after your physical death, that is the body which you are using to experience life. You will find after you move through the gateway of physical death into larger life that you have been in this body all along and simply did not have the conscious awareness, for the most part, that you had this energy

body.

However, my brother, you can feel the integrity of this body if you sit in meditation and simply ask to see it. The various emotions that are often scorned by humans are the very stuff of the energy body in their refined and purified form, and each of the chakras within that energy body has its own characteristics and its own complex of emotional sets, as it were, which together create an elegant and highly efficient vehicle for that infinite and eternal entity which is you.

May we answer you further, my brother? We are those of Q'uo.

Questioner: Please, Q'uo, I would really appreciate it if you could recommend a meditation where I could learn to change my focus from this consciousness to enter my Merkaba body at will, as staying here and being of service would be so much easier for me if I knew I could leave at any time.

We are those of Q'uo and are aware of your query, my brother. We would suggest in this wise, my brother, that you continue in your study of the energy body as you find it discussed within the works channeled through this research group. There are various sources of this material within what this instrument calls The Ra Material and also within the other Confederation channelings that reside in the archives of this group's online Library.

As you begin to feel that you have a greater and greater understanding of this energy body, the direction of a effective and skillful meditation for you, then, would be the entering into of each of the chakras, opening them, enjoying them, and seeing how the energy moves up into the open heart and therefrom to do work in consciousness in the higher chakras. We feel that a repetition of this visitation by you of your own energies will begin to make this body more real to you so that you are more and more able to use it. May we answer you further, my brother? We are those of Q'uo.

Questioner: Thank you, I can understand what you're saying and I appreciate it. We thank you, my brother. May we ask if there is another query at this time? We are those of Q'uo.

Questioner: I've got one. Q'uo. I'm curious about the paradox between free will and the fact that from a time/space perspective the future doesn't exist so that, for example, in a previous recording in which you answered the question about the role of personality, you explained that all future entities who listen to tonight's recording on the radio or read the transcript are actually present right here in this moment. To me that seems to contradict free will, because I understood that free will means that there are probabilities of what entities will do in the future but not certainties. So I'm sure you understand my query at this point.

We are those of Q'uo, and are aware of your query, my brother. The intellectual mind has a tremendous problem with the paradoxes and mysteries of the metaphysical. Yet it is paradox and mystery that let one know that one is on fruitful spiritual ground. There is total free will in that. Entities may always choose to attend or not to attend to anything. They may also choose how to respond to it. It is in the responses that one's personal creation is made, not in the circumstances themselves.

As to the seeming paradox, an entity in your linear future reading or hearing this material and realizing that he has touched into the energy vortex which created the material is not the same thing as the entity being forced into a place in space and time in the literal sense. Rather there is the convergence of energies, in a metaphysical sense, with the vibration of love and light upon which this channeling has been carried, it being the matrix for all of those who would touch into that web that is this circle of seeking.

This circle of seeking exists in time, in the sense of space/time, and it exists timelessly in the sense of metaphysical patterns of attraction. In just such a way, the one known as William [7] wrote many plays and sonnets in the

seventeenth century and in his brief life certainly did not touch a great many people. Yet, century after century since then, when school children meet the question of "to be or not to be," [8] they have entered into that moment where there was the creation of that soliloquy and therefore, of that universe.

Thusly, it is aptly said that some works are timeless and in their classic goodness exceed all ages, speaking to those of any age, any century, whose minds are shaped at that moment to perceive and to work with those concepts. It is not something special that those who read the material generated this evening converge upon a place in time/space, for this occurs whenever entities come together with an idea that is greater than themselves and takes them out of themselves.

In this wise, it might also be noted that those who study a body of inspired material, whether it be the Bible, the Kabbalah, the Koran, the Upanishads, or Lao Tzu's writings, are entering into the awareness of material of which many others have been aware. Consequently, when one is resting in the contemplation of this inspired material, one is in the company of many, many entities from the inner planes who, when they were incarnate, studied this same material.

May we answer you further, my brother? We are those of Q'uo.

Questioner: No, thank you.

We thank you, my brother. May we ask if there is another query at this time? We are those of Q'uo.

G: S, from Canada, has a question. S says, "There are a lot of people taking hallucinatory drugs. Many of them report that it helped them to open their mind in new ways. Others get very frightened and never do them again. Please explain what is happening to a person when they are under the influence of one of these drugs and if it is harmless and/or beneficial. If you could speak specifically about LSD, mushrooms and salvia divinorum [9] I would appreciate it."

We are those of Q'uo, and we are aware of the query of the one known as S. My brother, the question of the use of hallucinatory substances is not so much a spiritual question as it is a physical question. Further, it is not possible to offer one answer, for everyone who would take a given dosage of LSD, mushrooms or salvia shall experience that dosage in a unique way based upon his body type, his sensitivity and the many aspects of personality and energy, in terms of vital energy, physical energy, emotional energy and so forth, that come together to create that moment when the dosage is taken.

In general, my brother, such substances remove obstacles to the seeing of a fuller reality. How this will work for one person is impossible to predict and whether that dosage exceeds that entity's ability to integrate the experience is also impossible to predict. Thus it is that "experimenting with drugs" is called such accurately. It is indeed an experiment.

We would never deny that it is often such enhanced experiences that give a new seeker the impetus towards awakening and seeking outside the limits of his birth and culture. We would also not deny that there are many whose experiences have not been positive ones, and when this occurs, it is because, as we said, the power of the experience is too great for the circuitry, speaking in a metaphysical sense, of that entity at that time.

There are some entities whose circuitry is already perfectly adjusted to finer realities and when such entities receive a dose of this enhancement it has a tendency not to affect them at all. There are others who have naturally sturdy energy bodies who are able to accept a great deal of enhanced light moving through the energy body without its creating any problems with their internal wiring, shall we say.

Then there are those who have been working with a reasonably good wattage, but a low amperage, so that as long as experience flows in a non-enhanced manner, all is well, but when the high-amp light moves through the energy body, as the result of the chemical reactions of the physical body to the substances, there

is an overactivation of the wiring and it breaks.

When a fuse blows in an energy system for your house, for instance, it is simply a matter of taking out the bad fuse and putting in a new fuse and restarting the electrical system. However, it is not possible to do that with the energy body.

When there is a hole blown in the wiring, it is often a matter of some years before the energy body is able to knit back together the circuitry involved.

This circumstance is often described by this instrument as "having a hole blown in your aura." When this occurs, naturally it is considered to be a very unfortunate thing and in some cases there have been situations where there was never the possibility in that incarnation and on the level of that circuitry of mending that circuitry entirely.

Consequently, we would not presume either to encourage or discourage your desires for experience, but we would simply wish you to be aware that there is no way to judge a safe dosage or a proper dosage of such enhancing chemicals. There is only your estimate as to the condition of your wiring internally, metaphysically speaking, and the circumstances which surround your use of these substances.

We apologize for not being able to speak concerning specific drugs and their actions upon you. However, from our point of view it is impossible because of the fact that not only are you unique but you are not the same entity today that you will be tomorrow. There are many cycles of energy that are moving through you at all times and the combinations are nearly infinite. Consequently, were we able to become utterly familiar with your wiring and so forth, we still could not speak to the specific effects of a specific chemical upon your system.

May we answer you further, my brother? We are those of Q'uo.

Thank you, Q'uo. I'm sure S will enjoy your answer.

D: I have a quick follow-up to that, if it's okay.

We are those of Q'uo, and would welcome your query, my brother.

D: Would it be possible for you to say if these chemicals generally make one more vulnerable to psychic greetings?

We are those of Q'uo, and are aware of your query, my brother. To those who are ignorant, there is much less challenge or resistance, shall we say, than to those who have received light. With each honor comes a duty. When you have asked to learn more and have taken substances which are designed to increase the amount of light that you have seen, then you are responsible for the light that you have seen.

As you glow more brightly, you shall attract more attention from those whose delight is in putting out the light that they perceive, or at least putting it to use for their purposes. Therefore, my brother, in general, the answer is yes. May we answer you further, my brother? We are those of Q'uo.

D: That's great.

We thank you. We would at this time ask for a final query before we leave this instrument. Is there a final query at this time? We are those of Q'uo.

Questioner: Yes, I have a question. I would like to know if there is a vibrating vortex at the center of what we perceive to be a particle?

We are those of Q'uo, and are aware of your query, my brother. To respond to your query directly is almost impossible, for to us there is no particle involved. From our point of view we would say that the energies of space and time are mismatched in a certain way which causes the oscillation of which you have been speaking and creates the visible worlds or the manifested worlds. When the mismatch between space and time is won by time, then the inner planes or the unseen realms are created by this incredibly quick oscillation.

However, my brother, to the best of our understanding there is no particle involved, no mass, but simply dynamic tension betwixt space and time as components of velocity.

May we answer you further, my brother? We are those of Q'uo.

Questioner: No, I think that will do. Thank you very much.

We are those of Q'uo and we thank you my brother. Indeed, we thank all of those who have formed this sacred circle. It has been truly a pleasure to meditate with you, to behold the beauty of your individual vibrations and to see the sacred space that you have created together. Truly, it towers far above your dwelling and is an honestation [10] to the Creator.

We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai.

[1] Holy Bible, Psalms, 23:4: "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me."

[2] Holy Bible, Matthew 5:15: "Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house."

[3] A clear image of the Tree of Life, the central glyph of the Kabbalah, can be found at this link on the internet:

[www.wyldwytych.com/weavings/articles/pagan\\_path/pages/tol.htm](http://www.wyldwytych.com/weavings/articles/pagan_path/pages/tol.htm).

[4] In film work, a dolly is a small truck which rolls along specially made tracks carrying the camera, some of the camera crew and occasionally the director. To dolly back is to pull back the camera so that it takes a longer shot.

[5] Holy Bible, Genesis 3:19: "Dust thou art, and unto dust shalt thou return."

[6] There are varying definitions for Merkaba. The meaning which the Q'uo group is using resembles most closely that word as used by Drunvalo Melchizadek. In his teachings the MerKaBa is a body of light. One tunes to unconditional love, sets an intention for the work and then moves into this body of light during meditation. To familiarize yourself further with this concept, read The Flower of Life or visit the Flower of Life web site ([www.floweroflife.org/index.htm](http://www.floweroflife.org/index.htm)) to sign up for a workshop on the MerKaBa meditation.

[7] Q'uo refers to William Shakespeare.

[8] William Shakespeare, Hamlet, Act 3, Scene 1, "To be, or not to be—that is the question: Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous fortune or to take arms against a sea of troubles and by opposing end them."

[9] Wikipedia states that "Salvia divinorum, also known as Diviner's Sage, Sage of the Seers, or colloquially by its genus name Salvia, is a psychoactive herb which can induce strong dissociative effects. It is a herbaceous perennial in the Lamiaceae (mint) family. The specific name, Salvia divinorum, was given because of its traditional use in divination and healing. It literally translates to 'diviner's sage' or 'seer's sage.'"

[10] honestation: a grace or an adornment. Copyright © 2009 L/L Research  
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Saturday Meditation

April 11, 2009

Jim: The question this evening, Q'uo, has to do with why is it men throughout history and up to the present day are so afraid of women, or the feminine principle? All the way back, each religion seems to have some way of subjugating women so that they are not able to partake in the priesthood, in officiating, giving the rites of the various services to the congregation. I was wondering

what it is about the feminine principle that is so threatening to the male.  
Could you give us some information in that area please?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. We thank each in this circle of seeking for setting aside the time and the energy to form this circle and to seek the truth. It is our privilege and our pleasure to be called to your circle and to share some thoughts that we may have upon the subject of the male and the female principles and their difficulties in sharing third-density existence within your culture.

However, as always, we would preface our remarks by requesting that each of you use your discrimination and your discernment as you listen to or read these words. It would aid us in being able to speak our minds to know that each of you has taken responsibility for what you shall follow and what you shall let go.

Truly we cannot hit the mark each time we speak and it helps us to know that you will follow resonance and meaning. And if our remarks do not resonate to you or seem to have much relevance to your process, please let them go without a second thought. We greatly appreciate your kindness in this regard.

We would begin by making some observations about the difference between biological femininity and masculinity and archetypal femininity and masculinity, for the feminine principle and the masculine principle are elements within each entity, whether he is biologically male or biologically female.

In general, the male/female dynamic is a very powerful part of the polarized environment of your third-density earth-world. It is the Density of Choice, and in this Density of Choice the environment is stocked with dynamic opposites: male and female, hot and cold, wet and dry, good and evil, light and dark, radiant and magnetic.

Further it is to be noted that male and female are not precisely opposites. They are complements. Their energies complement each other as they create new life by coming together, as they create their own world, the home, for themselves and their children. The partnership between male and female is that pairing of complementary energies that brings in those energies that lie between male and female.

One of the guiding glyphs for third density is that glyph known in the Kabbalah as the Tree of Life [1]. That tree is an image which is created of a tree whose roots are in heaven or above the plane of earth and whose branches reach down into the earth-world. This tree grows then earthward from heaven, to use the vernacular of the religion in which it originates. It has three pillars. It has the branches to the left hand, with all the attributes of the feminine principle. It has branches which go down to the right hand, with all of the male attributes. In the middle pillar, or the trunk, lie those attributes which exist as a function of the dynamic between the female and the male principles.

At this time we do not need to go into those characteristics which are supposedly male and supposedly female. Rather, we would turn to the basic concept that the male energy is that which reaches, the feminine energy is that which awaits the reaching. The male energy is that which seeks to know, the feminine energy is that which, by direct insight and intuition, already knows. It is as if the male principle hungers and thirsts for the direct awareness of the one infinite Creator, yet with all his heart, with all of his energy and strength, with every priestly attribute, the male principle is denied the Book of Life.

The feminine principle, on the other hand, dwells in a state of rest, aware in a direct way of the energies of infinity and eternity. The moon sings through the blood of the woman. The cycle of the seasons echo in her and to the biological feminine is given intimate awareness of the ocean of life as she conceives and carries new life within her.

The male principle, for all of his energy and dominant strength, can only come next to this ocean of life, sit upon the shore and wonder at the mystery which femininity encompasses. The basis of those cultural prejudices of which the one known as Jim have spoken lies in the inability of men, biological men and archetypical masculine principle, to reach his goal, which is to know.

The energies of masculinity have their place, as do the feminine energies. Yet the energy of reaching and controlling are fundamentally unskillful for perceiving a spiritual path. The male conceit is that if he seeks with enough vigor and persistence he shall come to know the truth. Yet the Book of Life is a book of unknowing.

True spiritual truth lies beyond words and logic. It is full of mystery and paradox. That does not mean that it is not the truth. There is the truth that lies beyond illusion, yet that truth must eventually simply be lived, so that the seeker becomes that which he seeks and allows the truth to flow through him, as the woman allows the rivers of eternity and infinity to flow through her. If you will study those cultures upon your planet which are the most close to the earth and the least sophisticated in terms of learning the culture of more civilized societies, you shall find that very often, male and female together are called to be shamans. Indeed, in some indigenous tribes, it is the woman that is the leader, and in those cultures where this is true, there is that concept of cooperation and partnership.

The more that it is acknowledged that the female energy has a leading role, the more it will be found in that culture that issues are discussed and actions are taken by a circle of consenting members working in partnership, cooperating and collaborating to further the solution of whatever issue is before them.

Consequently, as we turn to the meat of your question, you see that we are not actually speaking of the male principle and the feminine principle as we are speaking of the manifestation of male and female within physical bodies. No matter whether the culture is one of aboriginal simplicity or urban complexity, certain things hold sway.

When man and woman come together to create a family, it is the woman who shall bear and rear the progeny which are created between the two. It is the woman, physically usually smaller and less strong, whose hands bind the wounds of childhood, cook the food that will nourish the family, and open her heart to the endless concerns and worries of all those within the family.

While she is doing these things there is a tendency for these activities to be supported by the male, who finds ways to bring in the food and the shelter and the clothing that are necessary for the family.

One cannot blame male or female for this arrangement, for it is the biological necessity of the woman to take time away from whatever else she may do in order to bear children. And it is this central and pivotal fact that tends to create what looks to be a non-equal partnership between male and female.

In reality, of course, the traditional male/female roles—a woman "not working," a male "working"—seem to be unequal. One effort brings in money, the other effort does not, and more and more, your cultures have judged the worth of activity by the money which that activity earns.

We would note that in many of your more highly civilized cultures, these traditional roles have tended towards disappearing. Women and men alike must work to pay the bills. Men and women alike therefore leave the home and go forth to do what is necessary in order to take care of the family and to see to its needs. Yet, this does not stop the thinking of both male and female from harking back to that central difference between the sexes, that difference being that it is only to women that the miracle of manifesting new life is given. That fact, in all of its glory and all of its implications remains simple.

Let us look now at the way the biological male feels, realizing his part in creating and sustaining a family. Whereas in a simpler society it is simply



assumed that this mating and this creation of a family will take place, as a culture becomes more complex and sophisticated, the options available to men and women alike multiply almost endlessly. The energies of instinct fade and entities more and more hark to the desires of the moment.

Whereas in a simpler society it is not considered that there is anything that is unimportant or without sacredness in the life, in the more complex society many things are seen as not having anything to do with the sacred, the holy, and the divine.

In an aboriginal society fatherhood is sacred, motherhood is sacred, trees are sacred, animals are sacred, the water that is carried from the river is sacred, the tree that is carved into an implement or used for firewood is sacred and the fire is sacred. These simple things, all being holy, create an environment in which there is no boredom, but a dance, a dance of the seen and the unseen, a dance with nature, the elements, the seasons, the day and the night, all of the factors that go into living a life. It is a life that is seen as a whole and that entire, whole life is sacred.

We ask you, my friends, to think of your lives. Do you see all that you do as sacred? For truly, in our humble opinion, it is. The water comes from a tap now and not from a bucket that is hauled, yet it is sacred still. The sun that warms is not as fearsome for there is shelter with conditioned air, and yet that sunshine and that warmth remain sacred. Yet you are removed from the direct contact with that holiness.

All of the elements, the forest, wildlife, fire and water, the great wind that blows, all of these energies impact an aboriginal very directly. In many relatively undeveloped countries, there are places where there is no electricity, there is no water, there are no pieces of that infrastructure that you, in the sophisticated society in which you live, take for granted.

In that environment it is easier to see the rightness of the division between male and female, to see that this division is not a matter of opposites but a matter of complements. It is far easier to see the goodness of all people.

We would agree with you, my brother, when you note the long, long history of the subjugation of women. In the Jewish religion, in the Christian religion, and in the religion of Islam, together, there is that prejudice that to the male is allocated the capacity for priesthood but not to the female.

Think of the figure in the Tarot image of the Potentiator of the Mind [2], shielding the Book of Life within her veil and we believe that you have the essence of why this prejudice exists. The truth is, it is to the female principle that spiritual knowledge is given, not as one who tells, but as one who carries. It is not that the biological female is more knowledgeable of spiritual things than the male. It is that the very essence of femininity, the archetypical nature, contains knowledge in a direct sense of the truth for which the male grasps endlessly, but which he can never completely uncover, for it resides in the mystery with which women are comfortable and men are not.

The easiest and most direct way towards reversing this situation which is unconsciously felt by men is to dominate the women who contain the key to the mystery of life. It is not a logical movement. It is not a rational decision. It is based in fear, as the one known as Jim has said. Yet it is not a fear of any one woman. It is that fear that they shall never be granted the truth, but shall always be dependent upon women who contain that truth.

Consequently, there is that energy to enshrine and worship the ideal woman who contains the truth, and also to take womanhood away from the pedestal and under the heel. Therefore, there develops within societies, ancient and modern, a set of rationalizations for prejudice. In extreme cases, as you may see in your Middle Eastern cultures, there is a long-standing belief that women are biologically inferior, weak, and without the ability to take care of themselves.

Thusly, you see subverted that energy of cooperation and collaboration that was

intended by the one infinite Creator and instead, there is a lack of equality and an even deeper lack of belief in the possibility of true equality. May we ask, my brother, if there is a follow-up query to this question or anything further that you would wish us to speak to in this regard? We are those of Q'uo.

Jim: No, thank you, Q'uo, that was very good.

May we ask if there is another query at this time? We are those of Q'uo.

Jim: D says he is experiencing a dimming of all of his chakras. He feels as though there is a psychic greeting from a negatively-oriented entity that is causing this. He'd like to know the spiritual principles involved in thinking about this question. Please offer any information that you may have without infringing upon his free will. What is the nature of this energy and what is the best defense against it?

We are those of Q'uo, and are aware of your query, my brother. We thank you for asking us concerning this issue in your life at this time.

As you know, my brother, there are many things that we cannot discuss in this regard because of the fact that this is a situation which is front and center in your spiritual process at this time as well as being an issue in your personal life altogether, regardless of spiritual activities.

We would speak upon the concept of psychic greeting and how that works. Whether the origin of the psychic greeting lies within one's own personality or whether it lies in an outer entity which is not the entity experiencing the psychic greeting, it is true that psychic greeting functions by seeking chinks in one's personality, if you will, or one's spiritual nature. Different entities have different areas of weakness, whether they be physical, emotional or spiritual. In this instrument, for example, the weaknesses are largely in the physical and consequently, if this entity experiences psychic greeting, it is likely to manifest as an enhancement or cranking up, if you will, of physical discomfort so that a little pain becomes a big pain.

If the weaknesses are emotional, the small trouble becomes the big trouble.

If there are weaknesses within the mental area, the concern may become the obsession, or the fear becomes the paranoia.

For the one known as D, the chinks happen to be largely within the physical vehicle and consequently, it is to that part of the mind, the body, and the spirit which together make up a person that this entity shall experience the enhancement or the ratcheting up of the distortions.

There are two avenues at which we may look in speaking to this situation.

Firstly, we would invoke the spiritual principle of unity in pointing out that very often the solution to psychic greeting is not to run away from or to try to fix the greeting, but to embrace the energy of the seeming attack.

When there is a physical greeting such as the one known as D is experiencing, this principle of unity would lead one to embrace the situation where there is some dimming of the chakras and to ask, not how to stop it from happening, but what the gift of such a dimming of the chakras might be. What gift does this inconvenience or this discomfort hold within its folds? It is well to ponder this and to unwrap that gift as much as one can in contemplation.

There are, of course, steps which one may take in order to work with a psychic greeting which consist largely in aligning oneself with the highest and best principle of which one is aware and then challenging the energy of that psychic greeting according to that principle.

(Side one of tape ends.)

(Carla channeling)

The other tack [3] which one might take, my brother, in thinking about this question, is to look at the chinks in the physical vehicle that are being enhanced by the psychic greeting and to work with those healers within your society and that healing information which one may read that may give more

enlightenment concerning the distortions of body that are vulnerable to being enhanced in this way.

For instance, when this instrument discovered that there were weaknesses within her digestive system, she found, after many years of trying different diets, those foods which would best nurture her particular physical vehicle. That kind of thinking, working with the body since that is what is being distorted and is therefore vulnerable to psychic greeting, may be an avenue which offers possibilities.

Again, as in all seeking, work with this, my brother, as a spiritual discipline rather than as an earthly or physical discipline. Being sensitive to the path of resonance for yourself and in all things, my brother, it is always well to seek the guidance that is yours by nature.

Ask your guidance system to speak with you in dreams or in conversation if you wish to journal, writing down questions that you would ask and then writing down the next thought which comes into your mind as you sit with your computer or your paper and your pencil. Open those pathways which lie between you and your guides, your angels, your higher self, however, you wish to think about this guidance system, for truly you have one, my brother, as all do, and it is ever ready to help. Yet it must be asked. There must be that opening within you of the willingness to hear.

And lastly, my brother, as in all things, we recommend periods of entering the silence so that you may hear the still, small voice of guidance and so that you may rest from the endless considerations of the rational mind and give yourself over to the experience of direct company with the one infinite Creator. For the Creator awaits you in the silence of the tabernacle of your heart.

We would ask at this time if there is a final query. We are those of Q'uo.

Jim: Not for me.

We are those of Q'uo, and are aware that we have exhausted the questions in this group for tonight. In a way, we are sorry to see that happen, for we greatly enjoy our conversation. Yet the energies of this channel and of this group are waning and it is time to take our leave. May we say again how much we enjoyed being with you this evening, how grateful we are to have been asked to join your group, and how beautiful we find each of you, with the beautiful colors of your energy bodies joining together to create the sacred space within which you seek to know the truth.

We are known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai vasu.

[1] An image of this glyph may be seen at

[www.wyldwytych.com/weavings/articles/pagan\\_path/pages/tol.htm](http://www.wyldwytych.com/weavings/articles/pagan_path/pages/tol.htm). William E. Butler's works contain excellent discussions of this glyph. Since the glyph is important to three distinct traditions—Christian mysticism, Jewish mysticism and Wiccan mysticism—reading in this area needs to be approached carefully. Butler's work is of the Christian mystical tradition used in White Western ritual magic. Butler's discussion of this glyph is more nearly compatible with the Q'uo group's use of it than the other two strains of study of this glyph.

[2] The Potentiator of the Mind is the Ra group's title for the second court card of the Tarot, The Empress. It contains a figure of a woman half-hiding the Book of Life beneath her veil.

[3] A tack is a direction, in sailing, specifically a way of pointing the boat in relation to the wind. In this instance, "the other tack" is synonymous to "another angle."

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point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

"Get Ready for 2012" Gathering

April 19, 2009

Jim: Q'uo, we would like to know something about what we, as seekers of truth and those who are desirous of being of service to others, might do in these coming days to aid in the transition to the year 2012. Is there anything we can do now? And will this opportunity to serve change as times goes on and we get closer to 2012, or even after 2012?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. It is a privilege and a pleasure to be called to your circle of seeking and we are glad to speak with you concerning your queries concerning the great shift of consciousness that heralds in fourth density upon Planet Earth.

As always, however, we would first ask each of you to employ your discernment and your discrimination in listening to what we have to say. We cannot hit the mark for all people all of the time. Consequently it is well to listen for the path of resonance within our words. When a thought resonates to you, please use it as you wish. If a thought does not resonate to you, please do not use it but move on, for that which you need shall come and it shall resonate for you, whether it is from this particular conversation or another. Therefore, listen for that resonance, take what you like, and leave the rest behind.

We thank you for this consideration, for it enables us to be confident that we shall not infringe upon your free will or interrupt the organic process of your evolution.

Like so many concepts upon the spiritual path, the concept of a great shift in consciousness, from this present environment in which you experience [life] upon Planet Earth to an environment which is enhanced, offering love, light, peace and power, and above all, the clarity which lies beyond the veil of illusion which you experience in third density, has long been upon the heart of those who seek the truth upon Planet Earth.

There is that confidence that there is a better place than the present environment, which seems of so torn and ragged a nature. There is that sense that there is a way to live and a way to be that rings truer and goes deeper and finds more of the true self within it than the way of being and doing that is taught by your culture.

And these concepts are ever stronger as your planet and its population approach the end of third density on Planet Earth, and the beginning of fourth density as the major activated density that is upon the planet at this time. Indeed, fourth density has been born. Its rays are ever stronger, interpenetrating the third-density rays with great intensity at this time.

You dwell in the "valley of the shadow of death." [1] This is the environment of the Density of Choice. One is born into incarnation with a physical body, with bones and skin and hair, blood running through and air pushing in and out, so that each of you is powered by a chemical distillery, a physical vehicle that runs chemically. And that physical vehicle shall surely die. It is a death sentence created in the womb by the very nature of physical incarnation.

In any period of third density there would be the desire to use the time well.

And there exists within each of you, as part of the birthright of your nature, that spirit within that cannot be stilled. It can be distracted. It can be beaten down and repressed. But the simple fact is that it is part of being human to desire to know the Creator that made him and to desire to serve that Creator according to its nature. Every culture and tribe of your planet has its

spiritual stories, its way of relating to the infinite One. You are inescapably and irretrievably spiritual beings. And the work of third density has been to awaken to that nature, to resolve to become of a more refined nature than the great ape which you were born to be.

Yes, in any age, these thoughts and hopes would be upon your heart. Yet for those who have become aware of their nature, and who have also become aware of the imminent arrival of that year of 2012, there is a more deeply poignant and pointed desire. And that is to be ready when the train pulls into the station, that you may get on board and say, "Hallelujah! Let's go." [2]

Dear ones, as you sit in the circle, in the sacred space that you have created with your hearts and your love, you are ready. In the deepest sense there is nothing that you need to do to become more ready to get on board. Your very being is the heart of your mission, the core of your purpose on Planet Earth at this time. You cannot fail in your mission, because you must be. Letting your true nature shine through the circumstances and shifts of everyday life is your deepest purpose. Finding ways that are ever more authentic to be yourself is the most effective and efficient way that you may serve your planet as it approaches that year that has been so discussed, 2012.

Each of you is aware of those things in your environment which promote beingness and those things which delimit and distort your beingness. Each has an unique situation with unique challenges and gifts. The two are a set: you have the gifts that you have to meet the challenges that you meet. You have chosen your gifts as carefully as you have chosen your challenges. Therefore, do not downplay your gifts simply because they are not other people's gifts.

And do not wonder why you may have too many gifts. For every gift that you have shall come into play, on one level or another, as you meet the challenges you have given yourself in order to refine the ore of your beingness, to uncover from the soil of self the gems within and humbly to hold them up to the light that they may refract and make the most intense and true colors as they flash in the light of the one infinite Creator so that you become not only a lighthouse to many, but a certain kind of lighthouse. For your colors shall color the infinite light and love of the one Creator. And those about you shall be bathed with infinitely beautiful [light], as the colors enhance the sunlight in a stained glass window.

Therefore, in your beingness, be aware that you are allowing the light to shine through you. You are holding up to that light any gifts that you may perceive that you have and asking that the light may shine through them, that your personality may be transparent to that light so that there is no soil of self obstructing your gifts. This is your gift to the world as well as your gift to yourself. At the level of work in consciousness, the two are congruent. If you have created less distortion in your own balance, you have created less distortion in the planetary balance. If you have found ways to get out of your own way and become an instrument tuned to the wind of spirit, you have tuned the planet to the wind of spirit and it shall sing a cleaner and clearer more beautiful song because of your work.

As you have experienced the last few days of companionship with those who have gathered together at this conference on 2012, each of you has been aware that the people in this circle of seeking have caused you to vibrate differently, have touched chords within you that you did not know were there until the chance came to exchange energy with just that person. And so each person in this hall of mirrors has given strength and support to each other person, pulling from them, in that exchange of energies between the two, that combined love, light, power and peace that is a new thing, born of the collaboration of two spirits together.

When entities who seek alike to serve the one infinite Creator find ways to harmonize and collaborate, the lighthouse grows in intensity and strength. As

entity is added to entity in the group, the lighthouse's light becomes more powerful. And so each of you is encouraged to find ways to collaborate with those of like mind in order to serve, by allowing light to shine through you, not shaping the light but only shaping your expression of yourself as you offer yourself as an instrument.

This instrument frequently repeats the prayer of St. Francis, and we would repeat it through this instrument at this time to give you a keener and keener sense that you truly are an instrument which spirit can play:

Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is discord, unity; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O Divine Master, teach me to seek not so much to be loved as to love, to be understood as to understand, to be consoled as to console, for it is in pardoning that we are pardoned, it is in giving that we receive, and it is in dying that we rise to eternal life. [3]

"Make me an instrument of thy peace." These are words by which you may live confidently, knowing that your service is on target and that you are on task according to your service, that which you came into incarnation to do.

You have asked concerning the possible evolution of service between now and 2012. We would respond by indicating that your evolution is not bound by time; that there is no goal to keep to; there is no deadline on service or on the way to service. It is well to relax into the moment, and as your present moments develop before you, to allow the succeeding present moments in turn to entrance and enchant you. Remain without anything to pull you away from the present and from your awareness of yourself as an instrument which the Creator may choose to play in any way, at any time, in order to sing Planet Earth into a readiness for a graduation that is of the utmost beauty and deepest truth.

As you continually offer yourselves as instruments of the Creator's love and peace, you shall find great aid in several things. Firstly, you shall find enormous help in entering the silence. The tremendous learnings and new awarenesses with which this time is so rich, to those who have ears to hear and hearts to understand, offer you many gifts. Indeed, too many gifts for you to assimilate without moving into the silence and letting these new learnings and awarenesses be seated and integrated into your deep mind and into the basic balances of your energy body.

Just as sleep offers rest to the physical body that it may reset its systems, cleanse toxins from the body, and restore the body to the balance which is its best balance for continued life and growth, just so entering the silence gives your metaphysical body, the energy body, the time of rest and recuperation that it needs from the hustle and bustle of incoming catalyst and hard-won victories. It allows new learnings to be seated in the subconscious mind. It allows new balances to be confirmed and implemented. It cleanses the toxins of fear, self-doubt, and low self-worth from the system. And it resets the system at its best tuning.

You may think of yourself in this wise as a spiritual athlete—one who is in training. Entering the silence is the equivalent of exercise. Some are so fit by nature for this task that they are drawn to the silence irresistibly and for those we have few words, for your hunger and your thirst shall bring you into the silence again and again.

For others, there is not the personality that must seek silence. There is rather the sturdiness within physical life which enables the energy body to flow from good work to good work, from doing to doing to doing again, without a conscious awareness that there is a need to let it all go, to empty the hands that may be grasping the highest of ideals but perhaps holding them too tightly. And to those we would encourage blind faith and the movement into silence regardless of the feeling of rightness.

Silence is a habit like any other. If you have not previously been, to your self-perceived awareness successful at entering the silence, we would ask you to try again, not from the standpoint of doing something well, but from the standpoint of doing it at all. Do not be attached to an outcome. Simply stop talking, stop thinking, set your intention to listen to the still, small voice of the one infinite Creator, whose thunder speaks in silence.

It is not important, dear ones, that you are good at this process. It is perfectly acceptable as part of entering the silence that your brain continues to generate those thoughts and concerns about which it is focused at the present time. Let them arise; let them fall away. While you are in the silence, they have no significance. You may watch them as you watch a movie, but do not become involved in the plot. Stay in the silence. Remain an observer who waits in stillness for the voice of the Beloved.

We assure you that by this discipline of entering the silence upon a daily basis, even if for very short periods of time, you shall give yourself the rest that you need, spiritually speaking, so that you do not "burn out;" you do not become exhausted spiritually; you do not have to go to the side of the path and sit to get your breath.

Another great ally in becoming transparent to the light and love of the infinite One is a sense of humor and the knowledge that you may take all things lightly, except your love of the infinite One.

There is nothing necessarily sober or serious or ponderous about spiritual seeking. You may walk the King's Highway with a merry heart and a song upon your lips. When you are having fun, as shallow as that concept may sound, you are flowing with the dance of life in which every flower and tree, every lion and bear, every turtle, every speck of the ocean, every mote of dust, is involved.

The dance of life includes you, not as awkward stumblers, no matter what you may think, but as wonderful, coordinated dancers. Let the rhythm of your days delight you. And see every task and every chore that you perform as a kind of dance. Each sacred concern, no matter how shallow it may seem, has its rhythm, its tempo and its steps.

As you allow your vision to be one which gives life to everything you see, you shall allow yourself more and more to dance with the water with which you do the dishes or clean the toilet or cleanse a baby. You shall see every plate as that surface which smiles at you when you have washed it and says, "Thank you! I love to be clean." Share the delight of that dish and give it a smile.

Let everything within your ken become real to you as one with whom you dance, knowing that there is nothing too humble to be sacred, nothing too high to bow before. For you are a dancer, and so is the highest and so is the lowest of all that you know, of all that you see, all with whom you dance. Let the rhythms of love overtake you wherever you are, and when you feel that you have somehow lost that rhythm and are jerky and awkward in your spirituality, ask for help.

That is the third thing that is of great aid as a resource for those who wish to be instruments for the Creator's love and light. There are sources of help all around you which operate on the rule of free will. Those of positive polarity shall not force themselves upon you but shall await your request. It is said in your holy work, "Ask and you shall receive; knock and it shall be opened unto you." [4] Know, with a deep knowing, that this is the true nature of things. Do not expect your guidance to come and speak in your ear without your request. You have angels about you at all times. They, too, are forbidden to interfere until you ask for their help. Ask them and thank them.

Lastly, as we inferred earlier, a great resource of a spiritual instrument is the company of other spiritually awakened instruments. When any of you gather together with spirit in the midst, there will come opportunities for creativity and expression which would not have occurred without that group energy that empowers and strengthens all within the group to become more than they would be

by themselves.

And in this, as in all things, we ask you not to be moved by logical or sentimental reasons, but only by that knowing from deep inside that says, "This is right for me, this is where I need to be."

We are those of Q'uo, and would ask if there is a follow-up to this query before we move on to other queries which may be held within this group. Is there a query at this time that follows through with this first main question? We are those of Q'uo.

G: No, there's not a follow-up to the main question, Q'uo.

We thank you, my brother, and consequently we will ask if there is another query at this time? We are those of Q'uo.

N: Can you tell us more about the sacred sites around the world, especially in India, and if they have a role to play in bringing the energies of ascension and 2012 forward?

We are those of Q'uo. Thank you, my brother, for your query, which we believe we grasp. Planet Earth, as all entities, has centers of energy, or nodes, if you will, which are a kind of umbilical or belly button, a place where energy has come into the world and a place which is capable of expressing the concentrated version of the stepped-up energy of its area.

There are some sacred places which have to do with third density. There are some sacred places which have to do with the density to come. And within both of those categories there are those which have to do with the male energy that is plugged down into the Earth with roots of iron, as well as [those which have to do] with feminine energies which float upon the surface without descending into the Earth.

Each of these places of collected power is unique, yet each has in common with the others a vulnerability to being enhanced dramatically by the set intention of those governed by free will, such as yourself, to encourage, support and radiate the light and the love existing in enhanced degree within these nodes. Even one entity, meditating in harmony with a sacred place, may help that place to clarify and enhance or boost its outflow of love and light. As always, with this kind of work, when one becomes two and two becomes four and four becomes sixty-four, however many entities of like mind are able to join in setting the intention to strengthen and help to radiate such sacred places, these nodes respond in proportion to the combined energy of the group. This energy is exponential. Each entity that is added to such a group doubles its strength and that doubling effect very quickly creates a powerful resource for good.

It is not in a vacuum that pilgrims over millennia upon your planet have made pilgrimages to the sacred places that exist everywhere upon your globe. Some are shrines that are thousands of years old. Some have been recognized more recently. Some have yet to be fully discovered. And some exist simply because of the shape of an environment.

Natural cones—teepees, pyramids and caves—are collectors of love and light.

Therefore, you can never go wrong by meditating upon a mountaintop or in a cave, or anyplace that feels to you as though it were a resonating chamber for love and light. Therefore, do not restrict yourself to those places that are well known, but let yourself be moved by your intuition in choosing those places where you would wish to rest and offer your encouragement and support to the forces of nature.

May we answer you further, my brother? We are those of Q'uo.

N: Can you talk about some specific places and specific properties that they bring to the Planet Earth at this time or that have the potential to bring specific energies to Planet Earth at this time?

We are those of Q'uo, and are aware of your query, my brother. We find that this concern is part of your active process at this time. Consequently, we shall leave this interesting search for meaning to you, with our apologies for not



wishing to overstep the bounds of the Law of Confusion. [5]

May we ask if there is another query at this time?

C: Dear Q'uo, I have a question. Earlier, during my meditations, I have asked some of the entities of the Confederation to give me a sign of their presence. And while asking, I have heard a sound in my right ear. Could you tell me of those spiritual principles that I could think of in investigating this, without infringing my free will?

We are those of Q'uo. We believe we grasp your query, my brother. We spoke earlier of a great resource in aiding the progress of spiritual seeking. That was the principle of asking. "Ask and he shall receive." You have asked, you have received, and consequently you can rest easier knowing that you have been heard; that your request has been confirmed by a simple sign of presence. When such requests are made with purity of intention, not to gain power or to become smarter, but only to discover whether or not there is companionship upon the unseen level, those forces of spirit that have been alerted are quick to respond.

There is far more to the presence of those who wish to help you than the simple awareness of their reality. Further than that simple awareness of help, there is the development of a conversation between the self and the unseen concerning anything and everything which is involved in your process at this time.

It is not that such sound in the ear has some kind of meaning that can be interpreted in words. It is that it is well to be aware that this presence in your life is ready to offer you the gifts of silence that flow into your deep self at a level below consciousness and that then percolate up through your dreams and your visions and your random thoughts in such a way as to strengthen your seeking, to stabilize your intentions, or [to work] in any other wise that is needed by you as an instrument to become better and better tuned.

Thusly, as you are reminded of the presence of help and companionship, offer gratitude and ask for that help in any way which is congruent with your desire and the nature of that help, not telling that helper what you need, but instead sharing your dreams and your hopes and your vision, and asking for the dreams, the hopes, and the visions of spirit to refine and further shape your gifts and your contribution of self.

May we answer you further, my brother? We are those of Q'uo.

C: I have one question. During this meditation, I heard a sound in my left ear. And when I challenged the entity or the sound, it left immediately after. Would you confirm if that was a negatively polarized entity who tried to give a sign of their presence to my left ear?

We are those of Q'uo, and we are aware of your query, my brother. We find that due to your certainty within that this is so; we can indeed confirm that you have occasionally been touched, as your seeking intensifies, and as your standing closer to the light becomes a more settled thing, that you have been greeted by those who would wish to use your power for themselves.

We commend your celerity [6] in challenging such entities and would encourage you to challenge all perceived spirits in the name of that principle that you hold the highest and the dearest, that principle for which you live and that principle for which, if necessary, you would die. That is your metaphysical ground and when you take your stand upon it, you cannot be moved.

May we answer you further, my brother?

C: No, thank you, Q'uo.

We thank you, my brother. Is there another query at this time? We are those of Q'uo.

T: Yes, Q'uo, I have a question. Could you speak about creating a spiritual connection between mother and child and the spiritual principles involved? And specifically, could you talk about any spiritual practices I can use as a mother to prepare for the soul's entrance, during the development in the womb?

We are those of Q'uo, and are aware of your query, my sister. My sister, when a new body is conceived in the womb, it is an opportunity. And into that opportunity comes one with whom agreements have been made before the birth of the mother.

There are times when such opportunities are not taken up by one who has waited long for the opportunity to come into relationship with the mother. There are other times, especially when the mother has awakened and is on a spiritual path, that the entity and she have great plans together for learning and for service.

Generally speaking, such an entity, coming into the body of the fetus, shall come in earlier in the pregnancy in direct relationship with the intensity of the desire of mother and child to work together. In those cases where a child has been dearly desired for a long time, it is overwhelmingly likely that this is the case. And instead of a fetus that does not [yet] contain the soul, the fetus is ensouled very soon after conception, or, in some cases, at conception. Consequently, it is well to assume that the child within is a living spirit who desperately, joyfully, wishes to be in relationship with you. There are dreams that you share. There are lessons that you have planned together, and there are gifts that you have come to teach each other how to use.

Therefore, we would encourage such new mothers to have long and happy conversations with the child within. It can be a matter of humor to some who are not aware of this possibility that a mother to be would speak with the child who has not yet been fully formed. Yet, we assure you that the soul within, as it ensouls itself into the fetus and connects by the silver cord, is fully aware.

The physical child that is born shall not be able to speak for many months. It shall not be able to walk. It shall not be able to know its own mind. The spirit within talks, moves, knows its own mind, and is a fully formed spirit.

Consequently, your conversations are those of equal to equal.

May we answer you further, my sister? We are those of Q'uo.

T: No, thank you, Q'uo.

We thank you, my sister. Is there a final query at this time? We are those of Q'uo.

D: Yes, I have one. I read about astral travel and they talk about forming an astral vehicle from your solar-plexus chakra. I was wondering, is one also able to form an astral vehicle from the heart chakra?

We are those of Q'uo, my brother, and we are aware of your query. The suggestion which we would make is neither of those which others have suggested. We bow before the wisdom of each. However, our suggestion would be that you become aware that your energy body as a whole is able to travel as you become able to access the gateway to intelligent infinity.

This model of the whole self, the integrated energies of all parts of the self, being the torus, or vehicle for travel, is, we feel, one that has more stability and is a model which shall serve the astral traveler in good stead. We recommend, further, that this energy body be groomed and tuned, just as one would groom the self for a visit to new places, just as one would tune the self before meeting with those with whom he wishes to present his truest and deepest self, so that the travel may be unhindered by unwanted energies and visitors and so that you may have a safe return, carried on the energy of your knowledge of who you are and why you travel.

Lastly, we would recommend that there be the viewing of such energy expenditure as a sacred activity and one which is enhanced greatly by having a specific intention and vector of travel before such efforts are made.

May we answer you further, my brother?

D: That's great. Thank you.

We thank you, my brother. We find that the energy of this instrument and to some extent the energy of this group wanes. We would leave this instrument and this group with great thanks for asking us to be part of your circle of seeking. It

has been a great privilege to be able to share our humble thoughts with you during this working. And it has been our profound pleasure to view the beauty of your energy bodies, not only by themselves, but in harmony with each other as you have blended your auras around this sacred circle of seeking. Thank you. We are those known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai vasu borragus.

[1] Holy Bible, Psalm 23: 1 and 4: "The Lord is my shepherd; I shall not want. ... Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me."

[2] It is likely that this sentiment takes after the song by Rod Stewart and Jeff Beck, ©1985, all rights reserved. The opening lyrics are, "People get ready, there's a train a-coming. You don't need no baggage, you just get on board. All you need is faith to hear the diesels humming. Don't need no ticket, you just thank the Lord."

[3] This version is translated freely from the original French version written down in the periodical, La Clochette, in 1912. Although traditionally attributed to St. Francis, evidence indicates that it may well be anonymous.

[4] Holy Bible, Matthew 7: 7-8: "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened."

[5] The Law of Confusion is a term which means respecting and not infringing upon the free will of a person.

[6] "Celerity" means quickness or speed. Copyright © 2009 L/L Research  
ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Saturday Meditation

May 23, 2009

Group question: The question this evening has to do with what we would call mental imbalances or distortions. They seem to happen more frequently with wanderers. We have received information before concerning the difficulties wanderers and other-home-density vibrations have in blending with this one, but as time goes on it seems like more people here, of any origin, are having difficulty in mentally balancing the beginning change of the vibrations into the fourth density that approaches with the energies of our current culture. Could you give us information concerning why these imbalances occur? Do they occur more often with wanderers? And what are the spiritual principles behind such mental difficulties?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. Thank you for calling us to join your circle of seeking. We are delighted to share with you our humble opinions on the subject of the increased mental distortions of this particular time in your planet's evolution.

Before we begin, we would, as always, request of you that you use your powers of discrimination as you listen to or read what we have to say. Take those elements that resonate to you and use them as you will. Please leave those things that do not resonate to you behind. In this way we will be sure of maintaining free will and not infringing upon the natural rhythms of your spiritual process.

Let us begin discussing this interesting subject by talking about the nature of

the human animal, shall we say, that combination of mind, body and spirit that together makes up the human being.

Left to itself, your body would have a heedless, instinctual life. However, your body is not left to itself, nor is it intended to be left to itself. In your third density the body is a vehicle which carries mind and spirit in a way that is not seen in first or second density. Your present density is the Density of Choice and your mind, your body, and your spirit are coordinated to live in an environment which fosters the process of becoming able to identify the self as an ethically based being and to make ethically based choices that polarize the self towards the north pole of service to others or the south pole of service to self.

It is an environment designed to shake a complacent person out of his complacency and to challenge his presuppositions. The goal of this is not simply to give the seeking soul a degree of suffering, but to set the stage for that great choice of polarity upon which the next two and a half densities are based and which shall only be refined in fourth, fifth and sixth densities by further studies in love, in wisdom, and in unity.

The work you do here in third density is profound and crucial to your future. This process of deciding who one is, what one believes, how one shall make his choices, and how one shall determine the reason for his being here and his hopes for accomplishment within third density are all those things which are very fruitful to contemplate and those things which we would encourage each of you to ponder, each in your own way.

As you wend your way through the days of third-density incarnation, you express yourself in a physical sense by what you say and what you do, by how you feel and how you experience life. On the metaphysical level, on the other hand, you express yourself in an ever-flowing and ever-changing way by virtue of the constant changes within your energy body, as various of your chakras react to those things you are thinking, feeling and doing.

Overall, your vibration may alter greatly from moment to moment and from day to day, depending upon the catalyst which you are experiencing and the amount of difficulty you may have in responding to that catalyst. However, against the surface of these constant changes within the energy body, there is a deeper vibration which, shall we say, takes the average of your vibratory range in each chakra and creates a basic vibration which is your signature in time/space. We have often noted through this instrument that we would never need to know your names, for we have your identity clearly offered in the vibrations and colorations of your energy body, which are as distinct to us as any fingerprint is to a criminologist.

In a way, it could well be said that spiritual evolution consists of reducing the difference between your basic vibration and the vibration of the one infinite Creator, whose nature and vibration is unconditional and absolute love. This journey is taken by each seeker through all of the densities of your octave as he walks, in his own peculiar way, as the one known as Kris said. [1]

The vibration of the one infinite Creator is the starting and the ending, not only for an entity within an incarnation but for the entity within the entire range of the octave of experience. Through the many densities, through all of the lessons of each density, and through the countless experiences which together create your personal biases and distortions, you seek endlessly to return to that vibration which is your home, your nature, your origin, and your ending. It is a thirst and a craving within the very depths of your nature, deeper than your thoughts, more intimate to you than all of the trappings of culture, language and learning that ripple the surface of your waters as you move through the ocean of life.

This one original Thought is a touchstone which can be experienced in each density. However, the experience of this Logos comes up into conscious awareness

from the roots of consciousness that are placed within the environment of your density in such a way as to enable you to represent and identify love and the vibration of that unconditionally compassionate Logos.

When an entity has wandered into third density from another density because it wishes to serve at the time of harvest, as so many among your people have chosen to do, echoes and shadows of the home density are retained within the third-density incarnational self. An example of how this works would be that an entity from one environment who has many adventures moves to a completely foreign environment and has amnesia. Over a period of years that person becomes used to the new environment and even creates for herself a feeling of belonging, a feeling of rightness. Yet there is retained within unconscious parts of the self a hidden but stubborn awareness that there is a different way, an alternate way to be and to conceive of life.

In a way, moving into third-density incarnation is a type of amnesia, in that the veil of forgetting drops, so that one is veiled from his memories of who he is and why he came here to this interesting but somewhat difficult place called Planet Earth in third density. This overlay of memory can indeed create within the incarnation of the wanderer a heightened tendency towards an inability to cope well with the surrounding environment of Planet Earth.

In some cases there is even a conscious awareness that "This is not my home; this is not the place from which I sprung." And that feeling of being isolated in a strange land can create a lot of fear and contraction. The self becomes defended in order to survive. Adjustments are made which enable the entity to survive, to some extent, within the surrounding milieu of earthly life. And yet, in order to survive, the focus has been narrowed, the defenses have thickened and hardened, and there is that tendency to create a self-generated reality within which the entity can actually survive, or feels that he can survive.

This increase in distortion sometimes means that for the wanderer there is a heightened difficulty in remaining undefended and keeping the energy body open and flowing. This is a self-perpetuating distortion in that the more the energy body is contracted in fear and defended against the feelings of things not being right, the less energy is able to move through [the lower chakras of the energy body] into the heart, and the less able the entity is to cope with these feelings. So, as life moves forward and the incarnation ripens, there is a natural tendency for this self to become more rather than less distorted, more rather than less defended, and less rather than more able to make use of the environment of this Density of Choice.

Our hope in speaking concerning wanderers and their difficulties is not to excuse wanderers or to justify difficulties which wanderers experience. Rather, our hope is to bring wanderers to a state of remembrance. The key to becoming unafraid and undefended is the memory of why the decision was made, in good faith and with a happy heart, to come among those of third density at this time.

The decision was made in an atmosphere of absolute compassion and the high-minded and altogether whole-hearted determination to be part of the good of that third density for those approaching harvest at this time. There was in fact competition for opportunities to incarnate and each of those who considers himself to be a wanderer can be sure that his was no idle decision but the result of deep thought and absolute surety.

We would not know what specific words might trigger that initial memory, for it too is behind the veil. Yet there is always a moment of crystalline awareness, a time of lucidity that comes to those who ask to become more aware of their deeper thoughts and their deeper nature. And we do encourage those of you who perceive themselves in these words to turn in faith and trust to their deeper selves and to their guidance and to set the intention to become more fully aware of the guiding motivation which moved you into service in this particular way at this particular time.

When one is dealing with a great deal of catalyst and finds difficulties dealing with the environment surrounding him, it is extremely helpful to find this key awareness, this centerpiece of surety. When your experience is that of suffering, it is very helpful to be able to set that suffering in the context of a life of service. And although it does not substantially affect your overall vibration to experience these difficulties, it does tremendously alter the surface experience within your day-to-day life, so that you are far more able to smile and give thanks for the challenges of your incarnation as well as the perceived blessings.

In this wise also, it is to be noted that when you are as close to the onset of your planet's fourth-density activation as you are, there is an increasing amount of a kind of catalyst that is the reverse of the difficulties one has as a wanderer. And we feel that this increasing interpenetration of third-density light by fourth-density light has created for all of those upon Planet Earth, natives and wanderers alike, an ever-increasing sensitivity to issues of truth and clarity.

The progress for each seeker is, in a way, the progress of one who knows himself better and better. Within third-density life as it has been experienced upon your planet for many millennia there has been third-density light that shone, both physically and metaphysically, and helped you to work towards making your choice of polarity and then maintaining that polarity and increasing that polarity. Ever since perhaps forty of your years ago that situation has gradually changed and it has made things more difficult for third-density entities upon your planet. Your planet comes closer and closer to that time when fourth density shall be the active density and third-density light shall be exhausted.

We are not saying that the sunshine will go away. This instrument was speaking earlier today with those who thought that perhaps on the winter solstice in 2012 the third-density experience would blink out and there would no longer be a third density. We, however, do not suggest that this is the case. We would suggest that the case is that the light that created the spiritual or metaphysical atmosphere of third density in such and such a way shall be exhausted and that the light that is striking your third-density energy bodies shall be a light of fourth density which you, as a third-density entity, are not wired to be able to grasp without significant distortion.

As this instrument has experienced this change, it has been a matter of being completely unable to avoid looking at each and every part of the universal personality which this instrument has which has not yet been integrated into the heart, the mind, and the basic beingness of the surface personality.

It is not unusual that there would be aspects of the shadow side of a personality which have evaded notice. The reason is simple. For most of those focused upon the positive path of polarity there is no desire to investigate carefully or deeply the aspects of the personality that are the robber, the murderer, the adulterer, the envier, the one eaten with greed for what he does not have, the debaser, the one who wishes only to destroy. These are all aspects of the universal self. Each entity has them and the mark of a truly spiritually mature entity within incarnation is that he has faced his shadow side, has embraced it, has forgiven it and has asked it to work toward the good. We would suggest that each entity has found it less and less possible to avoid facing those issues in life with which he has hitherto not had to deal.

The problem, one may say, or the challenge of the situation is that these awarenesses come in ways that cannot be absorbed straightaway by the energy body. Rather, there is a sensation of harshness, as if these new awarenesses were too harsh to bear. There is a lack of ability with third-density wiring, shall we say, to experience fourth density in an entirely comfortable way. Consequently, there is this sensation of abruptness, of a lack of grace about

these new awarenesses. They seem to offer to the self hard knowledge that seems almost impossible to bear.

For this reason there are no entities now being born into your Earth world that are equipped only with third-density wiring. Those who are moving into incarnation upon your planet at this time have the dual wiring of third density and fourth density. And so they have the roots of consciousness and all of the delivery systems of deep awareness coming into conscious awareness that are native to both densities. And therefore those younger entities among you are able to use the light in a far more efficient fashion. And yet, because of the increased clarity of fourth-density light and its increased ability to hold information, these same younger entities often express themselves as those who indeed do have difficulty in connecting with third-density's common reality. In short, we may say that this is a very challenging, although a very fruitful, time for those of you now incarnate upon Planet Earth. You have an unique opportunity at this time of cusp for the planet itself to offer within your very being a location and a place that is love.

We ask you to be compassionate, both upon yourself and upon those about you, at this time. Spiritually speaking, this is not a time that offers the easy, the comfortable, the pretty ways of experiencing your sacred nature.

Those times may indeed come. For that world in which you find yourself, that gift of first and second density, overflows with beauty and comfort. And all within the natural world is in a state of love for you, just as the very bones of your body, in their instinctual life, have an answering and overwhelming love for the environment without it and like nothing better than to dance in rhythm with all of creation. Indeed, the world which is more than human lies all about you as a vast and largely untapped resource for those who wish to regain their balance and to lessen their distortions. We greatly recommend immersion in this world of nature.

Another resource for those who wish to increase their stability within this challenging psychic atmosphere is the help and consolation of the guidance system that you have about you. You have your higher self, in whatever way you wish to conceive of that entity, which is your highest and best self and to which you have access simply by asking. You have angelic help. And for wanderers, there is also the aid of the social memory complex from which you came. All of these loving and caring allies are as close to you as your next thought. And it is the wise seeker who disciplines himself to turn in thought to thanksgiving for this help and to the asking of it, for it is truly said that it is to those who ask that response is given. Therefore, enter the silence, my friends, and ask.

Beyond all that we have said, however, we return to that of which we spoke at the beginning of this discourse. The spiritual journey is one in which you seek to lessen the differences between your vibration and the vibration of unconditional love. Beyond the "wheres" and "whys" there is love. And truly you do understand what love is. Therefore, seek love. Open yourself to love. Let yourself be loved. And in the end, allow yourself to drop away those things which are not expressing love, not asking for changes but allowing change when it happens.

My friends, as you go deeper into your natures do not be afraid of what you shall find. All of those artifacts of the human personality are merely the surface flower of that seed which is unconditional love. As you move toward that seed, move fearlessly. For you shall not be appalled when you penetrate that which the one known as Jim called the meniscus [2] of life. The deeper you go into your personality, the less personal it shall become, and the more loving. We would at this time ask if there is a follow-up to this query. We are those of Q'uo.

(Side one of tape ends.)

G: I don't think there is a follow-up to the main question. I'll ask quickly if it would disturb the energies if I walk just to the printer to retrieve the questions that I have printed up from readers abroad?

(Carla channeling)

We are those of Q'uo. My brother, it is gracious of you to ask and we shall swirl about you as you make your journey. We are those of Q'uo.

(Pause)

We are those of Q'uo, and would ask if there is another query at this time.

G: J from California asks, "Does it serve the highest good for a service-to-others entity to pray for a successful harvest for the service-to-self population?"

We are those of Q'uo, and are aware of your query, my sister. The heart of prayer is the setting of desire into a formulated intention, and my sister, if this is your desire and it is that which you feel moved to do, then we encourage you to pray as you feel. In effect, to make the prayer universal it would not be necessary to specify the polarity as being service-to-others or service-to-self, but simply to pray that for the well of indifference there be substituted the ability to find one's heart's desire and to polarize towards it. Whether that is service to self or service to others, it would increase the harvest.

May we ask if there is another query at this time? We are those of Q'uo.

G: M writes, "It is understood that the veil of forgetting is necessary in order to make the free will choice to polarize to the positive. Yet as a wanderer who has made this choice in the past, I observe that the veil persists within myself. According to my reading of your words, the veil persists within myself because if it were to be removed, it may infringe upon the free will of others who have not yet polarized. Yet I do not understand why this is the case. It would seem to me that it is possible for me to be fully conscious of both third density and fourth density simultaneously without infringing upon the will of others who choose to remain unconscious of fourth density. Please explain why the removal of the veil in one who is polarized would infringe upon the free will of one who is not yet polarized."

We are those of Q'uo, and are aware of your query, my brother. My brother, it would not infringe upon the free will of another self for you to become fully aware of both third-density awareness and the lack of the veil which is characteristic of fourth-density awareness. Rather, it would infringe upon the free will of yourself.

You are a certain creature, my brother. It is an excellent creature. You chose to come into third density with its veil of forgetting, specifically because in matters of metaphysical and ethical choice it would throw you completely upon your own assets of faith, hope and charity. You did not come into third density in order to overcome third density. You came into third density to dwell within this illusion and to serve the one infinite Creator.

Have you had to claw your way into an increased awareness of what lies beyond the veil? We think not. We believe that the moments in which you have penetrated the veil are many and they are to be appreciated. Nevertheless, my brother, were you to dwell without effort beyond the veil of forgetting within third density, you would immediately obviate the advantages of living by faith alone. When you choose within this veil of forgetting to turn towards love, to live love, and to be love, you have done so against resistance. And in meeting and working with this resistance, you have tempered your soul and have done the work which you came to do.

Thusly, my brother, we would say that it is not a matter of infringing upon the free will of another that keeps you from being able to dwell in third and fourth densities simultaneously. Rather it is the nature of third density that it takes an effort of will, of memory, of desire and of spiritual maturity to live by fourth-density values and to act as if there was no veil.



Each time that you act in faith to enlarge love and to be its witness and its messenger, you lighten the consciousness of the planet as a whole. And it was for this that you came, my brother. We thank the one known as M for this query and appreciate the energies which provoked the question.

May we ask if there is a final query at this time? We are those of Q'uo.

G: There is one from C who says, "I am engaged in creating biodegradable coffins to give people the natural alternative for burial. I would like to know if this work that I am doing is helpful to the overall effort of our collective spiritual evolution. Please offer any thoughts which do not infringe on my free will and discuss any spiritual principles that may help me to think about this." We are those of Q'uo, and are aware of your query, my sister. When actions are accomplished within your Earth world, they have their surface aspects and those more subtle aspects which are involved in your motivations for and hopes for acting in such and such a way. While the surface aspects of your query do not lend themselves to spiritual import, since it is a matter of a physical vehicle moving towards the dust from which it came, regardless of how it is housed, nevertheless there are substantial benefits which have to do with the motivations for making this product available.

The motivation, we feel, was the desire to express the unity of all things and no more central spiritual principle can be involved in a decision to act upon your planet. The creation of biodegradable houses for the dead creates the inference that it is well to return to the dust in a complete and utter way, not defended against the natural processes of disintegration of the body, but embracing them. Consequently, this action, as this product is made available, is one which invokes the awareness that all is one and that all is love.

We, therefore, praise this motivation and the spiritual principles underlying the decision to create this product, my sister, and feel that your creativity in bringing a sacredness to those aspects of life which are not seen to be sacred in the common run is an excellent way of showing love to the world about you and expressing your awareness of the unity of all.

This energy of this group wanes and it is time to take our leave of you. We would thank you with all of our hearts for creating this moment of silence and seeking of the truth. It has been a privilege for us to exercise our service by sharing our thoughts with you and we thank you for this opportunity. We leave this instrument and this group rejoicing and giving thanks. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai vasu, borragus.

[1] Kris Kristofferson, This Old Road, CD, ©2008, all rights reserved, "Pilgrim's Progress." This song was played during the group's tuning process before the session began. The part of the lyrics to which Q'uo refers is this chorus:

Am I young enough to believe in revolution?  
Am I strong enough to get down on my knees and pray?  
Am I high enough on the chain of evolution  
To respect myself, and my brother and my sister  
And perfect myself in my own peculiar way?

[2] In the sense in which Jim used it, the meniscus is defined by [www.dictionary.com](http://www.dictionary.com) as "the convex or concave upper surface of a column of liquid, the curvature of which is caused by surface tension." This surface tension means that there is a slight resistance when one tries to penetrate the surface of the liquid.

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a

point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Channeling Intensive 5 - Session 3 - Channeling Circle 19

May 30, 2009

Group question: The question, Quo, is, "How do we determine what it is that we are to do in our life? How do we find the confidence to do it? And when it doesn't work out very well, what do we do then?"

(S channeling)

(S acts as senior channel for this Channeling Circle.)

I am Laitos. We greet you in the love and light of your one infinite Creator. We are grateful to be called to your circle this evening, for it is a kind of service that is still somewhat rare. It is an opportunity for us both to further our path of service and to learn from those that we serve.

We ask that you exercise your own discernment in the process of assimilating what we have to say, for our path is not unlike your own. It begins and it ends in mystery, and we may shine our light, so to speak, upon certain portions of that path without necessarily having a complete view of the whole. Therefore, any particular truth which we may have to offer may be a truth more for us than for you, or more for another than for you. So we would suggest that if any offering that we might suggest is of less than perfect value to you that you lay it aside.

We were asked to address a question this morning of interest not simply to those who are on a path of third-density experience, but one which reaches into all densities as far as we ourselves understand them, which is to say that one has experiences that mount one upon another and one attempts to find a cogency within these experiences that suggests the integrity of a way forward, a direction, a purpose.

The purpose itself is something for which all who seek must in some way reach, and it is well that one has a sense of that purpose. It is well that one dedicates oneself to that purpose. And yet, as life itself is a process of unceasing discovery, it will happen time and again that the purpose will need to be reconceived or reshaped. Sometimes, this re-conception is of a major sort and involves the abandonment of plan after plan. Sometimes it will be more of the nature of a refinement to a plan which is yet found to be sustainable.

But in almost every case, there will be some degree of confusion or frustration when a plan that has been laid out and tested with regard to its resonance with respect to the overall life pattern begins to show itself as unsustainable. For when one reflects upon the reason for this unsustainability, it redounds [1] to the entire question of the life pattern, and one can then find oneself in a state of considerable confusion with regard to even the simplest question of who one is and what one desires in this life.

Now, it is frequently a temptation under circumstances such as this to offer oneself a somewhat rigid, shall we say, or more hardened concept of a goal which contains within itself a judgment, often functioning in a way that is not fully conscious or overt, but which suggests that there is something which one ought to be doing. It is all too easy under conditions of this sort to gaze back upon the realities of the life as it was lived on an everyday basis and to see a shortcoming, a failure, a lack.

In reality, this approach merely compounds the difficulty, for one has then not only the lack, the failure to contend with [the situation adequately], but also the guilt associated with that lack, and one begins to develop an image of the self in which the self is the bearer of these very deficiencies which one encounters. These judgments, we find not to be salubrious in the process of spiritual development. So the question inevitably arises how one might go about

pursuing a life path in such a way that the judgments do not arise to present a stumbling block in relation to one's projected course.

At this time, we would pass the contact to the one known as R. We are those of Laitos.

(R channeling)

We are those of Laitos, and we greet thee through this instrument. We find that this instrument has found more confidence in speaking the words that come to the mind even though it still stumbles to translate our concepts into words at times. This connection is tenuous. This instrument wishes to be exact and right and creates stumbling blocks for itself again and again. We are Laitos and we pass the contact to the one known as M.

(M channeling)

We are Laitos. To the words already spoken in answering the questions for this morning, we may add through this instrument a few more notes and comments. This instrument is receiving, almost in a chant-like form at this moment, the phrase, over and over again, "Being is more important than doing. Being is more important than doing." And so she's repeating what she's hearing in her head relying on that canon that said that it is all in the intention. Most important, hierarchically speaking, is the intention and what manifests is secondary, not completely unimportant, but of decidedly secondary importance. We now pass this contact to L.

(L channeling)

We are those of Laitos, and we are with this instrument. To continue the thoughts that we spoke through the instrument known as M, we would like to touch back on the beginnings of this question. When it was discussed in the circle, the one known as G said that she has prepared for an event, something in her past, and yet that which she was making preparations for did not materialize. But as the one known as M said, the outcome is not what is relevant, but the being. In preparing your being, you're doing a set of tasks that was relevant to your past. Regardless of whether the outcome was as you expected, these tasks were important to your spiritual evolution. There is a merging in this case of "being" and "doing" being sort of the same thing. You're "doing" when you perform these tasks; you're doing these tasks. Yet [you] remain in the beingness of having them done without expectation of continuing on toward a goal. When that which you were expecting to occur did not happen, you moved back into beingness and stopped trying to accomplish. That which you were able to accomplish in the preliminary tasks will serve you at another time. Each moment that you are being, you are achieving your goal because you have done things in the past that have brought you to where you are now. Every moment is your goal. Again, one can see the parallel of doing in being and being in doing. These concepts are not new—they have been spoken by us many times. Yet here is another application of this that you can use in your life to see more clearly what we mean by doing in being and being in doing.

(Long pause.)

Are you being now, or are you waiting for this instrument to speak?

This instrument sat in anticipation saying, "Where should I go? Should I pass, should I wait?" And then it occurred to her the message that we just spoke. "Just be." And suddenly she understood that our message was silence. She, at the same time as doing the channeling, was simply being receptive. It is a wonderful thing to do for the Creator. Through you, the Creator acts to know Itself. And yet, in all of the doing that the Creator does, the Creator is. The Creator simply allows the doing to be its own process. It exists in being at all times, while facets of Itself go about being busy.

Each of you desires to attach importance and significance to each of your actions. "I am doing this because of some previous action or result, and I am doing this now in order to attain another result and action." Let every action

that you are doing be its own end result. Allow yourselves to be as the Creator, to do, to act, to go about your day. It is perfectly well to be busy, and you are also being in your busy-ness.

And while you are sitting still, perhaps in confusion because you do not know what your next action should be, or some creative action has left you stymied and you sit bewildered [asking] "Where is my path? What is my destiny? Why am I here? What should I be doing now? How come this does not work out as I expected?" [you] sit in your beingness. And in sitting there in your beingness, you are doing the action of waiting silently, patiently. At these times, it is well to let your mind rest.

Do not think that when you are sitting still and resting, you are not accomplishing something, that whatever goal is that you had set for yourself is not being worked upon. Work is always being done. In those times of laziness or stagnation or feeling stuck out of hopelessness, you are perpetually doing. Work is always being done. Your best is always being accomplished. While we wait for you to prepare and we sit apart from you waiting to be called, are we not also doing? We are actively being passive, as it were, waiting, as a lover might sit by the phone patiently, waiting for her partner to call. She is doing, although she is still impatient and waiting.

We feel that it is time now to allow another voice to speak, as we feel that this topic in its small facet has been exhausted, and so we would like to have another perspective upon this query that the group had. We are those of Laitos. (Carla channeling)

We are those of Laitos, and are now with this instrument. We greet you through this instrument in love and in light. We would take up the topic of joy. When one considers a path or a service, one often hears, "Do what makes you happy." It is not inappropriate advice, and yet we feel it misses the mark. We would offer two examples—one from this instrument's life, and one from the life of the one known as Jim.

When this instrument was a young woman, her joy was in promising to serve another in the bonds of marriage, and she found joy in keeping that promise. When the bonds of that marriage dissolved through the request of the other-self, it could be said that the joy ran out. Yet that is not so, for the promise had been kept. The promise, now dissolved, allowed the beloved to be free.

This instrument has continued to make promises and to find joy in the keeping of those. And somehow, incidentally almost, the path of service has opened for this instrument and has continued to blossom and develop through decades of service. The joy that this instrument found in keeping promises was far deeper than those feelings of happiness which came in certain situations and not in others.

Again, we gaze at the lifetime of the one known as Jim, who was as happy as a man can be dwelling in a house made by his own hands, eating food prepared by his hands, harvested by those hands—canned, preserved, baked, created by his own hands. His own company made him happy. His thoughts, faithfully recorded, fulfilled him. And yet, he turned from happiness because his joy was in service, and to pursue that service he felt that he must go deeper and collaborate with those whom he felt to be comrades in service.

Does it make this entity happy now to be a gardener instead of a homesteader, alone with his thoughts? Happiness comes and goes, and yet this entity's joy is complete, for he has found a service with the instrument and with others which pursues a purpose greater than any that he had conceived before.

Therefore, we suggest to each not to discount happiness, but to look for and cherish joy when found. Joy. What gives you joy? Where there is joy, there is service already. For in that experience of joy, there is service to the one infinite Creator in the fulfilling of your deepest being.

Upon another tack we would point out the richness and redundancy of your path. The path is not a straight line for most, but rather, as the one known as Paul

said, it is a long and winding road. [2] Yet it faithfully, inevitably leads to the door of that which is for you.

In this regard, we would offer the example within this instrument's mind of a violinist. The one known as David. [3] He was a violinist of such excellence that even as a young man, he soared upwards within the ranks of the orchestra which employed him to the coveted honor of first-chair [violin]. He delighted in playing the violin, and yet his body began to break down. He became less and less able to practice, and more and more filled with pain as his wrists and arms sickened under the discipline of his art.

He was in despair when he came to this instrument to inquire what to do. This instrument, having been steeped for many years in the consideration of being versus doing, the consideration of the path of service and how it takes many turns and had [done so] in her own life, suggested to the one known as David that he look for the opportunity that was hidden within the folds of this seeming failure.

This advice struck the one known as David as sound, and he was able to lift away from worry and concern, and to seek in prayer, for that was his chosen way of meditation, the will of the one infinite Creator. Within ten days he received an invitation to become a teacher at a highly admired and regarded conservatory of music. He accepted this employment and has found a life's service that gives him deep joy. This service he still pursues.

When a seeming failure occurs within one who wishes to serve, it is well always to lift away from the worry and the question of why. It does not matter in a spiritual sense why a path ends in a cul-de-sac. There is no information on the blank wall at the end of a blind alley. Peacefully then, when things go not as you wish, turn around. Release that desire that has failed and find again your deepest desire, which is simply to serve. Let that intention set itself upon the wind, that it may draw to you by the law of attraction the next path that shall move you from being to doing.

It is never a good assumption to make that your path of service consists primarily in doing, for you may well have chosen before incarnation a path of service that is fundamentally that of holding the light, and that is a service offered in essence and beingness. We would at this time transfer this contact to the one known as G. We are those of Laitos.

(G channeling)

We are those of Laitos, and we are now with the instrument known as G. In your culture there is a book of spiritual writing known as A Course in Miracles. [4] One verse in this book speaks quite appropriately to the question under discussion and that is, "He who thinks only of the destination misses the pleasure of the journey."

And so it is. When one has a destination in mind and puts all of one's focus on arriving, then one does indeed miss the pleasure of the journey, the scenery along the way, the importance of the people one meets, the beauty of the relationships with those with whom one is traveling.

This instrument had a bus trip from Indianapolis to Montana many years ago in which, in the middle of the night, there was much heart-to-heart conversation among the strangers sitting near one another on the bus, and the singing of "This Land is Your Land" to the accompaniment of a harmonica that was played by a traveler from Germany was a spiritual experience. And had this instrument been asleep, she would have missed it all. So be awake to all the pleasure that is there for you as you travel toward the destination.

In your culture—and we speak of the culture of the Planet Earth, not the local culture—all who are there are limited by the five physical senses. It is difficult to see the big picture. By the big picture, we mean the picture of the soul from incarnation to incarnation to incarnation. Many people go through an entire incarnation and never know anything about what has happened before and

have no inkling as to what is to come later. It is as though they step on a stage, play their part in the play, and then step off. And while they are playing their part in the play, that is all of which they are aware.

All of you here in this room will have more knowledge of what has preceded you and what may be ahead of you when you step off the stage of this incarnation.

However, there are many moments through the day when you tend not to be focused there, but to be focused on your part in the play.

Any preparation for any endeavor that you make while you are in the incarnational life is never lost. You may not see the fruition of the preparation that you have done until you are off the stage and in another experience, but you can rest assured that fruition will always come.

We recommend that in your prayer each day that you ask for the highest good for your life, not knowing what the highest good is. You may think that you know what the highest good is, but it is difficult to know what the highest good is at the soul level. Rest assured that what you ask for you shall receive.

(Side one of tape ends.)

(G channeling)

Each of you in this room has an array of helpers in the spirit world who are there to support you in your soul journey.

Let me speak also about situations in which you are not specifically making any deliberate preparation. There may be situations in your life having to do with relationships with other people for which you will need to use the skills for which you have prepared for a destination other than this relationship. [Yet it] can be brought to bear on the other situation or situations.

For instance, this instrument had the experience, in her career as a social worker, in working with a woman who had been with her husband through a very long illness. Had she not had the spiritual awareness that she did, she might not have been able to have done it, because it was very trying for her.

So do not ever think that anything, any preparation that you make, is lost or is useless, because there will always be lessons that you have learned and hills that you have attained that are transferable to other situations in life.

It has been our very great pleasure to speak through this instrument, and now we pass the contact along to S.

(S channeling)

I am Laitos, and I am with this instrument. At this time we would ask if there are questions still remaining on the minds of those present concerning this very interesting issue to which we have been addressing ourselves, or any other related matter. Are there questions?

R: Well, I have one. Laitos, could you speak to my channeling, because when it came around, I did not expect it, and yet I was able to say a few words that I felt like dragonflies flitting on the water. I did not see any visual cues that I have seen before, so I actually wonder if I picked up some of the contact because it's my words, mostly. Can you comment on the process? I'd appreciate it.

We are those of Laitos, and believe that we have understood your query, my brother. We have been asked to address that experience of the unexpected course of events, and the way the seeker may come to an easy and workable relationship with the events which do not unfold in an anticipated way.

We have suggested that it is often the case that such experiences give [one] the opportunity to examine the function of anticipation itself as one continues on the path of discovery. In the case in question, the new instrument had anticipated serving, perhaps, in one capacity in this session of seeking, and found that expectation baffled when the contact was passed to the new instrument. And we would say that it is our sense that this unexpected turn of events was received with some considerable degree of grace. We're very pleased by the ease with which the instrument uttered the words, which were only in part

those of the instrument himself.

We would suggest that the process be allowed to continue for some measure of your time, for there are indeed gifts which this instrument has to offer which are unique and which add a depth and a perspective to that seeking which is of the group as a whole. Therefore, we would commend this instrument to its tasks and say that from our point of view there is much more progress, shall we say, than may seem visible to those who look only at the superficial result.

May we answer further, my brother?

R: No. Thank you for your comments and your support.

I am Laitos, and we thank you, my brother. Are there further queries at this time?

Questioner: I have a question. You used a word that I have heard used in other channelings, and I'm not sure that I know what it means, really. I would not ask you for an entire discourse on the word "grace," but how is it used as applied to the metaphysical?

I am Laitos, and we believe we grasp your query, my sister. This term "grace" is a rather large subject of inquiry and deserves space of its own, shall we say. But we could say very briefly that, in the context in question, it means simply a willingness to be open and a beauty in addressing oneself to an unexpected circumstance that could easily have been seen to be of a very challenging nature with a kind of ease and comfort. The metaphysical dimensions of this sort of experience do, as you suspect, my sister, go very deep and they are connected with such concepts as faith.

May we answer you further, my sister?

Questioner: At another time we shall have a discourse about grace. Thank you for offering as brief an answer as you can at this time.

We are those of Laitos, and we thank you, my sister. Is there another query at this time?

(No further queries.)

We are Laitos, and we feel that we have exhausted the energies and curiosities of those in the group at this time, and so we shall take our leave. We leave you glorying in the love and in the light and in the everlasting joy of the one infinite Creator. Adonai, my friends. Adonai.

[1] In the sense in which the word is used here, according to [www.dictionary.com](http://www.dictionary.com), to redound is to "come back or reflect upon a person as to honor or disgrace."

[2] Paul McCartney, "The Long and Winding Road," © Lennon-McCartney, all rights reserved. The chorus goes like this:

The long and winding road

That leads to your door

Will never disappear.

I've seen that road before.

It always leads me here,

Leads me to your door.

[3] David is the husband of an old friend of Carla's and the story is quite true.

[4] A Course in Miracles: Glen Ellen, CA, Foundation for Inner Peace, c1992.

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## Special Meditation

August 4, 2009

Jim: The question this evening, Q'uo, has to do with Living the Law of One – 102: The Outer Work, the book on which Carla is about to begin working. She would like to ask if there are any suggestions that you might have to make concerning the outer work, the outer catalyst that each of us goes through as we go through our lives, our daily round of activities, and the various types of experiences that we have that provide us catalyst that hopefully we process into experience.

Could you give her any spiritual principles to consider along these lines that would help her begin and continue with Living the Law of One, Book 2?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. It is, as always, a great privilege to be called to your group and we hope that we may offer some thoughts to the one known as Carla on The Outer Work that may prove to be a good resource.

Before we begin, we would request that each of those who listens to or reads these words invoke his faculty of discrimination, taking from what we have to say those things that seem resonant and leaving the rest behind. This will enable us to offer our service without the possibility of infringing upon your free will or disturbing the rhythm of your process. We thank you for this consideration.

We appreciate this instrument's fastidiousness in setting the intention that all concepts within this session of working come from us and not from the instrument. Further, we appreciate the fact that this instrument has not attempted to guess what we shall say. Both of these factors aid us in being able to address this subject at all, given that the instrument is also the questioner. There is more of a possibility of the channeling being tainted when such is the situation. In this case, however, we feel that that which we can say, we can say freely. We thank the instrument for these ways of taking care that the process of channeling remains pure and undiluted by human opinion. This instrument has expressed several times to the one known as Mick [1] her feeling that she will need to move more deeply into the contemplation of the outer catalyst of life before she is capable of offering good information. This is due to the fact that for this instrument, there is a lifelong habit of attending first to the metaphysical aspects of any situation and only secondarily to the actual situation, that which is the incoming catalyst, as it were.

This way of thinking is very helpful for one who wishes to maintain a constant and stable metaphysical tuning and who wishes to be a reliable and trustworthy instrument for peace, love, joy, thanksgiving and compassion.

However, that which works for this particular instrument has little to do with the situation as this instrument would say "on the ground," and the volume which this instrument proposes to write is all about that which occurs on the ground, in the thick of incoming catalyst.

We might even say that for this instrument there has been a tendency not to respect or to give full sway to the physical events and circumstances that seem to occur in the outer world. This is due to the instrument's overwhelming tendency automatically to reconfigure that which is coming into the five senses in patterns that have to do with spiritual principles, such as loving, listening and so forth.

Again, these values are excellent things of which to speak if the instrument is writing about the inner work. However, the attempt here is to write about the nitty-gritty experiences of life such as marriages, children, parents and the dilemmas of relationships.



We encourage this instrument to let go of her preconceptions concerning outer catalyst, to cease being a person whose faculty of observation overwhelms the immediate and keen instantaneous reactions to catalyst as it comes into the field of awareness. It is not an easy thing to step outside of one's personal biases. Yet in order to compensate for the heavily metaphysical aura that overlays all physical catalyst for this instrument, it shall be necessary to do just that: step aside.

And enter in, with creativity and imagination, to the intense feelings, the acute suffering, and the helplessness of one who is overwhelmed by outer catalyst. Those entities who wish to read a book concerning things like marriage, children, parents, work and so forth have deep and unanswered questions. They feel out of control and helpless before the onslaught of catalyst and for the most part, my sister, they do not have your gift, which is so deeply ingrained in you that you may not even be aware of it, of pulling the details of physical catalyst into a pattern which highlights the metaphysical aspects which are pointed up by a particular pattern of outer catalyst.

This instrument was writing earlier today concerning healthy soil. She was reporting on a book written by the one known as Penny, called *From the Soil to the Stomach*, [2] and she was saying that when one gets down close to the ground, one sees all manner of life that one does not see from the position of one standing up and walking across a meadow.

When one puts one's hands in the soil to weed a planting, one sees worms, beetles, slugs, all manner of tiny crawling creatures, some of them quite exotic in their looks, and there are so many of them crawling upon the ground that this instrument wrote that it's as if they were having a party. It is a very busy, a very active environment, and it is those beetles and slugs and microorganisms that create the good, healthy soil that enables seeds to grow into good, healthy plants and offer fruits that are of good nutrition.

In just this way it is necessary in writing about the outer catalyst to lose your altitude and get close to the ground. For only when you have knelt down to the very level of the heaviest and most shadowy emotions that are possible to feel can you begin to create access to and understanding of the experience of receiving outer catalyst.

The temptation, my sister, will be to solve each bit of catalyst as you go, yet that is putting the cart before the horse. Enter into the suffering of one who is dealing with a relationship or a difficulty with work or any of the number of subjects you hope to discuss. It is central to the integrity of the work that you have moved from the observer to the experience and have allowed these catalysts to come into you with the kind of force and power that is common among those upon your planet.

My sister, that principle which we offer to you at this time is oneness with the body, oneness with the earth, oneness with the heavy catalyst that is not diluted or ameliorated by wisdom, a sense of perspective, or the wider point of view. My sister, you have suffered in each of the ways in which you need to discuss catalyst. You have, indeed, had the full and intense experiences of these catalysts in your own life. But, my sister, it is difficult for you to access the uncut, raw emotions of these experiences because as we've said, your inborn and inherent gift is that of moving to higher ground with every fiber of your intention and your being.

The advantages of this turn of mind are obvious. The disadvantages are not so obvious, for in recreating outer catalyst so quickly into that which is observed by a spiritual seeker, there is a cutting away from that bright intensity of unthinking, emotional reaction.

Such emotions feel to you as though you were in a closed place that makes you feel claustrophobic. And so you break free of the closeness of the agony of direct experience. As we said, this bias on your part has many advantages. It

has allowed you to move through your incarnation in ways that are productive of service to others. Yet there is a loss involved and we would ask you to investigate that loss.

Those who function from the level of what the one known as G called "presence of mind" in the discussion preceding this session have gained immeasurably in being able to use physical incarnation fully. Yet to one who does this creation of presence of mind almost before the experience has occurred, there is a loss of a sense of reality, shall we say. It is as though by your constant metaphysical stance you have created of your awareness of life the quality of a dream.

We are not saying that you are without your integrity. We are saying that you cannot write about the catalyst that hits a physical being in a physical world with that distance and be able to make contact with those entities who are seeking help in dealing with these outer catalysts.

My sister, you have asked of yourself that which is not in your comfort zone to do. Your comfort zone is in writing about the solutions that come to one who sees life as a waking dream, an illusion. There is a slight feeling of distaste in the mere thought of plunging into that experience suffered by one who is suicidal or angry or desperate or helpless or hopeless.

Thusly, we would ask you to investigate those raw and untamed feelings, although it will make you uncomfortable. Only from that personal experience can you open the gifts of the spirit and of your own native abilities in such a way as to connect with those who suffer.

You like to think of the one known as Jesus as he teaches or as he is lifted up into the clouds and ascending. You are not fond of thinking of him sweating blood in the Garden of Gethsemane. Spend time in that garden as you prepare. As always, my sister, we would greatly encourage you to pray and ask for help each and every time you prepare to write. Tune yourself as though for channeling, set your intention and dedicate yourself wholly and completely to the service that you hope to offer. And then, when you have prepared, go forward with the faith that one foot, put in front of the other, shall surely bring you to your goal.

My sister, we would also recommend that during the writing of this book you attempt to move outside into the world of nature, even if it is just to sit on your front porch and feel the breeze. It is important to sense into the earth of your nature. It is good to feel your connection to the womb of the Earth and to feel yourself as fully incarnated. This too shall aid you in entering into the human condition.

The help is there. The gifts are there, yet there is hard work for you in making available to yourself an authentic voice for those who suffer.

We will at this time turn from this subject to any queries that may be on the minds of those who are present. Is there another query at this time? We are those of Q'uo.

G: Q'uo, I have a query. As the conscious attention is brought into the higher energy centers, as states of consciousness which are more stable and focused and quiet and subtle are entered, how are the breathing patterns of the body affected?

We are those of Q'uo, and are aware of your query, my brother. We would say, my brother, that the tendency of one who has found access to higher states of consciousness is for the breathing to originate lower and lower in the body, so that as one becomes more fully conscious, one is breathing, not simply through the top of the lungs or even the lungs, but deep down from the red-ray chakra up, so that upon the outbreath the stomach may even move. The more serene the state of mind, the deeper the breathing.

It is, however, not something that is necessarily a goal to achieve, although there is value in deepening the breathing and feeling the breath coming all the way down into the belly and exhaling all the way from the belly, in that there

is a subtle interplay of the physical and the metaphysical. Just as when you smile you change the chemistry of your body, so when you deepen your breathing you change the feeling-tone of your physical vehicle.

May we answer you further? We are those of Q'uo.

G: Thank you very much, Q'uo. In the event that the frequency of the cycle of breathing decreases, perhaps even resulting in cessation of breathing, what might that indicate?

We are those of Q'uo, and are aware of your query, my brother. That moment of cessation, when the breath is expelled and there is no immediate need to take another breath, is a vacation from being physical. It is an entry into timelessness, infinity and eternity. It is not complete, in that the heart remains beating and the pulse is flowing through the body. But when it occurs, whether naturally or through yogic exercise, it is an opportunity for the experience of the timeless. There is a tremendous peace and release when it is unnecessary to breathe in or breathe out, and even if it occurs for an instant, it is a precious and helpful resource to the serious seeker to experience that cessation of the breath.

As much as breathing is a glory, for life is in the breath, yet also there is a splendor in the consciousness that is suspended between breaths.

May we answer you further my brother? We are those of Q'uo.

G: No thank you, Q'uo.

May we ask if there is another query at this time?

(No further queries.)

We are those of Q'uo, and are again with this instrument. As it seems that we have exhausted the queries in this group for the moment, we offer our thanks once again for the pleasure of being called to this session of working. We thank you for your beauty and the genuineness of your desire to serve. It is an honor to speak with you. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai vasu borragus.

[1] Mick is Carla's nickname for Jim McCarty, her husband.

[2] Penny Kelly, N.D., From the Soil to the Stomach; Understanding the Connection between the Earth and Your Health: Lawton, MI, Lily Hill Publishing, c2001.

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Special Meditation

August 11, 2009

Question from G: In Session 52 of The Law of One series, Ra says there is great danger in the use of the will as the personality becomes stronger, for it may be used even subconsciously in a way reducing the polarity of the entity. [1]

Q'uo, it seems that the will is a primal moving energy that is accessed, invoked and, like physical muscles, made stronger through repeated use. Is Ra saying that the will, this motion, can operate outside the purview of the conscious mind? Is Ra saying that desires of which one is unaware may take hold of the faculty of will and utilize the will for purposes which ultimately lead to a reduction of polarity? Is it safe to say that will alone has no purpose without desire to guide it? Also, how may we avoid such a scenario? Please elaborate further.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. It is a great pleasure to be called to your circle of seeking and we thank you for the privilege of being able to share with you our humble thoughts on the subject of the will.

As always, before we begin, we would ask you a favor. As you listen to what we have to say, please listen with discrimination, taking those thoughts that are helpful to you and leaving the rest behind. We thank you for this consideration, for it shall enable us to offer our thoughts without being concerned that we may infringe upon your free will.

The query that the one known as G has asked is a very interesting one, for the first distortion of the Law of One is free will. This distortion of free will is indeed [as] that which the one known as G described, a moving, primal force that is available to the use of those who would be co-creators. Therefore, let us look at who the Creator is.

Perhaps one might say that there are three basic levels of will. The first level of will is the will that has not been accessed by any entity. It is the wind on the water. It is the movement of that water as it moves from the rain to the aquifer to the sea to the air again. That free will that is the first distortion has no subject. It has no object. It is pure verb.

There is a second level of will which could be called the personal will. That is the will which creates and then enjoys maintaining preferences. One's personal will comes into play as one meets the many, many questions of the day. What shall you have for breakfast? What book would you prefer to read? What movie would you like to see? What song would you like to hear? What style of clothing do you wish to wear? Where do you wish to live? All of these matters that matter only to you are matters of your personal will.

When there is a relationship between yourself and another, that person's personal will comes into play and you quickly discover that often your will and the other-self's will are not the same will. This is not a particular problem when it comes to what you shall have for breakfast or what it is that you shall read, but when it comes to questions such as, "Where do I wish to live?" the clash of the personal will of the self and the other self can be acute and create catalyst.

Such a clash of the wills is presently being experienced by the one known as R, and this entity can testify with tears and a breaking heart that there are times when the clash of personal wills can be excruciating and constitute a genuine challenge for the evolving spirit, placing the self in the fiery furnace that tempers souls.

The third layer of the will is that aspect of the disciplined personality whose watchword is, "Not my will, but thine be done." [2] Therefore, the goal of that entity who wishes to work with the magical personality is to come into a clearer and clearer awareness of just what the will of the Creator is.

The practice of such a seeker is first to determine to his or her complete satisfaction what that will is and then, and only then, to set the intention to access that will of the Creator and marry it to the desire of the heart.

This is a tremendously subtle enterprise. It is a subtle thing, firstly to determine the will of the Creator for you, secondly to access that will in such a way as to marry it to your desire, and thirdly to create within the self the environment within which intention and desire become manifest in action.

The ways of the intellect are complex and deep. It is possible to rationalize almost any line of thought, given a length of time in which to find the rationale for such a line of thought. How many times have you heard the conversation of a born salesman and become enthusiastic over something which, upon reflection, is not what it seems at all.

As he seeks to know himself, each entity fools himself many times. The sifting and shifting through masks, personas and rationalizations can feel like an unending maze out of which there is no escape.

Indeed, the seeker who attempts to determine the will of the infinite One with his mind is doomed to confusion and folly, for the mind is not geared towards truth in a spiritual sense. The mind is geared towards the organization of elements that affect that mind and the body which goes with it so that that mind and body, that person, may be comfortable, safe and happy.

Even if that mind wishes to think upon spiritual things, that mind will be sensing into the masks and the personae that equal spiritual behavior or spiritual attitudes. The mind of man is not a tool which is created to engage in that truth that goes beyond fact and enters into essence.

Therefore, the seeker who wishes to engage the will at the level of spirituality is well served by a daily practice which removes the self from the kingdom of the mind and brings the self into the kingdom of the heart.

Thusly, it is to the heart the seeker shall most beneficially turn, walking through the outer courtyard of the heart and gathering all of his humanity in order that he may lay it down in the inner sanctum of the heart in which he may tabernacle with the infinite One. There is surcease there from the ways of the world. There is release from the tyranny of the mind. There is acceptance of all of the imperfect-seeming self by a love so great that it has called you and the creation into being.

Let us look now at the magical personality. The earthly personality is created by you with the help of your culture, your parents, your teachers, and those peers whom you wish to emulate. You try it on as a young child: "Am I this? Am I that?" You discover some things about your earthly personality. You discover your gifts. You discover those things at which you are not gifted. And then you fill in the blanks with [the ways of your] culture and those choices that you have made of whom you would like to resemble, whom you would like to emulate. If a mask does not suit, you can discard it and pick up another. "I used to be like this, but now I am like that." You can remake yourself endlessly—to a point. For there are things within your incarnational self, that you call the personality or the ego, which are deep-set, which are you to the bone, even to the marrow of the bone. Who knows what those characteristics are! But there are some givens in every entity's life. And as you become more aware of yourself as an entity, you either fight them or cooperate with them. Blessed is the entity who decides to cooperate with his deep-set personality traits! For becoming more spiritual is not a matter of dropping the earthly persona. Rather, it is a matter of becoming able to call upon a faculty within the self which is impersonal.

Saying that this faculty is impersonal is not the same as saying that this faculty is not firmly and inextricably attached to the earthly personality. It is simply saying that in order to claim one's magical personality it is necessary to know the self well enough to be able to control that earthly personality and to lay it aside for a time for the purpose of service to others. Everything that the magician does is oriented towards expressing devotion toward the Creator and devotion to all other selves in such a way that there is a change in the consciousness of the magician. The magician realizes the scattering and distracting nature of the earthly personality upon spiritual intention and therefore, carefully creates a system of qualities and spiritual essences in a carefully laid pattern that will reach down into those parts of the self that are too deep to see, down into the archetypal and subconscious parts of the self, in order to evoke those powerful, deep essences that tune the mind and the heart so that the self as a whole rings and resonates with infinite value at the level that shall never change.

The desire of an entity is like a firefly—it flits here and there, fixing on

things small and large and infinite with bewildering speed. The same entity can desire a certain flavor of ice cream, peace on earth for all mankind, and that parking place that just became available, with bewildering speed. And all desires are true and real in their way. It is at those times when one is tabernacled in silence with the infinite One that the firefly of desire lands just for a moment, just for a spell of time, infinitely short and infinitely precious, and comes to rest at a still point that opens up into all of infinity and eternity.

It is from those timeless moments out of time that one can bring back a growing ability to know one's desires for what they are and can begin to separate the ice cream and the parking place from the hope of peace.

There is a hunger which comes to one who finally understands that he knows nothing; there is a hunger for the presence of the living Creator. It is a hunger that can never be slaked in the world of ten thousand things. It is a precious hunger. It is a hunger more precious than the fullness of all desires being realized in the world. It is a hunger that calls forth devotion, that lives on faith, that knows beyond all knowing, that has awareness with no content.

It is that hunger, that desire, that fuels the work of the magician. And, my brother, as you work with the will, as you seek to use the will in a way consonant with your spiritual aspirations, you are seeking that grail which is the most real thing in the world of illusion. As you move beyond the desires of the body and the desires of the mind into that emptiness filled with devotion which comes to you in that inner room, you are preparing yourself to be a powerful person. It is when you have become this powerful person that you must be exceedingly careful with the use of the will.

An entity who is living in the world does not have power. It is very rare that an undisciplined personality can muster his will and have force behind it. But it is the most common thing in spiritual seeking for an entity who has become aware of his power to find himself lost in the maze of the self he does not yet know, those portions of selfhood that have so far escaped his awareness. This instrument is currently working to discover one of these shadow areas she has found within herself. Knowing herself to be a powerful entity, she is concerned that unbeknownst to her, aspects of this unintegrated self may rain judgment down on innocence and cause harm to another which was not intended. In the end, all effort must be laid aside and faith must be invoked, for there is no end to the subtlety and the complexity of the human mystery. You are inevitably going to be surprising yourself with who you are for the duration of your lifetime. Every living entity is a Creator and contains all things. Every living entity creates his own universe and makes the laws that rule that universe.

As you work with your perceptions of yourself, your will and your desire, you shall wander down twice as many false streets as true ones. Therefore, rely most of all on faith—faith in your good intentions, faith in the process itself, and faith in the Creator that gave you all that you need to do the work that you came to do.

We would ask if there is a follow up to this query. We are those of Q'uo.

G: Not to the main question Q'uo. Thank you.

We thank you, my brother. Is there another query at this time? We are those of Q'uo.

G: There is a query from the Bring4th forums. "I would ask Q'uo to address the attitude of fear. Our society is permeated with contrived, fearful scenarios of what might happen that seem to keep even the most spiritually adept individual off balance and looking for either cover or succor. The news media shows escalated discord and even panic as people are polarized around various issues. Can you give us some suggestions as to how to find a balance between being

reasonably informed, yet not contributing to the creation of a negative reality? Is it even advisable to stay informed of world events at all? Or would you recommend an 'ignorance is bliss' approach and just avoid any mention of negativity and fear? Can you give us some reassurance that the STS entities won't succeed in taking away our freedoms?"

We are those of Q'uo, and are aware of your query and we thank you for it. It is indeed so that the workings of service-to-self polarized entities depend heavily on fear, for fear and love cannot coexist. Either one or the other shall engage your attention.

Answering the latter part of your query first, we would assure you that the time of the dragon is short. There are always hopes of repetition of those who would rule by empire and enslave others for the use of the self. Yet you have seen empires rise and fall in all of your recorded history and even within the memory of those within this circle there have been the sound of falling idols as one dictator or another is brought to dust or at least into retirement from his evil.

Tyranny has not won, nor can it win, the mind and heart of mankind. What it can do and what it enjoys doing is ruling nations and creating within those nations climates of fear as you noted in your query.

What does this fear do to the spiritual seeker? On the physical level those who rebel against dictators and tyrants can die, or be made very uncomfortable. They can be put in jail. They can be tortured. Their hearts cannot be changed, nor can their minds. And in general, the real day-to-day activities of humankind move below the radar of these governmental tyrants.

Consequently, we would suggest that it is entirely up to an entity as to whether or not he stays abreast of the news of the day. Some entities do not have a great curiosity about it, and it certainly is not needful for a spiritually healthy and fulfilling life. There are many, however, whose personalities are such that they do wish to stay abreast of what is happening and we find that there is no harm whatsoever in learning all that you wish to learn about the affairs of the day as long as you remember that you are not here to judge, but to love that which you see. All that you see is love in some distortion or another and you are here to reflect love back into that which you see.

Therefore, gaze deeply within as you see the news of the day, asking for insight as to the patterns of service to self and service to others so that you may see beyond the details into the grand patterns that are moving energetically within the global web of energy that is the Earth. And as you come into realizations concerning how the two polarities work and how they complement each other, open your heart to love what you see, to send love into the situations that disturb you, to rejoice with those things that you see that speak to the primacy and the victory of love, for that you shall see beyond all of those implements of fear that so abound in your outer world.

May we ask if there is a final query at this time? We are those of Q'uo.

G: That was a beautiful response, Q'uo. A final question comes from K, from India, and he says, "I am a Hindu by religious upbringing. My distortion of the One is largely experienced through the legendary divine Hindu figure of Sri Krishna. I have always been intrigued by this character through whom I have offered devotion and brickbats [3] to the One. I remembered that there were some questions in the Ra series in terms of unraveling the identity of the one whom we know as the Christ. I am similarly possessed with a quest to know who the true Krishna was.

"My question for Q'uo is this: Who was the legendary character of Sri Krishna, who is now a much-revered Hindu deity? What are his origins? And if he was real, what was his purpose with respect to the Law of One?"

We are those of Q'uo, and are aware of your query, my brother. That entity which you call Krishna was, as was Jesus the Christ, an historical entity. However,

your stories are older by far than the stories of those of the Middle East that created the many Christs of which Jesus the Christ was one.

Shall you go back 9,000 years to find Krishna, the entity? Or shall you accept that like Jesus, the Christ, he became Christ by taking on a cloak of Christhood?

Further, can you find Krishna in your clothing? Have you taken on the cloak of Krishna-hood? We do not speak to you in near riddles without reason. There is much for you to discover within yourself and we would not take this learning from you, my dear friend.

We thank you for this query and we rest with you in constant meditation, which you may call on at any time that you wish to rest and feel loved. For all entities need that sensation of being loved and being supported.

It is an honor to offer this to you.

We find that the energy of this group and this instrument has begun to wane, so at this time we would leave this instrument and this group rejoicing in your beauty, thanking you again for inviting us to join your session of working and leaving you in the love and in the light of the one infinite Creator. Adonai.

Adonai vasu.

[1] Here is that quote in context: "Ra: Acceptance of self, forgiveness of self, and the direction of the will; this is the path towards the disciplined personality. Your faculty of will is that which is powerful within you as co-Creator. You cannot ascribe to this faculty too much importance. Thus it must be carefully used and directed in service to others for those upon the positively oriented path. "There is great danger in the use of the will as the personality becomes stronger, for it may be used even subconsciously in ways reducing the polarity of the entity."

[2] This quotation is a paraphrase of Jesus Christ's words in the Garden of Gethsemane, the night before He was crucified. The reference is, Holy Bible, Mark 14:36, "And he said, Abba, Father, all things are possible unto thee; take away this cup from me: nevertheless not what I will, but what thou wilt."

[3] When consulted for his interpretation of this "brickbat," K wrote, "A brickbat is a very blunt criticism, a meaning derived from the analogy of using bricks as weapons. To be candid, I give the infinite Creator a lot of verbal abuse, apart from praise and worship." Copyright © 2009 L/L Research  
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Saturday Meditation

September 12, 2009

Group question: The question this evening is: In offering wisdom or love or attempting to be of service to others, we understand that it is possible to infringe upon another's free will if they're not ready to receive this kind of information. We are interested in knowing if this creates a fifth-chakra imbalance and if so, how does one balance this?

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we come to you this evening. We thank this group for calling us to your circle of seeking. It is our privilege and our pleasure to respond to your call. We are glad to share with you our humble thoughts on the subject of service to others.

Before we begin, however, we would offer two thoughts. Firstly, we are, as this



instrument said before the meditation began, those of Hatonn actually speaking this evening rather than our brothers and sisters of Latwii. This is due to the energy of your circle, which is heavily biased in favor of love. In order to support and encourage that vibration those of Hatonn, of the density of love, are very pleased to be chosen this evening to be the appropriate voice of those of Q'uo as a whole.

Secondly, as always, my friends, we would ask you to listen to or to read these words with discrimination and discernment, not swallowing our thoughts without thinking about it but rather listening for that echo of truth that appeals to you personally. For it is certain thoughts, not all thoughts, that will inevitably touch each of you. Therefore, it will free us from being concerned about interfering with your free will if you will take responsibility for laying aside those thoughts of ours which you do not find helpful. We thank you for this consideration.

The concept of service to others is at the very heart of the polarization that is the primary objective of each of you as seekers attempting to learn the ways of love. Because of the fact that it is so primary a concept, it is well to spend time contemplating service to others, as those of the study group offered by the one known as C and the one known as D has done and the one known as R also. We thank each of you for collaborating on this query this evening.

There are times when the roles that seekers play cause them to feel the need to infringe upon the free will of others. As we say this we are thinking of children and parents. It is definitely an infringement on an infant's free will to direct that infant in the ways of planetary custom. And yet it must be done. Just as a colt must be broken to bridle before it can be ridden, so the physical body of a young seeker must be broken to bridle in another way. Manners must be learned, principles of social conduct must be inculcated and the child must be trained to know how to be a functioning and effective part of the tribe of humankind.

There is no doubt that each parent agonizes over the need for impressing his or her will on a child. And yet, what choice does a parent have when it is concerned with preparing the child for being an independent adult that is able to make his way in society? Indeed, parents draw back from that need to interfere with the free will of the child only to that child's detriment. For if a child does not have all of the tools he needs to fit, to a minimal extent, into the culture in which he lives, he shall have difficulty in creating for himself a way to pay his bills and to make relationships and so forth. Yet, it is undeniable that in this case the role that the parent plays ends up placing this parent in what would seem to be a service-to-self series of actions as the parent trains the child in how to behave and how to think of others. Unless the parent enjoys impressing his will upon a child, so that instead of helping the child the intent is to bully the child and make the child feel small, there is no karmic debt or imbalance in the chakras resulting from the benign, beneficial and kind training a parent must give to a child.

Likewise, when one is in charge of a group, as a teacher or professor must be, he is again playing a role in which he must ask the students to learn certain things. Again, there is no karmic imbalance because of this role-playing as long as the teacher does not use his authority to abase or shame one of his students or to make that student feel stupid or small.

One may perhaps think of other roles which entities play in which the responsibility of the role which they play creates the seeming impression of one's will upon another. In all cases of this type, what is critical is not what is done but rather what the intentions are of the entity who is imposing his will upon another. If the teacher's intention, for instance, is to share knowledge and to create the opportunity for his students to think about new ideas, the fact that he must ask the students to learn certain facts and repeat

them back to him on a test is a benign and beneficial thing.

One looks always to the intention when one is gauging the success of being of service to another. One looks to the intention when judging a service-to-others act because the metaphysical world and the physical world are equally involved in service to others upon your planet.

Your body is in space/time in the physical illusion. Your consciousness is in time/space, the realm of your energy body. Time/space is also an illusion but it is a different kind of illusion in which thoughts are things.

Consequently, if one balances the intention with the manifestation that is achieved of that intention, a space/time judgment would be entirely favoring the manifestation. Yet, from the time/space or metaphysical perspective, the shape and quality of the intention to serve would far outweigh the manifestation. This should be of comfort to many who attempt again and again to be of service and find themselves lacking one way or another, according to their own judgment, in the manifestation of that attempt to be of service. From the metaphysical perspective, my friends, you are succeeding brilliantly if your intentions are pure.

Let others worry about whether a manifestation is perfect or imperfect. That is not your concern. Your concern is only to attempt, in the present moment, to move according to the intention of service to others that you have set for yourself. This and only this should be your concern as a seeker.

Certainly it is satisfying when a service is appreciated and thanks are expressed. However, that entity that you are in your heart, the "I" that is the central, deep "I" of you, is an "I" that cares only about making the maximum effort to set a pure intention and then to express it in the physical world.

Therefore, focus not upon whether or not you come over well when you attempt to be of service, but only upon the purity of your intention.

Part of your question, my friends, had to do with the situation in which you are attempting to share ideas and philosophy that you feel are very helpful. There is a concern that, as you attempt to share this information with others, you may be infringing upon their free will, since they have not perhaps asked for this specific service. You are concerned that there may be a blockage in the energy body.

Now, we cannot give a general answer because of the fact that every entity seeking to share what he loves dearly goes about it in a unique way. Therefore, we can only say what tends to be true. It tends to be true that if information has not been requested, the compassionate course is to refrain from offering it. It is very difficult to feel so isolated when you have such treasure to offer people. And when you are on fire with the excitement of finding this new information that has helped you, you simply want to give everyone around you the same good experience that you have had. It can come as a crushing blow to discover that virtually no one in your circle of family and friends is presently interested in sharing what it is that you know.

If you persist in, as this instrument would say "buttonholing people" and giving them your information, then you are definitely involved in service to self rather than service to others. This is because of the primal nature of free will.

However, if you are moving, not from the level of person-to-person but from the level of soul-to-soul and you have an opportunity to share a key idea or principle that you find useful, you are free of imbalance if you offer this information without concern or attachment for the outcome of this offering.

In the one case, when you are buttonholing someone, you are pushing that entity and you are indeed creating a blockage at the yellow ray. You are not creating a blockage at blue ray. If there is blockage, blue ray will not function. When you are blocked, you are always blocked in the first three chakras, or possibly the first four. And when you are impressing your will upon another, that is a

yellow-ray blockage.

However, if you simply see an opportunity to drop a seed of thought and you have no interest in whether or not it is received well or not, than it is appropriate. Then there is no ripple in the calmness of the energy body, no balance is disturbed, and all is well.

This instrument has often said she likes to function as a snooze alarm. She realizes it is incumbent upon her in the role she plays as speaker to offer her shining truth with all the passion and skill that she has at her command. She is eager to aid in awakening those entities of your planet that are sleeping very lightly and are ready to wake up. However, once she has been able to catch their ear, once her snooze alarm has jolted them awake for a moment, she carefully refrains from being concerned as to whether or not they roll over and go back to sleep or whether they sit up and say, "Now that's something I'd like to think about!"

When there is no concern for the outcome, the ego-self is not involved. Yellow ray is undisturbed and there is no imbalance in sharing truth. Therefore, it is well to achieve a sense of equanimity when it comes to sharing the philosophy that excites you or when it comes to helping another person in any way. Staying at the soul level, what you are looking for is to aid entities in achieving what they desire. If your energies can link with the energies of one who is desirous of an outcome, and if you can help this entity come closer to his goal, you have served.

If you answer a question that another has asked, you have served.

If you respond to a request for time, the use of your talents or your money and you respond, you have served.

Again and again, entities become concerned because, after they have served, they see that what they have given has not been taken as it was offered. Yet we say to you, that is not your concern. As a servant of the light what you are interested in doing is seeing entities as they truly are, as creatures made of love, as the Creator Itself looking back at you from another pair of eyes. When you respond soul to soul, enlarging the love in the moment and reflecting love given by love received, you are polarizing to the best of your ability and you are accelerating the pace of your own spiritual evolution in so doing.

When you wish to help and you wish to help in a certain way, it is well, therefore, to take counsel with yourself and with your guidance system. Seek out and come to understand any impurities in your desire to serve others.

Earlier this day this instrument was engaged in a "Live Chat" for the Bring4th spiritual community online [1] and she was asked about serving others and serving the self. For when you serve others you are almost inevitably serving yourself, since to serve others is to serve the self, since all is one and all is the Creator.

The instrument responded by saying that, again, it has to do with intention. For instance, if someone comes to you and offers you a cup of tea because he wants you to think of him as service-to-others oriented, he is not actually being of service to others. Rather, he is manipulating you so that you will think well of him and it is a failed attempt to serve others.

However, if an entity looks at that same person and thinks, "Oh, that person may need a drink. Let me offer him one," and spontaneously goes up to the entity and says, "May I offer you a cup of tea?" the intention is pure, the service is genuine, and that entity has polarized [in service to others]. It does not matter that service to others inevitably results, in a universe of balance, in service received from others. That is, as your Bible calls it, "Bread cast on the water. It shall return ten-fold and a hundred-fold." [2]

We encourage you to move into the paradox where service to others becomes service to self with the sure knowledge that it is only a paradox to the logical mind which does not have the view of all things as being one and of the universe

as you now see it on Planet Earth as a system of infinite mirrors, so that everything about you speaks to you and you in turn offer yourself as a mirror reflecting others to themselves as well.

The one known as R added a rider to the query during the conversation and we would address that rider. That part of the query which did not make it on to your opening question on your audiocassette tape had to do with how an entity who is attempting to be of service and who has seemingly failed can feel that everything is perfect and everything is all right. Certainly that is not the feeling that is manifested within the energy body and within the emotions at a time when every attempt to be of service has been rejected.

From our point of view, that situation, as all situations, is perfect, for it is giving you, as the one known as Ram Dass has said, "grist for your mill." [3] There is a spiritual process going on within the life of each of you. It is infinitely complex, intricate and subtle. The outer catalyst comes into your energy field and impinges upon it according to your biases, giving you feelings of discomfort, grief, anger and other seemingly negative emotions.

To the worldly part of your thinking, these emotions seem unfortunate and distasteful. To the seeker within you, however, we would say that such emotions are gifts; they are gifts of a certain type. They are gifts that show you where your pain lies and, more than that, they show you what the pain is hiding. So you take those surface emotions and sit with them and allow them to ripen in your meditation time, continuing to regard those feelings with respect and with gratitude.

You do well to let them mature, for even the harshest surface emotion, as it is refined by the ripening process, shall begin to deepen your nature and hollow you out so that you may carry more love, just as a chalice carries wine.

Suffering of all kinds hollows out the earthly personality if you let it. It does not have to embitter you or make you cynical.

If you respect your own emotions and regard them with affection and a lack of judgment, and if you persist in allowing yourself to feel those emotions and to let them move ever deeper, you shall find that the gift begins to bear fruit as you feel yourself becoming more spacious within, more responsive to the deeper emotions. You will find that you are an alchemist turning disharmony into harmony, fear into love, darkness into light. It is a natural process and it begins with the disharmony, with the darkness. Such are the ways of spirit. And that is why we say that things are perfect at all times, although they may be uncomfortable. Do not cringe away from your suffering, but rather cradle yourself as you endure through the natural process of the alchemy of the transforming energy, of the love in your open heart.

Before we leave this subject we would note that it is very helpful in work of this kind to devote some of your precious time to sitting in silence or to entering the silence in some way. It is easy for the conscious mind to think all manner of things, some of them contradictory. It is easy to become confused as to what you wish to do. It is easy to become confused even as to who you really are.

When you enter the silence, you enter the realm of the one infinite Creator. You enter eternity and infinity. And, most of all, you enter the present moment which intersects at all times with the metaphysical universe. You are a heartbeat away at all times from the gateway of intelligent infinity. You simply need to release the self from the strictures of the intellect and logic and enter the silence. This is a helpful adjunct to the practice of attempting to serve others and we would encourage it.

We have no feelings as to how you wish to enter the silence. Every person's choice will be unique and that is as it should be. We can only urge you to it, for we feel that it is inevitable that you will find it a helpful practice in your seeking.

May we ask if there is a follow-up to this query? We are those of Q'uo.

Jim: No, not for me, Q'uo.

We are those of Q'uo, and as there is no follow-up requested, we would ask if there is another query in the group at this time. We are those of Q'uo.

R: I do not have another query, but want to say that the words offered by Hatonn were inspirational—at least to me they were. I really appreciate the opportunity to listen to a different perspective than I have. Thank you.

We are those of Q'uo, and we thank you, my brother. It is a privilege to be able to share energy with you at this time.

Since there are no more queries in this group, we would at this time—reluctantly, we must admit, because we greatly enjoy being with you and seeing the beauty of your auras as they blend—say, "Adieu" for tonight. We are those of Q'uo. We leave you, as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai vasu.

[1] Currently, Live Chat sessions with Carla L. Rueckert are offered, during September through May, on Saturdays from 3:00 p.m. to 5:00 p.m. (Eastern Time) on [www.bring4th.org](http://www.bring4th.org). Check with the site's announcements to be sure Live Chat is being held on any given Saturday, since occasionally there is a conflict and no Live Chat is held.

[2] Holy Bible, Ecclesiastes 11:1, "Cast thy bread upon the waters: for thou shalt find it after many days."

[3] This phrase is similar to the title of a book by Baba Ram Dass and Stephen Levine, *Grist for the Mill: The Mellow Drama, Dying: An Opportunity for Awakening, Freeing the Mind, Karmuppance, God & Beyond* (Santa Cruz, CA, Unity Press, 1977).