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SATURDAY MEDITATION

JANUARY 4, 2020

(Jim channeling)

I am Q'uo and am with this instrument and this group as we have been called to your group to speak those words of inspiration that may have meaning to you. We greet you in the love and in the light of the One Infinite Creator of which we are all a part.

We thank you again, as always, for inviting our presence into your group. This is our opportunity to be of service in a manner which you have requested—the answering of questions that are upon your hearts and within your minds, and this is a joyful honor and duty which we undertake today. As we always do, we thank you for taking those words and thoughts that we offer you and using them as you will, and for leaving behind the ones that have no meaning for you at this time. This small favor allows us a greater leeway in our expression of information, and information that might be helpful to you today.

At this time, we would ask if there is a query with which we may begin.

Kathy: Yes, Q'uo. Thank you. I have a question that relates to the New Age energies coming in from a direction 20 degrees east of magnetic north, which was chosen by Jim, Carla and Don for the direction that Carla's had to be directed toward because of the New Age energies coming in at that time weakly, or more weakly than perhaps today.¹

Ra said that this was a free will choice of the group, and they chose that direction rather than magnetic north because it would be a good aid to narrow-band meditation. They also referred to this—the energies coming in cosmically from this direction as New Age energies that would soon to be paramount for earth, and my question is: What does that mean? Are those energies now paramount? And this was something that Jim alluded to recently in his book, the same question. What can you tell us about these energies and are we now finding them stronger for us?

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, at the time at which this information was transmitted by those of Ra to the support group through the one known as Carla, these energies of fourth density were somewhat distant, shall we say, in their origination and in their appreciation by entities of this vibration upon planet earth. Therefore, at that time it was helpful to orient both the pyramid, which this instrument had constructed in the yard where the support group dwelled, and the bed upon which the instrument for the Ra contact rested during the contact. This allowed both the instrument for the Ra contact and any of the entities within the group who used the pyramid to enhance their meditations to perceive the greater vibration, or density of love, in the fourth-density

northeast. This is the direction from which the newer or New Age distortions of love/light, which are less distorted, are emanating from, and this instrument will find comfort therein. – 2.6. (See also: 59.23)

¹ Ra: The instrument at this time should be in trance. The proper alignment is the head pointed twenty degrees north-by-

vibrations that were then beginning to be felt upon this sphere.

In the succeeding years these energies have, indeed, become paramount, in that they have engulfed the planet in a manner which makes available these loving-and-understanding energies by any who are open to them. At this time, however, it would not be appropriate to say that they are only from the direction of 20 degrees east of north, for their presence is so paramount as to become omnipresent so that any entity attempting to perceive their direction would perceive them as being from 360 degrees surrounding the entire planet. These energies have the capacity to enhance the seeking, the direction of any entity who is conscious of them and sensitive to them.

The direction of the positively oriented entities, therefore, has the chance of being enhanced in both the purity and the power of the perception of these energies so that the spiritual journey may be intensified as if one were to place a magnifying glass upon it, and visualize the qualities of the seeking being purified and made more potent by these energies. This allows the positively oriented seeker to move more steadily along the spiritual path, being able to utilize catalyst that comes before it in a more proficient manner.

However, those entities that comprise the great majority of the population of your planet earth which have no discernable spiritual path and appreciation of the transformation into fourth density now occurring, may also find that their experience of their incarnation is intensified in a manner which requires a more conscious utilization of their catalyst within the daily round of activities.

Since so many have the distortion of doubt, confusion, anger, separation, and so forth, as their daily grist for the mill, shall we say, this intensification of the fourth density energies causes such entities to become more of that which they are expressing in their life experience, be it confusion, doubt, anger, jealousy, and so forth. This enhances the path that they are upon as well as it does the positive path, and in the same fashion, one may also assume correctly that the negatively oriented entities are also able to utilize these energies in their own fashion, to pursue their path of service to self.

Is there another query, my sister?

Kathy: No, thank you, Q'uo. That was very enlightening. Thank you.

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

Austin: I've got one, Q'uo. I'd like to explore the idea of manifestation. It's a very common term in New Age communities, in terms of the phrase that's used a lot, "We manifest our own reality," and there's the idea of the Law of Attraction which says that we attract all of our experiences and circumstances to us in some way. So, I would like to understand the Confederation's perspective of the concept of manifestation and how it relates to the path of the positive seeker.

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, the manifestation of that which becomes true experience for any conscious seeker of truth is in direct proportion of the purity of such seeker's seeking. The desire, the will, and the faith in the process is that which allows the seeker of truth to become aware of both the preincarnatively programmed process of learning within the incarnation, and the conscious perception by the seeker of this preincarnative programming as it relates to the catalyst that one encounters in the daily experience.

The manifestation of the qualities of love and understanding in some fashion, whether it be literally or symbolically, is that harvest of the fruits of the desire of the will of the preincarnative choices, of the catalyst facing the seeker constantly as it moves through its incarnation. This type of manifestation is a product, then, of many factors which the conscious seeker has determined by its own choosing and has enhanced by its continued processing and pursuing during the incarnation.

The manifestation of any particular type of quality, be it understanding, unconditional love, acceptance, service to others, and so forth, is also intensified in its manifested state so that there is more to appreciate, more to work upon, and receive a benefit from as the seeker then is able to see the manna from heaven, shall we say, as it falls into the consciousness of the seeker. This manner, this bread of life, is that which nourishes the soul, enhances the mental capacities that feeds the body as well so that the seeker is nourished upon this journey of seeking by that which it seeks, and that which it perceives, and

that which it processes, and that which it produces as the fruit of this entire energy expenditure. Therefore, the manifestation is a product of many efforts of the seeker of truth, both before and during the incarnational experience.

Is there a further query, my brother?

Austin: If a seeker desires something, a set of circumstances or resources they would like in order to further their service, or even if it's just something they want, is it better for them to use that desire as catalyst and try to understanding why they desire something that they don't have and why they are in that circumstance? Or should they attempt to manifest the things that they are lacking in order to further their service?

Q'uo: I am Q'uo and am aware of your query, my brother. This is a type of dilemma, shall we say, that the conscious seeker of truth may face at various times within its incarnational experience. The primary goal of each seeker is the opening of the heart in unconditional love so that all response to catalyst may be imbued with this loving vibration that attempts to give of the self to all others who are within the evident reach or realm of the seeker of truth.

As the seeker desires certain aspects or manifestations of that which it feels it needs within this process of seeking, and proceeding along its own spiritual path, it is well to keep in perspective that which is desired, so that that desire does not become greater than the overall desire to seek the light and the love of the One Infinite Creator within all beings and within all experiences.

Thusly, if this perspective can be maintained by the seeker of truth, it does no harm to ask for certain supplements or instruments, or evidence of aid to the seeker. However, this is most salient that the seeker of truth seek first, as you might say, the Kingdom of Heaven, that all else will be added unto it.²

Is there a further query, my brother?

Austin: No, thank you, that was really good, thank you.

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

Gary: Q'uo, I'm interested in what Ra calls "the sinkhole of indifference."³ They coined that term to describe the population of our planet which has not polarized, presumably over a long period of time. This group is not making a choice between service to others or service to self, so I'm wondering if the sinkhole of indifference operates as a sort of collective gravity well that holds people in a state of indifference.

An analogy came to me to help conceptualize this, and it's to imagine the effect of the ambient temperature in an environment. Objects within a room or a larger environment will take on the temperature of that environment unless there is some input that allows them to change temperature, say like electricity that can heat something up above room temperature, or keep something cold below room temperature. I liken that to the will and faith necessary to polarize.

Anyway, sorry, is the sinkhole of indifference something like a collective gravity well that requires will and faith to move outside of?

Q'uo: I am Q'uo and am aware of your query, my brother. We believe that you have quite eloquently stated the basic principle with your analogy of the sinkhole of indifference being that place wherein there is a, shall we say, a momentum of indifference—which is a paradoxical way of stating it, we realize.

The indifference that is expressed by those entities which do not find it possible within their own being to generate the desire to seek beyond the nature of their daily round of activities, beyond the mundane world, beyond that which they have always known . . . they seek only to reproduce the day before, the getting of the job, the making of the money, supporting of the family, gaining stature in the community and so forth.

These are possible tools for enhancing the journey which are not being utilized by entities which have

² Referencing Matthew 6:33. As it appears in the New King James Bible: "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

³ Ra: "To attain fifty-one percent dedication to the welfare of other-selves is as difficult as attaining a grade of five percent dedication to other-selves. The, shall we say, sinkhole of indifference is between those two." – 17.33. (Note that "five percent dedication to other-selves" is an inverse way of saying "95% service to self.")

no concept of that which is more than the experience they have previously had. They are unable to generate the faith or the will in any concept beyond the mundane world. They have this general feeling that this world is all that there is, that there is a beyond to this world is totally unknown to them and unimportant to them as long as they are able to provide themselves and their family with the basic ingredients for survival.

The sinkhole of indifference, then, begins to draw all into it that are of this nature that have no concept of moving beyond that which is in their lives at present and that which has been as it is now. So, this is a kind of momentum of a reverse order that does not allow movement forward in consciousness. The heart is hardened, the mind is closed, the movement is miniscule, thus, there is no progress in the spiritual sense.⁴

This lack of progress, then, has as a ramification the continued reducing of potential progress in what you would call their future experiences. That is their own reward for the lack of effort that they have made, shall we say.

It is a difficult situation for entities to escape, for it has been their experience in other planetary influences where they were also unable to generate the faith and will that would take them forward into the fourth density of love and understanding, and had, therefore, the necessity of repeating that experience upon your Mother Earth. This sinkhole of indifference, then, becomes their reality, and encases them within its strictured walls. There is very little chance it would seem that such entities would have any possibility of moving beyond their self-created prisons.

However, we would remind each present that at some point there could be a planetary catastrophe of such a nature that all entities upon the planet would then see the folly and futility of holding on to that which has been, for it has brought them to the brink of catastrophe and destruction, so that a response could be generated that would be the positively polarizing choice of polarity, all in an instant, so that this planet could shine as that which imbues all entities with the love and the light of the One

Infinite Creator. Though this possibility is seemingly miniscule in its potential, it is ever possible, my friends.

Is there another query at this time?

Gary: I have a couple of quick follow-ups to that question, thank you so much Q'uo. One is about what causes or contributes to this sinkhole of indifference. It seems like you were saying habituation is one primary cause—it's just what entities are used to over who knows how many incarnations and planets. I think another is the diversity of planetary origins on this planet. Are there any other significant contributing factors to why so many are in a sinkhole of indifference?

Q'uo: I am Q'uo and am aware of your query, my brother. Again, we appreciate your analysis of the situation for many of these entities have had these types of experiences upon other planetary influences where they were, shall we say, not energetically processing catalyst in a conscious manner at any time during the incarnation, so that the possibility of such processing was removed from their concept of how the life might be lived and enhanced.

The sowing of indifference, then, began as a seeding of consciousness that produced the mistaken conclusion that the present moment experience was all that was available. Thus, the movement beyond the present moment experience was not sought as an alternative to existing within that moment self-created by entities that had little success in seeing the greater view of the life experience.

These entities also had little contact, therefore, with their greater being, their higher self or unconscious mind so that there was little chance that pre-incarnative choices could be made more clearly observable or perceived by these entities. Thus, by not being able or willing to move beyond the present moment self-constructed, they found themselves within a bind in which the mind was unable to see any further than the imagine of the self that had been projected by time and experience in previous incarnations that had carried forth into the present incarnation in each instance. Thus, there was the slowing of any forward movement so that the entities began in a metaphysical sense to go round and round instead of moving outside of the circle, outside of the previous conception of the self, and begin to allow perceptions of all kinds to expand

⁴ Ra: "When there is no progress those conditions which grant progress are gradually lost. This is one of the difficulties of remaining unpolarized. The chances, shall we say, of progress become steadily less." – 20.17

into greater and greater views of the self, other selves, and the world around all.

Therefore, these entities have experienced a kind of drudgery or dragging of energies that are available to all in the beginning of each third-density experience.

It is difficult to say precisely how the beginning of such dragging or drudgery occurs within the beginning third-density experience, for all, at that point, have some desire to move forward. There is, within each entity, a kind of spark of intuition and inspiration that each begins the third-density experience with at some point.

As this spark is not fed and the fire begins to dwindle, then, there is this type of energy dragging and dissipating that, in the metaphysical sense, causes the slowing of the progress until it becomes as if no progress can be made.

Is there a further query, my brother?

Gary: That's excellent. One shorter one. So I had described the sinkhole as a collective gravity well, in that it seems to have its own gravity and exert a pull upon an entity who may desire to escape it, either positively or negatively, almost as if it has a self-preservational instinct. Would you say this is true? And if so, is this why pure positivity and pure negativity tend not to have little staying power in our world.

Q'uo: I am Q'uo and am aware of your query, my brother. We find that the gravity well of indifference is that which operates upon the spiritual level, much as you might say peer pressure operates socially upon entities within a third-density environment where the reproduction of behaviors and thoughts of entities surround one seems to be the best way to proceed; for the third-density entity begins with the desire to be appreciated and valued by those about it, and instead of initiating its own behavior, will then reproduce the behavior that it perceives being exhibited by those that are within its evidence reach or realm of experience.

The negatively oriented entities, however, have the ability to create a kind of gravity well of negativity that can draw entities into it, for the benefit of those at the apex of the negative polarity, those who have the greater power and separation from others and control over others. This type of gravity well is that which entities drawn into it are more likened unto victims of the negatively oriented polarity that is at

the apex of the negative grouping or well of negativity. This, indeed, would make it difficult to polarize in the positive sense by any entity that had such a desire if it was located within the evident reach of such negatively oriented entities.

Pure positivity, however, has a lesser effect in the expressing and energizing of positivity among others, for as the negative entities do not allow the expression of free will, the positively oriented entities feel that the expression of free will is paramount in all of their creation, and make room for it, and, indeed, exercise it freely, so that entities within a spiritually positive environment, would then feel the inspiration of such an environment, and would be fairly likely to join such, because it felt in their own beingness, to be the path to follow.

However, if they had any desire to move upon another path, the positively oriented entities would not prohibit such, but would bless the choice to move in another direction.

Is there a further query, my brother?

Gary: That was awesome, thank you.

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

Austin: I have a follow-up to that line of thinking. Integral theorists like Ken Wilbur believe that society evolves along a similar path as individuals, and goes generally in a more positive direction. Martin Luther King, Jr. described this by saying, I think: "The arc of the moral universe bends slowly, but it bends toward justice."⁵

I would interpret that as seeming like the gravity well of indifference *also* bends more towards a more enlightened view, or a positive view, as our society has implemented things like civil rights and more freedoms for minorities, and attempts to become more accepting of other cultures and things of that nature.

Do attempts to change society to seem more positive and become more accepting in society make it easier for people to then escape the gravity well of indifference as then they have the social habits that are more accepting and in line with positive thinking? Or is it always just as difficult to escape

⁵ "The arc of the moral universe is long, but it bends toward justice." – Martin Luther King, Jr

that gravity well because they still have to make the conscious choice and not do it out of habit? If that makes sense.

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, the efforts of positively oriented entities and groups, such as the one mentioned, Martin Luther King, Jr. and the Southern Christian Leadership Conference provide examples of optimistic outcomes for change in society that can be apprehended by the greater population of society and provide an opportunity for the feeling of rightness within the very soul of each being to express itself upon the energetic level of moving the self outward from the self in the expression of the desire to serve other selves. Thus, this is a means by which any entity—within the larger culture that may find itself within the gravity well of indifference—to find a lifeline, shall we say, thrown to it by such efforts as this entity and many others; for all entities have within them this spark of recognition of the One who is All, existing within them, and within every other entity as well.

This beginning spark of recognition, however, is more able to express itself in a greater burning flame, when it sees such examples as the one known as Martin Luther King put upon the stage, shall we say, of the society, so that the acts are seen to be those which are acceptable and inspirational, and which can be imitated upon any level by any entity within the third-density illusion.

Many, however, prefer to remain within the sinkhole of indifference, or, even to move in opposition to such efforts if their own mental complexes have been biased in such a manner as to see some reason whereby all entities cannot benefit from the society at large, that all entities are not, indeed, the same, that all entities are not the One Infinite Creator.

There has been, for many entities within the sinkhole of indifference, a kind of coloring of the perception through which the world is seen, so that there is seen to be a difference that makes some greater and some lesser, and the self seen to be in the greater portion of the division, however unable to move beyond the own self-perceived limits that are encasing the entity within the deleterious images, self-created and self-maintained.

Is there another query, my brother?

Austin: No, thank you very much.

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

Austin: We have one sent in from Luis, who asks a two part question. First part: "Can Q'uo please share some insights into the lessons of seventh density? What lessons do late sixth-density beings strive for as they prepare to graduate? And since Ra confirmed there are many sixth density wanderers on our planet, how may some of these lessons play out in daily life in the third-density planet?"

Q'uo: I am Q'uo and am aware of your query, my brother. If we understand the query correctly, the lessons of the seventh density are those which have been well-learned in all previous densities so that there is refinement within the seventh density that sees the love of the fourth density, balanced with the wisdom of the fifth density, producing a power of the sixth density, that allows the entity moving into the seventh density to begin to move back into complete unity with the One Infinite Creator through a process that may be seen to be endless in nature. This endless nature of the eternal present, then, becomes a kind of expansion of consciousness to include all of the one infinite creation for each seventh-density entity.

This gaining of spiritual mass, then, within each seventh density entity within its own social memory complex, is that which infuses all of the creation of consciousness with the entirety, or the unity, of the One Infinite Creator, so that each individual entity and each social memory complex expands infinite outward, as you would see it, so that it becomes all that is.

As you have stated in the query, there are sixth-density wanderers upon this planetary sphere at this time. Indeed, most wanderers are, indeed, of the sixth density nature, for it takes a great deal of courage to come into this environment, at this time most especially, and these entities, then, find within themselves the desire to be of service to the third-density population of your planet.

This type of service is that which is called upon and called for by the population of your planet, as the entities are experiencing the incarnation as wanderers within the third-density illusion. What is called for at the time of their incarnation and awakening as being wanderers is a kind of beingness which allows them also to expand in a certain

fashion so that their light vibrations begin to lighten the vibrations of the planet earth. The earth is engulfed in much of the separation and lack of knowledge of the unity of all things, so that the separation in mind, body, and spirit, produces a kind of darkness that is relieved in some measure by the vibrations of each wanderer, be it sixth, fifth, or fourth density.

The wanderer, then, is able to polarize much more powerfully within its own personal journey, as it not only provides the ability to lighten planetary vibrations, but brings with it various talents that might be exercised in service to others, whether they be teachers, or meditators, or take part in the third-density community of organizing drives for the poor to receive food, to receive housing, to receive medical care.

Sixth-density wanderers can exert their love and light vibrations in many and sundry ways in the third-density illusion, and in this expression of their desire to serve others, then, move ever more steadily forward into potentially being able to enter the seventh density as they return to their home density after the incarnation upon this planet is complete.

Is there a further query, my brother?

Austin: He has a very short follow-up, and asks, “Is the Logos that created our galaxy a seventh-density being?”

Q’uo: I am Q’uo, and am aware of your query, my brother. The Logos of this galaxy, and any galaxy, is a being of completeness that does not take part in the evolutionary process that those entities such as yourselves, are engaged in at this time.

Each Logos is a being of complete eight densities that has the ability to shine this completeness of its creation in a manner which infuses each portion of the creation that it has created with the love and light of the One Infinite Creator so that there is, within its creation, the means by which each conscious entity or intelligence may pursue its own journey of seeking in unity with the One Infinite Creator.

This path of unity, then, is that which is created by each Logos, being the path through the densities of experience. This, then, will allow the Logos and the One Infinite Creator to gain from each entity’s free will choices, the knowledge of the complete nature of each Logos, the knowledge of each portion of the

intelligence that the Logos has created then, provides to the Logos and to the One Infinite Creator, experiences that expand the knowledge of all that is, so that it becomes more than all that is at any particular moment in what you would call time.

Is there a final query at this time?

Gary: I’ve got one, Q’uo, that shouldn’t be substantial. Ra said that wanderers become completely the creature of third density in mind/body complex.⁶ If that’s the case, where, within the self, is the repository of the wanderer’s identity and experience and polarity and memory. Is it within the spirit complex of the entity?

Q’uo: I am Q’uo and am aware of your query, my brother. Each wanderer incarnates into the third-density experience, and goes through the same veil of forgetting that each other entity goes through. This veil of forgetting, then, seemingly hides the true nature of all entities that go through it, so that they appear, within the third density, to be ordinary mind/body/spirit complexes, with the simple desire to be and to move forward in some fashion of growth of mind, of body, and of spirit.

The wanderer has, as does any entity moving through the veil of forgetting, preincarnative choices that have been selected in order to provide the service that it wishes to offer, as well as personal opportunities for growth. These choices are manifested for the wanderer as they are for any other entity within the third-density illusion as the proceedings of the life experience, so that any entity, wanderer or otherwise, may look at those occasions of catalyst that come in the daily round of activities, as being that which is predestined, shall we say—predestined to provide opportunities for growth and service.

The wanderer has the, shall we call it, advantage of having a spirit complex that is advanced in progression so that if it desires it may be informed in some fashion through the intuition, by the spirit complex, to discover that it is, shall we say, not from here; that it is somehow different in a positive sense, not better, but different. This difference, then, becomes, for many wanderers, the seed that grows into conscious exploration of what this difference could be, and how this difference could be utilized

⁶ 16.59

in service to others, which the wanderer feels as an intuitive direction to travel.

Thus, the feeling of being here on a mission, shall we say, becomes a focal point for the wanderer, in that it expands the point of view. The point of view, then, becomes that which is discussed internally and examined internally in contemplation and in meditation. This, then, informs the mind, the body, and the spirit that it has a function to perform that is of great service to others, and this becomes the guiding light, shall we say, that inner light which shines upon the heart, and opens the heart, in a more dependable sense so that the wanderer may feel a kind of loving acceptance, not only of the self, but also of all other selves, that it finds in its daily round of activities.

Thus, the growing sense of love and sense of personal mission then combine to provide a kind of spiritual food for the being of the wanderer that then expresses itself through the mind, through the body, and through the spirit, thus aiding the wanderer in its chosen service, and in its own personal polarization.

At this time, we would thank each once again for inviting our presence in your circle of seeking this day. As always, you have provided us with much food for thought and joyful expression of the love that we feel in each heart directed toward us and toward all of the creation. We feel your beingness expanding outward in an inevitable sense so that we all are, indeed, truly one, each with the other, and with the All that is in All. We are known to you as those of Q'uo.

We leave you now in the love and in the light of the One Infinite Creator, Adonai vasu borragus.



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SATURDAY MEDITATION JANUARY 11, 2020

(Jim channeling)

I am Q'uo and am with this instrument, and we thank each present for inviting us today. We greet each of you in the love and in the light of the One Infinite Creator. It is always a pleasure for us to be called to your group, for your seeking hearts are that which attracts our admiration more than any other quality. We, as always, would ask you a simple favor. We are not ultimate authorities; therefore, we would ask you to take the words and concepts which we provide you today and use them in whatever way has meaning for you. If there are any words or concepts which do not at this time have meaning for you, we would suggest that you set them aside without a second thought. In this way, we will feel free to speak those words and concepts which we feel might be helpful in response to any queries you may have for us.

At this time, we would ask if there is a query with which we may begin.

Q1: Hello, Q'uo. Could you tell us how a seeker could get in touch with their higher self to ask it questions about our life's mission in this incarnation?

Q'uo: I am Q'uo and am aware of your query, my sister. The higher self is a portion of your being which stands ready to provide you with information and inspiration as a result of your heart-felt asking in what you may call the meditative state, or within the dream state, whichever has more accessibility to you. It is a type of communication that is oftentimes

engaged within to provide the kind of guidance that is at present eluding the seeker of truth, and has considerable meaning in the life path, so that the qualities of faith and will come into play in this regard.

If, in the meditative state, for example, you can ask for the assistance of your higher self, listing the quality that you are seeking to be illuminated upon as a function of opening your heart more and more fully in unconditional love for those about you. Thus, the faith aspect, then, becomes significant in that in the asking for assistance from your higher self, then, provide a bridge to your higher self through the faith that such is possible, and is likened unto your birthright, shall we say. Then, with the power of your will and your faith acting together, construct that bridge from your own heart to your higher self symbolically, so that this pathway may be a two-way communication.

If you are able to accomplish this visualization within your meditative state, there is every possibility that your higher self will feel the power of your will, your faith, and your need to be directed in a certain fashion upon your spiritual path.

Is there a follow-up query, my sister?

Q1: No, thank you.

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

Q2: Yes, hello, Q'uo. Why do we need faith?

Q'uo: I am Q'uo and am aware of your query, my sister. The illusion of your third-density experience is that which is so convincing to most entities within it, that for any entity to feel or believe that there is a reality beyond this illusion, is oftentimes seen as fallacious or foolish by those about one, for to most entities within your third-density illusion, it seems obvious that the only reality is that which meets their eyes and their senses upon a daily basis. It is not possible for most entities to look beyond the illusion so that they may expand their view and get what you might call a more cosmic overview.

Those, however, who are conscious seekers of truth, as you may call them, have within their own being, whether it be communication through intuition, through experiences of their own of a spiritual nature, or through mental belief in one kind of spiritual experience or path, [the possibility] that the faith aspect of the seeker may become the guiding star, shall we say, that leads the seeker in the direction that it wishes to travel upon its spiritual journey. Faith is that quality that allows the conscious seeker of truth to begin to apprehend the greater nature of its own being, of the reality in which it lives and moves and has its being in the third density, and the greater vision of the nature of creation that lies beyond the third-density illusion, and partakes of the unity of the One Infinite Creator.

Thus, faith is likened unto an energizer, or as we said before, a marker upon the way, a guiding star, that can speak to the spiritual aspect of one's being, and allow the mental aspect to apprehend in a clearer fashion, that which is the truer nature of the self, of the reality in which the self exists, of the path upon which the self travels, and the destination of the journey being the One Infinite Creator.

Is there a further elaboration of the question, my sister?

Q2: Yes. Is it possible to be One with the Creator while still existing in a physical body?

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, it is not only possible, but that is the reality for each entity and each portion of the one infinite creation, for the Creator has made all that there is out of its own being so that it may know itself more fully through all of the free will choices that each of the portions of itself shall make on their

journey back into unity with the One Infinite Creator. Thus, your task, as a conscious spiritual seeker of truth, is to become more and more aware of the Creator existing within each iota of your being and, indeed, existing entirely in the one infinite creation. This is a type of realization which can be experienced by the conscious seeker of truth as it goes further and further along its path of seeking, for the path itself is formed of the One Creator. There are exercises which are helpful to the seeker of truth that might aid in the perception of the Creator about one.

As you look about you in your daily experience, in the meditative state, look and see the One Creator. Feel, in some essence and some degree, the Creator within yourself seeing itself through your eyes. When you see other entities moving about you, see the Creator. When you look into a mirror, see the Creator. These may sound like the most simplistic of exercises, however, if done with a sincere desire to see the Creator, and to know, from the heart of one's being, that such is true and such is possible, then the Creator may reveal itself more and more to you as you seek it, for as you seek it, you draw unto yourself the ability to perceive it more and more fully in your own experience of the spiritual journey.

Is there a further query, my sister?

Q2: No, thank you.

Q'uo: I am Quo and we thank you. Is there another query at this time?

Lynn: Q'uo, are there any distortions or spiritual factors that can contribute to physical issues such as acid reflux, besides just what one eats?

Q'uo: I am Q'uo and am aware of your query, my sister. The body is the creature of the mind's creation. Therefore, it is oftentimes the case that the body will be utilized by the mind and the spirit when certain catalyst, or opportunities for growth have not been fully recognized or utilized in the life experience. These types of catalyst then, are sometimes given to the body in order that they may be expressed in a kind of distortion, or what you would call a dis-ease. This dis-ease, then, grabs the attention of the mind, which has not fully perceived the catalyst upon the mental level, and if the seeker of truth looks at the dis-ease as a symbol of that catalyst which has not been fully utilized, there may be the apprehension then, of a deeper meaning to

the dis-ease so that one may find a kind of correlation to the disease and the catalyst.

The reflux that you speak of could be seen, for example, as the inability to feed upon or realize spiritual nutrition from certain mental catalyst within your daily round of activities. We say this as a potential, not as an actuality for your very essence of being at this time. The type of dis-eases that one may experience, have, in their manifestation within the physical vehicle, the means by which the seeker of truth may find a corollary to the catalyst that has been misperceived, shall we say.

In the meditative state, then, it might be helpful to look upon your dis-ease as a means by which further spiritual growth is possible, if you are able to open yourself to greater possibilities within the meditative state. We suggest the meditative state for all such considerations, for the mental state is one which is filled to overflowing with various concepts and possibilities that may or may not have an application to your situation. The meditative state, then, is that state wherein these various possibilities begin to fall away until only that which has significance to your current situation remains.

Is there a further query, my sister?

Lynn: No, thank you, Q'uo.

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

Jan: We have a query from Sherry, and Sherry says, "It is my understanding that by taking in dark energy or service-to-self polarized catalyst and applying our light energy, or service-to-others orientation to it, we not only can dispel the darkness, but can actually transmute it into a third type of energy, which is the Christ energy. This is of supreme importance to our planet and our people at this time—kind of a one plus one equals three. I had a dream where Jesus explained it and gave me a symbolic gold ring so that I would remember this as alchemy. Do I understand this concept properly? Can Q'uo talk about this spiritual alchemy and how we may be as efficacious as possible at this practice? It seems easier to visualize when I think of the human body as a crystal.

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, this type of spiritual alchemy is possible for the one who has traveled with great

experience and success upon the spiritual path for a period of time. This alchemy is the work of the adept.

The adept, then, within the meditative state, can, indeed, look upon the various negatively oriented expressions of energy within the planetary consciousness that attempt to separate entities from each other and control them in a certain fashion that meets the prerequisites of certain negatively oriented entities which are operating within your planetary influence at this time. This is what you may call a kind of representation of the battle of Armageddon where the positively and negatively oriented entities begin to interact in a fashion which has the purpose of allowing the population of this planet for the positively oriented entities to be free to make choices of their own freewill, whereas the negatively oriented entities seek to have domination and control of this planet and its population, that they may add it to their empire, as they call it. The adept, then, within the meditative state, may see this battle being fought so that there are various negative energies in motion that may be perceived within the population of the planet as country against country, or faction against faction, even family member against family member may be seen to be partaking in this type of negatively oriented energizing of the desire to control for the benefit of the self.

These energies, then, are seen by the adept as that which can be surrounded by the love and the light of the adept as it channels this love and light from the One Infinite Creator through its being to the energies in motion in order to engulf them and completely surround them with the unconditional love of the open heart. Therefore, as the adept is able to see this image as a visualization within its one-pointed focus in meditation, then it may transmit further positively oriented love and light to these energies so that they are permeated with the love and light thusly transmitted. This is a type of visualization that, when it can be held in the mind for a number of minutes, may, indeed, be able to transform in some degree the negatively oriented energies in motion upon your planet at this time.

The adept, as it is able to hold this image in mind, then, at its conclusion, will clap the hands, or stamp the feet, in order to ground this vision within the third-density illusion. This type of a motion or action is that which completes the exercise for the

moment for the entity, for the adept. This is a type of exercise which is well, if it is repeated upon a daily basis, for there are many, many energies of a negatively oriented nature that are in motion at this time upon Planet Earth, and the adept will find itself drawn in many directions as it listens to the news, as it sees actions of a negative nature in motion, as it feels within its being the negativity in various portions of the planet, as it hears reports of this and that type of negatively oriented experience, so that there will be, for the adept, the opportunity to continue this practice upon a daily basis and make it a function of its life experience.

There is, for many, another means by which this type of experience may also be provided, and that would be, as one moves through the daily round of experience, to see each entity that one encounters as the Creator, to see all interactions of entities as the Creator—as the Creator sharing its concepts of love and light to those about one. This is a less magical, shall we say, practice, as it engages the contemplative state of the conscious mind, but also continues to allow the adept to have a further experience at bringing the love and the light of the One Infinite Creator into its beingness to be beamed, as a kind of beacon, to those that it will encounter as it moves through its daily round of activities. Thus, the amount of work, shall we say, of a magical nature that is possible for the adept to accomplish is endless. It is that, however, that is affected by such efforts, for the pure seeker has great strength of a magical nature, and may, indeed, be effective in allowing the energies of positivity to grow as a flower-strewn field upon Planet Earth at this time.

Is there a further query, my sister?

Jan: Not along that line, thank you. We have a query from Michael. Michael says, “Are there any social memory complexes that have switched/reconciled polarity in sixth density and have joined the Confederation? Are there any wanderers from such groups?”

Q’uo: I am Q’uo and am aware of the query, my sister. We are aware that each negatively oriented entity and social memory complex, as it moves through the cycles of the densities, proceeding from third through fourth and fifth, will encounter a difficulty within the sixth density experience that will eventually result in the reversing of the polarity of a negatively oriented entity or social memory

complex. For previous to entering the sixth density, it is possible for negatively oriented entities to pursue the path of union with the One Creator by following the path of separation and control of entities about one so that there is the removing of the freewill and the gaining of the power of such entities that are so dominated by the negatively oriented entity. Each negatively oriented entity or social memory complex feels that it is the Creator and that there is, within this nature of its being, the rightness of setting the universe in order, shall we say, so that there is the pecking order and the domination of the more powerful, of the least powerful.

However, as these entities then move from the fifth density into the sixth density, there is the necessity of blending and balancing the compassion of the fourth density, with the wisdom of the fifth density, in order to see that all are the One Infinite Creator and not just the self. Therefore, this type of reversing the view of what was seen before, is necessary for all negatively oriented entities, for they must see the self and the other self as the Creator and not just the self. This is difficult for negatively oriented entities, so that they must at some point reverse their polarity, and become what you would call positively oriented entities. This is possible for them because the power that they have gained in the path of negativity is seen as the same as the power is gained by positively oriented entities, that is, it is a power in itself that has an effect upon consciousness, the consciousness of the one that exudes and practices this power.

Therefore, there is no need for negatively oriented entities to retrace their steps and begin again at the beginning within third density. The power that they have gained is seen by the One Infinite Creator as being the same as the power gained by positively oriented entities. The fact that no further power can be gained, is the simple realization of the negatively oriented entities that are extremely wise by the time that they enter the sixth density experience and see this difficulty that will require that they flip their polarity, shall we say, and become positively oriented entities.

Is there another query at this time?

Jan: No, not along those lines. We have another query from Juan, he says, “Is it possible for a positively oriented third-density being to perceive fourth-density service-to-other practices as service-to-self?”

Q'uo: I am Q'uo and am aware of the query, my sister. If we perceive the query correctly, the positively oriented third-density entity then would be looking upon fourth-density experiences that are supposed positive experiences but see them in a negative fashion. We would suggest that this is possible for a positively oriented entity that has a misperception of the fourth-density experience that is perceiving, for the third-density seeker is within the illusion of the third density beyond the veil of forgetting, so that there is the difficulty of seeing through this veil and clearly perceiving any experience of a fourth-density nature.

The beginning perception of the third-density entity, then, of that which it sees within the fourth density, is that which must be carefully looked upon and perceived and felt in a manner which goes beyond the visible expression of what might be seen with the physical eyes. There is the necessity, then, to look with the inner eye, the eye of the third eye, the indigo-ray energy center that perceives in a more balanced fashion, that which is perceived whether it be in the third density or the fourth density. We would recommend that such a seeker, then retire to the meditative state to reconsider the perceptions that have been designated as negatively oriented when they, indeed, may not be such. This is a practice of respect, shall we say, or looking again at that which has been seen so that a new evaluation may offer itself to the seeker of truth.

Is there a final query at this time?

Jan: Yes. There is a query from David and David says, "What are demons? How did those beings become so separated of the love and the purposes of the Creator?"

Q'uo: I am Q'uo and am aware of the query, my sister. Those entities that are seen as demons are usually the projected thoughtforms of negatively oriented entities that utilize such thoughtforms in the attempt to control or to bring terror to certain entities so that they perhaps open themselves to further negative polarization, if they are unable to correctly perceive the nature of the demon. Negatively oriented entities utilize such thoughtform projections in order to control certain entities through the concept of fear. The fear of these demons, then, is seen as that which could be ameliorated or removed by the negative entity, for

the object of its desire to control the entity that it is sending the demon to bring fear to.

Thusly, the demon is that quality that has been constructed by the negative entity after ascertaining the kind of being a certain third-density entity may find a reaction of fear for. Therefore, the demon is, shall we say, personally constructed for a particular mission, for not only a certain entity, but a certain type of entity—usually the weaker-minded entity that is unable to look beyond the demon and see that it is a creature of the One Infinite Creator in its ultimate reality. And when there is love and light transmitted to it from the entity that was full of fear for it, then there is the transmutation of the demon within the mind of the entity instead of fear. This is a means by which the entity that was the object of the demon and the object of the negatively oriented entity's efforts to control, then is able, by calling to a higher power to move itself beyond the level of the negatively oriented entity and the demon and to shower both with the love and the light of the One Infinite Creator that is heart-felt, for there is, within this entity, then, the feeling that the One Creator is the ultimate type of resource that all seekers of truth may call upon to deal with any demon or any perceived negativity within the life experience.

The negativity is that which is produced by the path of that which is not; that is, the path of negativity which cannot long endure within the octave of experience, as we mentioned in the previous query. Each positively oriented entity, then, that comes in contact with any type of negative experience or demonic presence may, within the meditative state, shower this entity or presence, then, with the love and the light that it channels from the One Infinite Creator through its open heart to the negatively oriented entity, blessing it on its way, as it then begins to see that there is the One Creator existing in all of the creation within any demon, within any negatively oriented entity, and especially within the self, and will aid the self in seeing the nature of the reality of the One Creator that exists within all.

At this time, we shall take our leave of this instrument and this group, thanking each, as always, for the opportunity to share your loving vibrations this particular day. We are always amazed at the perseverance of such seekers of truth who move within a difficult illusion, and yet find so much love and presence of the One Infinite Creator within

their journey of seeking. 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 vasu
borragus



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SATURDAY MEDITATION JANUARY 18, 2020

(Jim channeling)

I am Q'uo and am with this instrument. We greet each of you in love and in light this afternoon. We, as always, are honored to be asked to join your circle of seeking, for this is the way in which we, ourselves, progress upon our spiritual journey, to reach out to those who call for our assistance, and attempt to share with them, those concepts and ideas which are most important in their lives at this time upon their own spiritual journeys.

As always, we shall preface our beginning with the request that you realize that we are not ultimate authorities—we are your brothers and sisters who have moved somewhat further upon the same path that you move at this time. Thusly, we would ask you to use the words and concepts which we share with you in whatever way has meaning for you at this time, and we would further ask you to leave behind any words and concepts which have no meaning for you at this time. This will allow us to speak more freely, knowing that we shall not be presenting you with a stumbling block upon your path. With that having been said, we would now ask if there is a query with which we may begin.

Kathy: Yes, Q'uo, thank you. I have a query concerning something I read recently in Session 18, in a different context Ra was mentioning the intelligent energy of the body complex, and my

question is, to ask you to expand upon what that means—the *intelligent energy of the body complex*.¹

I understand that many have intentions of healing or they may pray for the healing of the body complex, or for its balance and improvement in balance, or just in many ways.

Recently I came across a scientific study that studied the effect of meditation upon the body. It discovered that the group that meditated, as opposed to the group that did not meditate, the group that meditated had a significant increase in the length of the telomeres, which are caps at the end of each chromosome in our DNA and inside each of our cells that carry the DNA, and that this protects and extends the life of these cells which extends the life of the body complex.

It happened because the meditation, the meditation experience, the scientist found activated a gene in the body complex that released an enzyme called “telomerase,” and this enzyme then activated upon the telomeres in the chromosomes to have a healthy benefit, such as I just described, to lengthen the telomeres which helped the cells to live longer and better.

And this struck me that meditation can have this effect, and I would like to know more about that, as well as the intention and action of taking more healthy substances into the body—food and supplements with the same intention that we may

¹ 18.6 and 18.15 specifically.

have to help our body complex as well as our body, mind and spirit complex.

Could you expand upon the intelligent energy of the body complex as it responds to our actions in intake of positive foodstuff as well as of meditation? Thank you.

Q'uo: I am Q'uo, and am aware of your query, my sister. This is a query which is not easily answered, for there is much about the body complex that is yet not understood by your scientific community. However, the information which you have shared about the DNA within each portion of the body complex is, indeed, an accurate portion of the description of how the body complex is sustained by the intelligent energy of the One Infinite Creator. The body is closely aligned with the mind, being a creation of the mind that allows the mind to move about within your third-density illusion, and allows the mind to express itself in a manner that may be helpful in the seeking of the love and the light of the One Infinite Creator that exists within all of the creation including the mind, the body, and the spirit.

The intelligent energy that enlivens the body is a kind of vivification of the body by the One Creator which has created all that there is with its own beingness. Thus, the mind, as it is able to perceive its unity with the One Creator, then is able to function by processing catalyst in the daily round of activities in a manner which comes more and more into unity with the One Creator when successfully accomplished.

That is the key—the processing of catalyst, the problems, the doubts, the disharmonies, the continual experience of all that is perceived by the five senses in the daily experience allows the seeker of truth to become able to unify its path of seeking with the love and the light, the love/light, the intelligent energy of the One Creator. This is the ideal situation.

However, as you are aware, the ideal situation does not always exist for each and every conscious spiritual seeker. There will be difficulties and confusions along the path that prohibit a clear perception by the seeker of that which it is experiencing, as there is always some kind of misperception of catalyst that moves through the

subconscious mind before being apprehended by the conscious mind.

Therefore, the seeker of truth, then, in order to process the catalyst that comes before its notice, must, within the meditative state, examine this catalyst carefully in order to be able to penetrate more deeply into the heart of the nature of the catalyst and the meaning for the self within the incarnation and as programmed before the incarnation.

Thus, the information which you share concerning meditation being helpful to the DNA encoding within the physical body is quite correct in that the meditative state provides the environment in which the seeker of truth may examine more clearly that which has become available to it through any of its five senses. Thus, the seeker, then, in the meditative state may be able to more carefully utilize and process all catalyst so that there is the maintaining of the health of the mind and the body as they seek the unity with the spirit.

However, if there is some misperception or difficulty in processing this catalyst, then, oftentimes the catalyst will be given to the body by the subconscious mind in order that the symbolic representation of this catalyst in a form which you may call a dis-ease is then, hopefully, more noticeable to the conscious mind in order that it may then be able to clearly perceive that which was not clearly perceived before.

The utilization of foodstuffs that are of a helpful nature in order to fuel the body is a declaration by the conscious mind that the body is valued as an instrument of utilization of the third-density experience, so that the mind may be able to partake in a more full sense through the, shall we say, ridding of the body through the illusion. The intake of the helpful foodstuffs is, then, that means of powering the body in a positive sense so that its abilities are recognized, appreciated, and given the necessary food to cleanly fuel the body in a sense of recognizing the needs of the body in whatever manner may be apparent to the conscious mind.

Thus, the intelligent energy of the body is the overall fuel, shall we say, the enlivener, the quality that gives the body its essence of vitality so that it may serve the mind and the spirit in the joint seeking of the One which is in all.

Is there a further query, my sister?

Kathy: No, thank you so much for that answer. Thank you.

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

Austin: I have one, Q'uo. I was hoping that you could elaborate something that Ra said, and I'd like to read the whole quote. They're giving exercises to produce an acceleration towards the Law of One, and in the first exercise they give, they say:

"This is the most nearly centered and useable within your illusion complex. The moment contains love. That is the lesson/goal of this illusion or density. The exercise is to consciously seek that love and awareness and understanding distortions. The first attempt is the cornerstone. Upon this choosing rests the remainder of the life experience of an entity. The second seeking of love within the moment begins the addition; the third seeking powers the second, the fourth powering or doubling the third."

And then, a little bit later, they say, "The conscious statement of self to self of the desire to seek love is so central an act of will, that, as before, the loss of power due to friction is inconsequential."²

My question is, it seems to me the central point of that is an attempt to seek love, and the intention to seek love, and not necessarily the successful finding of love in every moment. So, I'm wondering if, is the power that Ra talks about that builds in this attempt, is it necessary to find love for that power to build? Or is it just the attempt that empowers us? I was hoping that you could just elaborate on the difference between the attempt of finding love and the success of finding love.

Q'uo: I am Q'uo and am aware of your query, my brother. This query has a bearing upon each individual's spiritual path, for within this third-density illusion it is the task of the seeker of truth to find that love in its essence, and in its experience in its daily round of activities.

The attempt to find love, rather than to be confused with anger or jealousy or disharmony, or any other emotion than love, is an attempt of purification of the perception of the seeker of truth. This is the foundation stone, this is the direction which has the

most meaning for any seeker of truth. The attempt, then, is that which lays the framework for the seeker of truth to move and have its liveliness, shall we say, its vitality that is enhanced by the attempt. Each attempt, each intention, will produce some result, whether it is complete in its entirety of perceiving the love in the moment, is of little importance.

It is not necessary to be able to perceive the entirety of the love of the moment, for the love of the moment is infinite. It is not usually possible for any third-density seeker of truth to be able to perceive the entirety of the infinite love that exists in each moment. However, it is possible to *intend* to seek that love and to find what is available to one's own abilities and perceptions.

Therefore, as you power the seeking of love by the attempt, the attempt, then, gains in the momentum, the intention, the quality of purity of the entity so seeking the love in the moment. This type of momentum, then, gains in its ability to receive or perceive more of that love as you move from moment to moment, gathering further momentum. This is the means by which each seeker of truth may empower its own seeking process.

This is necessary in order to realize that the intention is that which is of prime importance for such a journey of seeking. The intention, then, is the motivator of the momentum that builds as the intention continues to be exercised in each moment of experience.

This type of seeking is that which continues to purify the mental configuration of the seeker so that its daily seeking of love becomes a kind of meditation—a one-pointed meditation upon that love that is sought in each succeeding moment. This meditative state, then, is that which continues to offer to the seeker an increasing ability to apprehend more and more of that love that is in the moment, realizing that this is an infinite journey of seeking that one is upon.

Thus, the intention is all. The results of the intention will continue to grow and grow until the cells of the seeker's body, mind, and spirit, are imbued with such resounding love that this type of love, then, beams as a beacon to all those about such a seeker of truth.

The finding, the seeking, the finding, the seeking, continues to build a kind of power, then, that is

² 10.14

effective in giving inspiration and information to those within the circle of one's being in the third-density illusion. Thus, as each seeker of truth within a group such as this is successful in finding that love in the moment, the experience of the entire group is enhanced so that each builds this intention and the seeking, the finding, the seeking, the finding, then becomes a kind of cyclotronic action that has as its continuing result the explosion of love within the moment of each seeker of truth.

Is there a further query, my brother?

Austin: No, thank you very much, Q'uo.

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

Gary: Q'uo, Ra says that the first thing that happens in creation is that infinity becomes aware, and this moment or event, so to speak, is one and the same with the First Distortion, the Law of Free Will or the Law of Confusion. Then this Free Will finds a focus and that begets the Second Distortion, or Logos or Love. It would seem that awareness is more fundamental or prior to Love itself, if that is even a sensical thing to say. I would be interested in hearing your exploration of the nature of the relationship between awareness and Love at the level of Logos.

Q'uo: I am Q'uo and am aware of your query, my brother. The Intelligent Infinity that can be seen as total unity, is that which is at all times, and before any times. This Intelligent Infinity exists in a wholeness, in a completeness, in an entirety of being that needs no other source of experience until there grows within this Intelligent Infinity, a desire—a desire to be more than it is, realizing that it is, from any other point of view, infinite and all that there is, and yet the desire to be more begins to grow.

This desire, then, manifests itself as a kind of will, a kind of funneling of this desire in a direction that may produce something more than the unity that it is, more in the sense that it is a movement from unity into will, into the wishing to be more. This, then, produces a power that is seen as a Creative Principle that can make more than there is, can paradoxically create through the energetic configuration of what you may call Love, more than the Intelligent Infinity that existed before, realizing that that Intelligent Infinity is also contained within the Free Will and the Love of the Logos, as you may call it.

Therefore, the Primal Logos, has, as its mission, we shall say, the meeting of the needs or the desire of the Intelligent Infinity that has been potentiated into that which may be seen as intelligent energy of the Logos.

This intelligent energy of the Logos, then, moves in more and more intelligent patterns so that it begins to form within its own being a kind of structure or architecture that is potentially able to create an experience of Intelligent Infinity in what may be seen to be the infinite creation of the primal Logos.

This type of creation, then, has as its foundation stone, the desire of the Creator to know more of itself than Intelligent Infinity can express.

We realize that this terminology is paradoxical at its base, for words cannot give a totally accurate representation of this entire process. Words can but give a shadow reflection, shall we say, of this process. However, this reflection is then utilized by the Primal Logos to create more and more of itself, more and more of the One Infinite Creator that exists within itself with the desire to know itself, so that the Infinite creation of infinite Logoi then, becomes the framework within which the desire of Intelligent Infinity to know itself has the means to be expressed and experienced.

Therefore, there is, within each Logos, a kind of galactic expression of potentials or possibilities so that there is an infinity of opportunity for Intelligent Infinity to be able to know more and more of itself as the power of love offers this framework for experience.

Is there a further query, my brother?

Gary: How do the primal three distortions live within us as mind/body/spirit complexes?

Q'uo: I am Q'uo and am aware of your query, my brother. Each entity within each dimension is a Logos in miniature. Each entity, therefore, has within it, the crown, shall we say, which rests upon the head of the One Infinite Creator of the violet-ray energy center.

Within this entity, the crown of the One Infinite Creator, in all its power and potential, then, rests, awaiting the movement of love through the energy centers in a fashion that excites the light of each energy center, the light that is reflected in the colors of red through violet, the light that allows a greater

and greater expression of intelligent energy, or love, through each energy center, so that the mind/body/spirit complex is then able, in some fashion, in each moment of its existence, to express a portion of the One Infinite Creator's desire to know itself.

Thus, as the kundalini rises from one energy center to the next, there is an expansive potential that is released, so that when catalyst is properly processed, there is an expanding ability of the mind/body/spirit complex to perceive and promote this energy outward in a means by which it relates to all other mind/body/spirit complexes that it comes in contact with throughout the life experience.

Therefore the energy centers that are activated allow an expression of love and light to move through and from the entity, beginning at the blue-ray energy center, so that the mind/body/spirit complex, or the conscious seeker of truth, is then able to engage in a kind of exchange of energy or information that is potentially able to accelerate the process of evolution, both for itself and for those entities that it comes in contact with in order to process the illusion's catalyst that is always present for each entity.

Is there a further query, my brother?

Gary: One more, and thank you. As we work with our focus, particularly as we collect that focus, become conscious of it, discipline our attention, and increasingly bring it to a one-pointed state, are we conducting a similar or even identical activity as the Logos, or the Second Distortion?

Q'uo: I am Q'uo and am aware of your query, my brother. You are most perceptive in being able to perceive that each entity, in whatever density, is indeed being able to focus the attention span, shall we say, of its expenditures of energy, so that there is the opportunity for each seeker to be able to share that power of the One Infinite Creator in some fashion in each energy center interaction with others, for the One Creator exists in each energy center, and each expression of energies in this focused manner of the conscious seeker of truth.

The conscious seeker, then, is able to bring its intentions and its desires, its will and its faith, into a kind of meditative one-pointed focus, for the realization of more and more of the One Infinite Creator that exists within the self and exists in an

accelerated fashion or means by which it may be perceived as the energies of Intelligent energy move upward from the red through the violet energy centers. Therefore, there is, for each conscious seeker of truth, the opportunity to expand energies in a more and more efficient manner, so that its apprehension and utilization of the daily round of catalyst, may further propel it higher and higher along the energy centers, until the crown rests upon the conscious head of the mind/body/spirit complex.

Is there a further query, my brother?

Gary: Not now. Thank you, Q'uo.

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

Is there another query at this time?

Kathy: I have one, Q'uo. My query is that something that this group of seekers was discussing earlier before the channeling began, which touched on the topic of different frequencies existing in different regions, specifically in our country, different states, that we could begin to feel the difference in frequency as we visited them, or lived in these places, and I wonder if you could comment upon this idea of differences, but within the one unity of all there can be these differences in places, and how we can feel them in our own intelligent energy as entities.

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, just as there are no two entities within the infinite creation that are alike, it is also true that in each area of a planetary surface, such as your Earth, there are energies that are unique to that specific area.

These energies are brought into being by the accumulated populations and purposes for which the populations express their conscious and subconscious desires. This is done through the various means of the political structure, the social structure, the business structure, the religious structure, and so forth. There are, then, within all of the areas of your country and all countries, the, shall we say, families of experience that are expressed according to the traditions of the various families or entities that make up the various institutions that are predominate within each area of the geographical locations.

These types of expressions of unique energies are that which also have similarities to other areas so

that there is the combination of similarity and disparity that one may become aware of as one experiences various geographic locations upon your planetary surface.

These geographic locations have history that is created by entities such as yourselves, that have before them the challenge of making sense, shall we say, of their life patterns; and of attempting to construct various types of gatherings of social complexes that will allow them to perceive and function in a manner which gives them meaning and direction in their life patterns, whether it be the religious, the political, the social and so forth.

Each of the structures are created in order that the entities living within the area of predominance or, the, we search for the word, the type of affirmations or abilities of the area so that there are opportunities offered to the residents of this area to participate in a wider and wider expression of their perception of what their life patterns are. This is the means by which each entity, then, may find a comfort in the regularity of the functioning of the various institutions that have jurisdiction within the area that is described by the state, the county, the city, and so forth.

Is there a further query, my sister?

Kathy: No, thank you so much, Q'uo.

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

Gary: Q'uo, I wouldn't describe a group of men working together, or in leadership, necessarily as patriarchy the same way I wouldn't describe a group of women working together, or in leadership, necessarily as matriarchy. But, there is an experience of patriarchy whereby men intentionally hold a disproportionate share of power and exercise a dominance that consciously or unconsciously seeks to suppress the feminine principle. And that experience of patriarchy has been a predominate fundamental theme of our planet for several thousand years globally, with exceptions, of course. But that experience of patriarchy is the focus of my question, and I'm curious about how can heal and balance that expression of patriarchy.

Q'uo: I am Q'uo and am aware of your query, my brother. The patriarchal system of governance and expression of power is that which has found its room

to roam, shall we say, upon this particular planetary sphere for a great portion of what you would call time.

This type of expression of power, or energy, or intention, is that which is based upon the male principle of the *reaching*. This type of principle is that, when used in a cooperative fashion, and a sensitive fashion, is that which may be inspirational to those entities existing within the patriarchy. However, it is also a principle which is easily misused and may be used to the detriment of many within its sphere of influence, when the reaching becomes the grasping and the holding into position so that certain entities are not allowed a free expression of their own free will. This type of patriarchy then, demands that there be compliance with a certain set of values and intentions that are often not universal in expression or desire by those within the higher realms of the patriarchy.

Thus, entities who wish to reform the patriarchal situation that may be predominantly of a male nature but also contain those of the female gender as well, are attempting at this time to enhance the type of expression that is more matriarchal, that which is feminine, that which *awaits the reaching*, that which does not have the temptation or the desire or the ability to be aggressive.

The *awaiting the reaching* is that which is comforting, that which is cooperative, that which is generative of the expression of love that accepts all that are within the realm of influence and nurtures each within that realm of influence.

Thus, the matriarchal type of expression of energies, is that which is seeing the entire picture, the, shall we say, grander view, the overview, and is patiently awaiting the discovery of each entity within the illusion, be the entity biological male or female, that the old ways of patriarchy have served their purpose and have, perhaps, been in dominance overlong, needing to be balanced by the nurturing nature of the feminine principle that awaits the reaching.

Is there a further query, my brother?

Gary: Yeah, the patriarchal model that you are describing and that I was asking about seems a fairly service-to-self oriented model whereby those on the higher rungs suppress and dominate those on the lower, even to the point of manipulation and disempowerment. That negative model has

manifested through this gender imbalance on this planet whereby it is males historically who are performing this action. Would it be possible, say, in another world or another society for this service-to-self model of dominance to manifest through the female principle whereby it would be females performing this activity, or is this unique only to the male gender?

Q'uo: I am Q'uo and am aware of your query, my brother. We find that in an infinite universe there are infinite possibilities that exist for all types of expression, be they patriarchal or matriarchal, as you have described. There are many ways by which the evolutionary process has allowed and enhanced the conscious desires of various entities existing within certain cultures, be they feminine or masculine.

These desires have sometimes been utilized by the feminine principle that utilizes *awaiting the reaching* in a manner that seems to turn around the qualities of male and female principles. This type of reversing of principles is something that has seldom occurred upon most third-density planets. However, when it has occurred, it has occurred because there was a previous male patriarchy that provided the foundation for the experience of reaching and utilizing energies of others for the promotion of the self. This was, then, through various generations of utilization reversed in a sense by the more matriarchal portions of developing cultures so that there was not the pure expression of the *awaiting the reaching* by the matriarchy.

There was the awaiting of the opportunity to gather power from the patriarchal past so that the fruits of that type of relationship and functioning could be utilized in a more, shall we say, personal sense by those who felt the *awaiting of the reaching* was not totally effective in its allowance of equal experience of the culture, for each within the culture.

Thus, there was an infection, shall we say, or a contamination of the matriarchal potential to be more nurturing and cooperative, so that there was a blending of the two that did not fully express the true nature of either patriarchy or matriarchy.

Thus, there was the confusion, shall we say, that set in for a portion of time in many such experiments so that there was not the desired result in the sense of being able to experience the equality of all entities within the cultural complex.

Is there a further query, my brother?

Gary: Let me check in with the circle. Anybody have a question? Okay, I've got another one. Ra describes that the Logos architects a universe that is inherently hierarchical. It has ranking orders from greater to lesser, smaller to larger, and so forth, and that is evidenced in our own energy bodies and in so many other ways in nature in the density systems, and so forth.

So, I see that the polarities both have a concept of order and hierarchy where the positive polarity, however, seeks to work with the divine order and surrender to that order, to discover and cooperate with the pre-existing order; whereas the negative polarity seeks a sort of false hierarchy whereby the individual will is imposed in order to create its own order.

I think one of the key differences between the two is that the positive polarity recognizes that in hierarchy there is also holography, meaning that each station along the hierarchical line is also the entire One Infinite Creator. Could you comment on these two polarized conceptions of hierarchy and order?

Q'uo: I am Q'uo and am aware of your query, my brother. Again, we find you are quite perceptive in your description of the two polarities and their utilization of the concept of the hierarchy from the higher to the lower in the expression of the unity and functioning of the One Infinite Creator.

The positive polarity, in its most basic sense, has no polarity. As the beginning function of the Logos, there is, within the Logos, the desire to provide for Intelligent Infinity a means by which it might know itself with greater purity, with greater variety; and this desire to know itself, then, is provided by the various Logoi that create the galaxies that have within them the solar systems, that have within them the planetary spheres, that have within them the mind/body/spirit complexes, that may eventually become social memory complexes.

There are these gradations of creation that allow for an increasing experience of the Creator by the Creator so that this experience within the octave of densities, then, does take upon itself the polarization of the positive and the negative so that there is an interaction or an interplay between these polarities within the third-density illusion most especially, as

within this third-density illusion, where the choice of polarities is made.

The positively polarizing entities will follow the path of that which has been made apparent to them, the path that exists throughout all infinity of moving in harmony with their perception of the love and light, the qualities of unity of the One Infinite Creator that sees the service to others as the means by which progress may be made upon the positive path of seeking.

The negatively oriented entities, however, in their utilization of the hierarchy of creation, have the opposite point of view, that is, that the creation is that which is at their disposal, that which must be put in order, that which is to be controlled in a fashion which gives power to the negatively oriented entity and most especially, to those at the apex of power within the social memory complex of the negatively oriented entities.

Thus, they see the creation as that which provides them with a path to the One Infinite Creator that they follow assiduously until they are at the level of the sixth density, wherein the paths must needs take each other in, for that which has been controlled, is that which is the other self, and the other self is seen, and must be seen, in the sixth density, as the same as the self. Therefore, the negatively oriented entities at that time are of necessity willing and able to reverse their polarities so that they become the positively oriented entity that may further their journey through the hierarchy of the octave of experience.

Is there a final query at this time?

Gary: Yeah, one more, and thank you so much for this line of questioning or your replies, therein, I should say, So, for a positively oriented society, say one in another third-density world, not ours, or in higher densities, which is aware . . . rather, let me step back. How does a positively oriented society honor and work with the natural hierarchical order of the universe and also, distribute/share power and authority in their societal structure or organizational structure?

Q'uo: I am Q'uo and am aware of your query, my brother. The positively oriented societies are aware that there is a hierarchy to creation, that there is a hierarchy to their own beings within their energy centers, there is a hierarchy to the perceptions that

are available to them as they begin their spiritual journeys and communal journeys of social societies.

This hierarchy is that which is the apprehension of power to effect existence. The power is seen by positively oriented entities as that which is most effectively used when it is shared among all entities, thus utilizing the abilities and tendencies, the, shall we say, structure of each entity's latent abilities to express themselves in various and sundry forms—the talents, the desires, the willingness to give, the willingness to partake, the willingness to join in cooperation.

Therefore, this willingness to join in group-decision making is the feature which designates the positively oriented societies in their abilities to enhance each entity within the society's quality of life.

Therefore, each positively oriented society has, as its primary desire, the meeting of each entity's needs that are within the larger society. No entity is seen to be more important than another. Each is seen to be equal in having the One Infinite Creator within its being. Each is seen to be equal as having the ability to serve that Creator within the self and the other self.

This ability to serve all, then, is that which designates the society as that which is most positively oriented in its very essence, in its foundation, in its statement of being and desire.

Therefore, the positively oriented entities within such a culture reflect this type of being, this type of thinking, and this type of acting, so that they are able to meet the needs of those around them when it is seen that some have not that which they need.

Therefore, there is the desire upon the part of all entities in such a culture to meet the needs of all, for each other self is seen as the self. There is not any difference seen between self and other self. There is the apprehension of the One Infinite Creator existing within all selves, so that as one looks upon another self, one sees the One, one sees the self, one sees the path to the One Infinite Creator in the serving of the other self, and the self, and the One Infinite Creator in all selves.

At this time, we shall take our leave of this group and this instrument. We, as always, thank you for inviting our presence within your circle of seeking this day. You are our great inspiration as you move forward in your paths of seeking the truth within the

third-density illusion. We leave you in the love and
in the light of the One Infinite Creator. We are
known to you as those of Q'uo. Adonai vasu
borragus.



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SATURDAY MEDITATION JANUARY 25, 2020

(Jim channeling)

I am Q'uo and am with this instrument at this time. We greet each of you in love and in light. For we are those who, as you, are made of light through the power of love. We are honored once again to have been called your circle of seeking, for it is a circle replete with much experience, dedication, and desire to seek the truth of the nature of one's experience of the infinite creation. And we hope that we may be able to aid you in some fashion today on that journey of seeking which we share with you. We ask you to take those words and thoughts that we shall share with you and use them in whatever way has meaning to you. If we share any word or thought that has no meaning, please do not hesitate to set it aside. In this way, we may share freely with you and hopefully be of more service to you. Therefore, at this time, we would ask if there is a query with which we may begin.

Lynn: I have a question Q'uo. In the case of group karma, where a group has been involved in a particular event, if an individual member of that group seeks to alleviate that karma, but the other members of that group have no interest whatsoever in putting out that kind of effort, what might be the best or most useful path for that seeker to take in ameliorating that karma?

Q'uo: I am Q'uo, and I am aware of your query, my sister. In this instance, we feel that you are well aware of the situation that will proceed from your decision to attempt to ameliorate the situation of

which you are referring to. The desire on your part to walk the road of restitution is that desire which blazes a trail, shall we say, in your conscious and in your subconscious mind that has a connection with these entities, so that in your own effort to make restitution, there is a sharing of the possibility of this path being traveled by others.

You may see yourself as a kind of wayshower, that in both your conscious and unconscious minds, you construct a pattern of sharing the potential of love to grow within your being. So that you, yourself, become the change that you wish to see in the world of cause and effect. You, by making this decision, take the first step on a journey of a thousand miles, shall we say. This first step is most crucial, for it is the foundation of all further steps. As you continue to move upon this path of restitution, you begin to build a kind of momentum that is empowered by each further step. You begin to find a strength within that you have not had before. So that, as you take each step, this strength is doubled and redoubled. So that you are greater than you were many fold as you continue on this journey of restitution. We are aware that you have a kind of feeling of karma, shall we say, that is related to a larger grouping of entities, that they themselves have a feeling of as well. You are unusual, even unique in this grouping, in your desire to stop the wheels of karma. Seeing that, even though it is a monumental task, this is the time to begin that journey.

Is there a further query my sister?

Lynn: I would just ask if the Law of Squares would come into play in what you were saying.

Q'uo: I am Q'uo, and am aware of your query my sister, and this is indeed a concept which we were expressing when we mentioned that each succeeding step will double and redouble the power of your determination to, shall we say, open the doors to love and restitution.

Is there a further query, my sister?

Lynn: No, thank you Q'uo.

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

Gary: Q'uo, I'm going to read a few sentences from Ra. The final sentence in this excerpt has confused even the greatest scholars of the Ra contact. Ra says: "The largest number of wanderers, as you call them, are of the sixth density. The desire to serve must be distorted toward a great deal of purity of mind, and what you may call foolhardiness or bravery, depending upon your distortion complex judgment. The challenge/danger of the wanderer is that it will forget its mission, become karmically involved, (here's the tough part) and thus be swept into the maelstrom from which it had incarnated to aid the destruction." Can you lend any clarity to "and thus be swept into the maelstrom from which it had incarnated to aid the destruction?"

Q'uo: I am Q'uo, and aware of your query, my brother. The maelstrom that is referred to in this quote is the confusion that exists within each third-density illusion into which wanderers offer themselves through incarnation to attempt to alleviate the effects of the maelstrom of confusion within the third-density illusion; the desire to aid in the reduction of confusion and the forces of negativity that have long surrounded many of the population of this planet on other third density planets that suffered the same difficulty in achieving harvest, is that which has followed these entities here to your earth plane, shall we say.¹

The maelstrom which each of the repeating third-density groupings has been brought with them is a kind of, shall we say, catastrophic, non-loving experience that has an infective or infection quality

that seems for many to grow more potent as each additional effort to polarize sufficiently for fourth density graduation fails. Thus the wanderers who offer themselves in service to this planet and its variety of repeating populations, realize they are incarnating into a storm, a consciousness storm of failure, a storm of retribution, a storm of the desire to move out of the sinkhole in which they find themselves, and yet find the movement to be nearly impossible.

The reason this maelstrom has the, shall we say, sinkhole quality of drawing these entities into it, is that there is the continued failure to put forth the necessary effort to make progress on the spiritual path. This creates a kind of inner turmoil which is reflected outwardly for each entity so that there is a cumulative increase in exponential terms for the confusion, doubt, anger, fear, and so forth that form the emotional framework for such entities.

The wanderers are well aware of this type of negative magnetism, shall we say, that there is a drawing unto this storming condition by the entities who have experienced it so many times within that or other third density experiences. Thus, the wanderer realizes that there is a kind of momentum working against them as they seek to be of service to those who are the victims of this momentum. This maelstrom that has long been a part of their spiritual journey.

Is there a further query, my brother?

Gary: Thank you. The assumption had been that Ra's syntax was a little off in transmitting that reply, and your reply was very clarifying. Another question. Also from the Ra contact. The questioner asks "What could one of these entities do to become karmically involved?" Ra replies: an entity which acts in a consciously unloving manner in action with other beings can become karmically involved."

Can you elaborate on what it means to be consciously unloving?

Q'uo: I am Q'uo, and am aware of your query, my brother. It is usually the pattern of behavior of negatively oriented entities to be unloving or separative with entities about them, to control these entities in some fashion so that their power may be ascribed to the negatively oriented entity with the greater power. To be consciously unloving for the

¹ Ironically, or at least humorously, this is just as jumbled a reply as Ra's original statement was. We invite you to give your best shot of applying grammar.

negatively oriented entity is the very nature of its journey.

However, we find that there are many entities who are most usually seen as being positively oriented, that also, in some instances, for some reason, may express this type of negativity to other entities within its circle of being. The wanderer, in many instances becomes confused upon its path of service, having been subject to many of the paralyzing effects of living as a wanderer within this third-density illusion. These paralyzing effects may have a distorting feature for such a wanderer so that it may confusedly feel that it is accomplishing a positive task by behaving in a negative manner, feeling, the end justifies the means, shall we say.

Such a wanderer, in this confused comprehension of its service, then may exert a controlling behavior upon another entity which it feels needs this controlling behavior in order to benefit from the supposed wisdom of the wanderer. This is a kind of situation which redounds to the very being of the wanderer, who has in its original desire to incarnate to be of service, found itself at the mercy of, as we said before, the kind of difficulties and traumatic experiences that the wanderer is likely to encounter that has caused a distortion within the perceptions of the wanderer.

This is a situation which can require that the wanderer, upon moving from this illusion into the afterworld, shall we say, as it begins to assess the incarnation just completed, will discover that its perceptions cause behaviors upon its part that will now require that it re-learn those lessons that were seemingly forgotten within the previous incarnation. This re-learning of lessons of opening the heart to unconditional love may require the repetition of the entire 75,000 year master cycle of third density. Thusly, the wanderer will hopefully begin to build a firmer foundation within its own beingness in order to be able to more clearly apprehend the nature of the services which it wished to offer in the previous incarnation.

Is there a further query, my brother?

Gary: Two super-quick follow ups. So are you saying, Q'uo, that the consciously unloving activity that accumulates karma is essentially any activity which seeks to intentionally infringe on the free will

of another through control or manipulation? Whether or not the reasons are confused?

Q'uo: I am Q'uo, and am aware of your query, my brother, and would say that you have correctly surmised that which we meet—we correct this instrument—which we were attempting to express.

Gary: In that case, would, say . . . you also use the word negativity, and that's where I'm attempting to explore, because many positive beings have a variety of experiences of negativity, sometimes communicated. So for the entity who may have a, say, knee-jerk reaction of anger, or frustration, or other form of negativity, does that fall within the karma-accumulating unloving activity?

Q'uo: I'm Q'uo, and am aware of your query my brother. In general, we would say this is not the case. For there must be a pattern of this type of negative expression of control over another self, that would cause the wanderer or any other entity so demonstrating this controlling behavior, to need to repeat the master cycle of third density experience. The knee-jerk reaction to which you refer is a kind of experience of catalyst, which to the conscientious seeker of truth becomes an opportunity to balance in the overall sense of its beingness. So that the anger may be balanced by the love that was absent in the expression of anger, as the catalyst was experienced.

Is there a further query, my brother?

Gary: Not in that line, thank you so much Q'uo.

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

Lynn: Q'uo, Ra said that Jesus accumulated karma by destroying the body of another self accidentally, and that that karma was alleviated in the moments before his death when he forgave those who were destroying his body.² My question is, for the aware

² 17.19 – Questioner: How did Jesus learn [his abilities] during his incarnation?

Ra: I am Ra. This entity learned the ability by a natural kind of remembering at a very young age. Unfortunately, this entity first discovered his ability to penetrate intelligent infinity by becoming the distortion you call “angry” at a playmate. This entity was touched by the entity known as Jesus to you and was fatally wounded.

Thus the one known as Jesus became aware that there dwelt in him a terrible potential. This entity determined to discover how to use this energy for the good, not for the negative. This

individual, can karma be alleviated in a moment, through forgiveness?

Q'uo: I am Q'uo, and am aware of your query, my sister. Indeed, we would suggest that if an entity has experienced the type of karma or accumulation of the responsibility to alleviate difficulties for which the entity is responsible, if in the heart of such an entity's being there is the pure and inspired recognition of such a responsibility, it is possible for such an entity to alleviate the karmic debt. The depths of the being, then, take within it the alleviation of this karmic responsibility, that is to say, the depths of the being which are infinitely connected to the One Infinite Creator and the One Infinite Creation then are utilized in what might be seen as the magical sense, so that there is the opportunity to create a change in the consciousness of the seeker of truth who wishes to ameliorate the karmic debt. When this feeling of restitution grows to such a pitch within the being of the entity, then the universal ability of the creation and the one Creator to dissolve all debt is then called into being within the consciousness of the seeker who wishes to ameliorate or alleviate the karmic debt.

Is there a further query, my sister?

Lynn: I would just ask if the, I guess I would say the type of magical visualization I've been doing in meditation recently, if that would be along the lines of what you're saying, if I'm anywhere near the track of what you're saying?

Q'uo: I am Q'uo, and am aware of your query, my sister. Indeed, we find that the practice of which you speak is the beginning formulation of this type of indication of desire, that can be reflected in a greater and greater magnitude, as the visualization continues upon a daily or even more frequent periodicity than that. The desire, then, would cause the periodicity also to be utilized, perhaps in a more frequent manner, perhaps in a more intense manner, perhaps in a more intricate manner, determined by your own

entity was extremely positively polarized and remembered more than most Wanderers do.

17.20 – Ra: The entity was absolved karmically of the destruction of an other-self when it was in its last portion of lifetime and spoke upon what you would call a cross saying, "Father, forgive them for they know not what they do." In forgiveness lies the stoppage of the wheel of action, or what you call karma.

conscious decision. This is a type of visualization which can be enhanced in various ways, as we have mentioned. And this type of visualization then can be quite constructive in its ability to enhance your desire to alleviate the karma.

Is there a further query, my sister?

Lynn: I don't know if you'll be able to answer this but would the visualization (I suppose you can read my thoughts on this) with the pyramid visualization that I'm thinking of, would that improve this process in any way?

Q'uo: I am Q'uo and am aware of your sis—we correct this instrument—aware of your query my sister. We find that there is a certain line across which we may not move in the response to the query. For we do not wish to infringe upon your free will, but we would suggest that you are upon the correct line of thinking. The type of visualization which you are using is a good beginning. There are, as we have said, additions to this, which you are already aware of and may incorporate.

Is there a further query my sister?

Lynn: No, thank you Q'uo.

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

Gary: Yes. I'm glad Lynn brought up the example of Jesus. Because by Ra's report, Jesus became angry at a playmate and ended that playmate's life. And upon doing so, discovered that he had a terrible power within himself, which galvanized him to rectify that wrong and to learn its positive uses. So it seems that Jesus's destruction of his playmate was something of a knee-jerk reaction. He reacted with anger, and killed his friend. In that case, how did this accumulate karma for the one known as Jesus?

Q'uo: I am Q'uo. And am aware of your query, my brother. The normal type of knee-jerk reaction for most entities within your third-density illusion is one which makes use of a much lesser type of behavior than the ending of an incarnation. To describe the terrible effect of the power which Jesus utilized in the ending of the playmate's life as a knee-jerk reaction is, in some ways, a lack of clarity or purity in the definition of knee-jerk reaction.

For the incarnation of each entity within any illusion, most especially the third-density illusion where the veil of forgetting plays such a significant

role, is the behavior which removes from the entity (that is, shall we say, killed) an entire incarnational experience that may have been many, many years long, had the power which was used in a terrible fashion not been so used.³

The power within the entity known as Jesus was the ability to contact intelligent infinity, which of itself is not colored, shall we say, in any particular means or manner. The utilization of such a power is that which can be described as terrible, or beneficial, or enlightened, and so forth. Thus, the definition of the terms is that which holds the crux of the conceptualization facility here.

The knee-jerk reaction was that which partook in the removal of a great span of experience from the playmate. However, we would suggest that in this particular instance, the playmate was also a part of this process in a preincarnative sense, so that there was the agreement that this experience would be utilized by both entities in a positive sense. In the end, shall we say, the one known as Jesus, being spurred to investigate for the rest of its incarnation the positive uses of this power, that indeed, was able to be utilized in many inspiring ways, the healing of the blind, the curing of the sick, the raising of the dead, and so forth. The young entity who was removed from the incarnation by the one known as Jesus gave its life for this experience of the one known as Jesus, so that it, in the ultimate sense, was also able to benefit from this experience. However, within the incarnation of the third density, this was not known by the one known as Jesus or the young entity so that this removal of the life of the young entity then, was that which potentially could have removed many years of helpful experience.

Is there a further query, my brother?

Gary: The act of taking another's life is one of the most severe available to a third-density experience. And on that level, I could understand why it would accumulate karma. But I guess I'm fuzzy on the difference between the knee-jerk reaction and the conscious intention that seeks to control and manipulate.

When I think of knee-jerk, I think of a reactive pattern that is triggered and elicits an unconscious response from the entity. You know, the entity

might blurt out something, say something, or in the case of Jesus, uses terrible power to kill his friend. Whereas conscious intention is an intention that's formulated within the self, and then is carried out and executed rather than being a reactive point.

I wouldn't think that Jesus would have consciously intended to act unloving to his playmate, but rather had that triggered knee-jerk, unconscious reaction. Can you clarify the difference between those two?

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that there is some difficulty in clarification, due to individual interpretation of the knee-jerk reaction versus the conscious decision to behave in a negative manner. The knee-jerk reaction may indeed be a reflection of the continuous unconscious pattern of thought which would tend to repeat itself from time to time. So that the entity, so experiencing the unconscious repetition of negative behavior, would find itself at some point able to recognize the pattern within its life and seek to balance this pattern of behavior.

The conscious desire to be of a controlling, or negative effect upon others about one is indeed the type of behavior of negativity oriented entities. The conscious decision to control others is that of negative polarity. Thus, we would suggest that the one known as Jesus was not responding to a pattern of negativity within its own being so that there would be the need to balance the behavior over a longer period of time. The one known as Jesus was more able to see the effect that it caused in the playmate so that it took upon itself a kind of karmic responsibility to balance the taking of the life. The speaking of the words upon the cross: "Father, forgive them, for they know not what they do" was the culmination of the entity known as Jesus effect or desire to seek a restitution or a balancing of its karmic debt.

Is there a further query, my brother?

Gary: A quick one. In terms of Jesus dissolving his karmic debt, was it his... rather, was it the willing giving of his life and the subsequent loss of life on the cross, was that the significant factor? Or was it his expression of forgiveness of those who had put him on the cross that was a significant factor?

Q'uo: I am Q'uo, and I am aware of your query, my brother. The significant factor, as we are able to determine it in this instance, was the desire of the

³ Another sentence that didn't come through so well in transmission.

one known as Jesus, to speak these words upon the cross, that it might do more good, shall we say, for those witnessing its crucifixion by speaking these words that were the culmination of its life-long desire to balance the karmic debt of the taking of the life of the playmate. And at the same time, by speaking these words, let those observing the crucifixion know that forgiveness was the path to healing.

Is there a further query, my brother?

Gary: Not in that line. Thank you so much Q'uo.

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

Gary: Another Ra one. Ra says "There's no outward shelter in your illusion from the gusts, flurries, and blizzards of quick and cruel catalyst. However, to the pure, all that is encountered speaks of the love and the light of the One Infinite Creator. The cruelest blow is seen with an ambiance of challenges offered and opportunities to come. Thusly, the great pitch of light is held high above such an one. So that all interpretation may be seen to be protected by light."

Can you elaborate Q'uo on what "pitch of light is that is held high above such an one"?

Q'uo: I'm Q'uo, and am aware of your query, my brother. An entity which is able to see clearly the purpose of the third density illusion is able to see that no matter what experience is encountered, the potential for each experience is enlightenment. In one degree or another, all experience, all catalyst, may then be viewed in this light that sees opportunities to grow, to serve, to love, to transcend. These opportunities then become much as the jewels in the chest that show a great value for the third-density illusion.

Such an entity with clear vision then has a kind of way-shower quality. This quality is that which imbues the entity with the light of the wisdom of seeing the purpose of the third-density illusion. This light grows ever more bright, as this entity or this type of entity is able to continue polarizing in the positive sense by utilizing what might be seen by others to be the most traumatic and tragic of catalyst.

And yet, when such an entity can see through the catalyst, see through the trauma to the opportunity within, then this pitch of light begins to glow ever

more brightly all around the entity, being seen by those who have eyes to see, as a pitch of light above the entity in the same fashion as some can see what is called the halo, the aura, the indication of one's movement upward through the energy centers reaching the indigo and violet rays, so that all catalyst has been processed from red through violet in a manner which causes the light of love, the light of being, the light of unity, to indicate to all who have eyes to see that this entity has seen it all and used it all and grown from it all and is now one with all.

Is there a further query, my brother?

Gary: That was beautiful. In that same sentence, Ra says that "the pitch of light is held high above, so that all interpretation may be seen to be *protected* by light,"—there's a concept of protection for the positive path that's not available on the negative path. And I've grappled with what it means to be protected on the positive path. Does that mean, say for instance, if you are mistakenly walking in front of a bus, that an unseen force may give you a nudge out of the way? Or some other negative circumstance; you may have to foreclose on your house and something intervenes to help rescue you? Or rescue or preserve or assist in some way? Could you elaborate on what it means to receive protection on the on the positive path?

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that this protection is given in proportion to the purity of the seeking of the positive path. For there are various types of desire, various expressions of faith, various expressions of will, various degrees of purity of service to others. The protection that is spoken of, that quotation, is a protection which may be given in varying degrees, as you have mentioned some of these degrees. The ultimate for the seeker of truth who so ardently seeks to do the will of the One Infinite Creator, who seeks first the kingdom of heaven, shall we say, will find that all else will be added unto it so that it may, in this ultimate sense of pure seeking to serve others, discover that the arms of the Creator, figuratively speaking, surround it with a robe of light, to protect it from all negatively oriented influence.

However, any seeker of truth may partake in some degree of this very same protection so that, according to its desire, its will to seek to serve the One in all, it may be able to receive or realize

different kinds of protection in its journey of seeking.

Each entity within this circle of seeking this day is aware, in his own personal experience of various times when there seemed like there was a difficulty that would overtake one and yet, at the last moment, in some fashion, there was an interjection of unseen forces that resulted in the resolution of the difficulty that was impending. Each entity will continue on the path of seeking truth to experience such unseen hands, aiding the journey of seeking for each has the guides, the friends, the teachers in the unseen realms that look over one's shoulder, shall we say. And when the time is right and the heart is pure, find the protection provided.

Is there a final query at this time?

Gary: Thank you for that response. Would you say that while there are levels of protection that are connected to circumstance and the providing of energy and support to the incarnate entity, that the deepest protection is how the incarnate entity frames the moment and understands the moment? As Ra says, "the great pitch of light is held high above such an one so that all (emphasis) *interpretation* may be seen to be protected by light."

Q'uo: I am Q'uo, and am aware of your query brother. Indeed, the means by which one frames the interpretation of any kind of catalyst is the factor which reflects the inner opening of the heart in unconditional love. For it is the unconditional love, the compassion, that one feels within one's being for all entities and experiences about one that allow one to interpret these entities and experiences in a positive fashion. Such interpretation then, by the purely open-hearted entity, sees all other entities as the self, as the creator, showing the self the path to the One, the path being fueled by unconditional love, so that there is no obstruction to such a path, for all is seen as the One within all being, within the self, within the creation, within all other entities. Thus, one who can see purely with the open heart sees the One.

At this time, we shall take our leave of this instrument, and this group. We leave each of you in the love and the light in which we found you, for that is all that there is, the love and the light of the One Infinite Creator which guides each of us on our path of seeking. We are honored to be on that path

with you. We thank you for your invitation this day for us to join you here. We are known to you as those of Q'uo. Adonai, Vasu Barragus.



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SATURDAY MEDITATION

FEBRUARY 1, 2020

(Jim channeling)

Q'uo: I am Q'uo, and am with this instrument. We greet each of you in the love and the light of the One Infinite Creator. It is once again a joy and an honor to be invited to your circle of seeking this afternoon. We always appreciate this group's fidelity to seeking the answers to those questions which are most prominent within their spiritual journeys, for each is most careful and dedicated in this seeking.

Before we begin, we would ask our usual favor. And that is that you see us not as ultimate authorities, but as your brothers and sisters, who have traveled somewhat further along the same path which you now travel. If any of our words or concepts do not ring of truth to you, leave them behind without a second thought. This will give us the freedom to speak as we will. We would ask at this time if there is a query with which we may begin.

Jan: Yes, I have a question. It has to do with the 18-day cycle of the adept. Ra said, and this is not a quote, at the first nine days of positive, especially four, five, and six, a critical point passing from nine to ten, and 18 to one, and at the nadir, the adept will be the least powerful. I have two questions: number one, what point number would be considered the nadir?¹ And number two, we would

like more information on how the 18-day cycle works and how we can use it more beneficially in our spiritual journeys.²

Q'uo: I am Q'uo, and am aware your query, my sister. The nadir of the 18-day cycle is the low point in the sine wave which signifies the cycling actions of the physical, mental, emotional, and spiritual energies. It is at this point that these energies are at the least within the cycle. The use of such a cycle of the adept is that it may show certain points within the seeker's path which are more favorable for certain kinds of activity or investigation, the most usual activity, of course, being the spiritual journey and how it is conducted.

The various waves of the mind, body, spirit, and emotions have their own contributions to make that can be altered according to the pattern of their streamings into the adept or the seeker of truth. The path that is traveled by such a seeker is often littered with debris of doubt and confusion, and makes it somewhat of a challenge on occasion to decide what path to take, if one is at a critical point in one's own spiritual journey that one is consciously aware of. We would suggest that the information that can be gleaned from this adept's cycle is useful to those entities which are attempting to utilize their catalyst

¹ 64.10 – Ra: The spiritual or adept's cycle is an eighteen-day cycle and operates with the qualities of the sine wave. Thus there are a few excellent days on the positive side of the curve, that being the first nine days of the cycle — precisely the fourth, the fifth, and the sixth — when workings are most

appropriately undertaken, given that the entity is still without total conscious control of its mind/body/spirit distortion/reality.

² A tool to help chart the adept cycle based on day of birth can be found here: <https://bring4th.org/biorhythms/>

on a daily basis, so that they may have a greater understanding of what types of lessons they are attempting to learn.

Mastering the catalyst, shall we say, or being able to process those types of experiences which may have some disharmony, doubt, confusion, and so forth is necessary in order to be able to gain experience that may be used in the future from similar situations. When one is able to do this, it is not so necessary that one consult such biorhythms as the cycle of the adept, for this cycling expression of internal energies is that which has as its fundamental premise the similarity of most seekers of truth, that is, that there is still a great deal of the catalyst that is unprocessed or unknown. When that is the case, such a cycle is helpful in allowing the seeker to begin to determine when the most favorable times for certain workings or processes or current projects, you may say, are most likely to succeed. When the catalyst has been mostly understood, shall we say, there is not the need then to rely upon the charted patterns of the cycle of the adept. Is there a further query my sister?

Jan: No thank you Q'uo. That's very nice.

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

Austin: I've got one Q'uo. I asked a little bit about this recently, but to explore it from a different angle, can you talk about the metaphysical origins and implications of depression and anxiety, and about how a seeker might utilize these experiences for their growth and opening the heart?

Q'uo: I am Q'uo, and am aware of your query, my brother. The mental and emotional conditions that you have described as depression and anxiety have a connection, in that there is the dimmer outlook, shall we say, due to inner and outer events within the seeker's realm of experience, due to a history, shall we say, of certain kinds of experience that go awry, perhaps upon a seasonal basis. It may be assumed, then, that there is a kind of momentum of indecision or difficulty which has accompanied these experiences.

When the experience of the seeker is led by the inspiration to investigate further into the causes of such experience, the experiences tend in the beginning to intensify in order to give the seeker a more magnified image of the situation. When the seeker begins to investigate in a more intensive

manner, after this magnification of experience is noted, then there is the possibility that the anxiety that accompanies this process of dealing with difficulties that go awry might be enhanced by the continued processing of a catalyst that has gone awry.

There is also the suggestion by many who have had these experiences that it is well to engage in the meditative state when processing the catalyst that is associated with the depression or the anxiety. Within the meditative state, oftentimes, there are various levels or layers to the anxiety and to the depression that results when the anxiety's fear is borne out. The levels of experience then can be seen more clearly and felt or apprehended more profoundly within the meditative state. There is the assistance available within the meditative state of the subconscious mind that can reveal to the seeker many aspects of the depression and anxiety that have been hidden from the seeker thus far.

When the meditative state is utilized, it is often well to offer a prayer, shall we say, within that meditative state that other entities that are associated with the seeker, such as the higher self or guides, be available for inspiration or information that can point a direction to the seeker, whose heart is pleading for that which it desires to know and to be more and more of the One Infinite Creator—for each of us, as seekers of truth, contain the Creator within, and each of us have/has the ability to reveal more and more of that Creator as we process this catalyst that is so rampant upon your third-density illusion at this time.

This catalyst, whether it be depression, or anxiety, or trauma, or difficulty of any kind whatsoever is intense, because the intensity is a means by which the nature of the spiritual journey can be revealed to one who goes forward fearlessly into the fray of its own perceptions of depression, anxiety, jealousy, anger, and so forth. These forays into catalyst then are the movement of the seeker along the path of truth. For this third-density illusion has within it the potential to release the greater and greater apprehensions of the One Creator that exists within each seeker of truth. At each energy center there is a reflection of types of catalyst that the seeker may utilize to move forward along the energy centers or chakras. Thus, it is suggested that the catalyst of anxiety and depression be located by the seeker in

their correct position according to the seeker's estimation, so that there can be an activity there in meditation that attempts to allow an expansion of the apprehension or perception of what is occurring in the seeker's life at any particular moment.

Is there a further query my brother?

Austin: Yes, thank you very much. That was very good. You were talking about the energy centers, and I was wondering if there's typical correlation to any particular energy center (or centers) in depression and anxiety, or if is individual to each person.

Q'uo: I am Q'uo, and am aware of your query, my brother. The energy centers that are most often associated for most seekers of truth with these qualities of depression and anxiety are the energy centers of the orange, yellow, green, and blue. For there may be interactions between these centers according to the seeker's ability to process its catalyst. As the catalyst of anxiety and depression is processed, the processing moves higher into those energy centers which then await a new perspective, shall we say, so that the seeker may view the experience of depression and anxiety from a, shall we say, higher point of view or overview. The movement higher then gives the seeker the opportunity to expand its understanding of the cause, the nature, the expression, and the opportunity that these experiences provided for spiritual growth.

Is there a further query, my brother?

Austin: No, thank you very much.

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

Anna: I have one Q'uo. What is the best way to utilize dreams that are very intense in our spiritual life? I recently had a dream that was really intense and I feel like it's trying to tell me something, but I'm not sure the best way to interpret it or understand how it should help me.

Q'uo: I am Q'uo, and am aware of your query, my sister. In general, the utilization of the dream state is one which is most helpful upon a regular basis, so that the seeker begins to develop a certain kind of vocabulary for its dream images. This allows then a more accurate interpretation of dreams in the long run.

However, if you are utilizing one dream and only one dream at this time, we would recommend that you utilize the meditative state, so that you may relive the dream in the meditative state. Then, having relived the dream, look within yourself, to see if there is resonance with any portion of the dream to any part of your being, to any part of your spiritual journey, to any thoughts that you are thinking, to any feelings that you have felt, to any difficulties you have experienced. Then assign the meaning to each portion of the dream so that there may be a picture presented that is much like unto a puzzle. This will hopefully allow you to see the overall message of the dream. However, we recommend that such a dream that has made a strong impression upon your mind may also be a dream which is symbolic of other levels of your experience at a later time. Thus, we would recommend that you begin a dream journal, so that you record each dream that makes such an impression upon you with the hopes of seeing correlations and progressions in your own seeking of truth.

Is there a further query, my sister?

Anna: No, thank you very much.

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

Nancy: I have a query, Q'uo. Is there a way that Ra and other sixth-density beings show themselves, appear, to those on the third density and lower fourth density, or is it individual to each?

Q'uo: I am Q'uo, and am aware of your query, my sister. Those of the social memory complex known as Ra have most frequently communicated with entities upon this planetary sphere through the dream state. They are always available for being invited to join in the dream state, for they are members of the Confederation of Planets in the Service of the One Infinite Creator, and this is a service which each of us within this Confederation are happy to provide, if requested. The one experiencing the dream however, is not always aware of the name or identity of the entities that are giving the dream experience. This is not a salient feature for their service. However, if there is a desire on the part of entities to request certain Confederation entities contact them within the dream state, this will be done.

There is also the signal to each individual entity that has developed a relationship with those of the social memory complex of Ra that may be noted from time to time when certain images, such as for this group, the hawk appears within the vision of the eye. Oftentimes this would signify a message that suggested the action that was being thought of or contemplated was the correct action to take. Each individual seeker, however, if it is able to develop a relationship with any of the Confederation of Planet entities, will be able to develop such a recognition of such sigils or images.

Is there a further query, my sister?

Nancy: No, thank you.

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

Austin: I have some, if nobody else has any. We have one that comes from John. He said:

"I read this quote in the Law of One from session 55 [55.7] and it really struck a chord with me. The quote is: 'Things come not to those positively oriented, but through such beings.' I've thought about it quite a bit, and think I understand it to mean that for the positively oriented being it's not your will which is being exercised in accomplishing the work you set out to do. Rather, it is the divine will. Thus, things come through you. That is, you become a channel for the divine. I wonder if I'm on the right track with that line of reasoning.

Q'uo: I am Q'uo, and am aware of the query and its correct assumption. We have no further words to say to a perfect explanation.

Austin: Thank you Q'uo.

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

Austin: We have another one from Senan, who writes:

'I would firstly like to express my admiration and respect of the Confederation and all groups therein. I've read many of your answers on questions asked by cherished members of L/L Research and other seekers, and I would like to sincerely thank you for all your work and the love and the light of the One Creator that you bring to earth. It's an honor to hear your response to something important to me.

I have an idea regarding my purpose, but I feel like I'm walking the path of faith and don't know if I'm on the right track. Can you clarify my purpose, as much as you can guide me on what I can do to initiate it and accomplish it in a way that will not only benefit me, but others as well? Thank you.'

Q'uo: I am Q'uo, and am aware of the query, my brother. We find in this instance that we are being asked to give personal information as to what an entity should do. This we see as an infringement upon free will. However, we can make general suggestions as to what any seeker can do who is wondering about how to pursue its own spiritual path.

We would suggest first of all that meditation become a foundation stone with any seeker's spiritual journey. This is the way of being able to contact some portion of the One Infinite Creator that resides in each entity, within each seeker, within each portion of the Infinite Creation. With this contact made, whether it is intellectually, emotionally, or spiritually apprehended or not, is relatively unimportant. What is important is that the attempt is made.

The response will be made by the Creator in some fashion that will affect the seeker of truth. Then we would recommend that the seeker, within the contemplative state, determine what, within its own realm of experience, is the path it wishes to follow in attempting to polarize in the positive sense, that is, of being service to others. This determination will then bring to the seeker various and sundry people, places, situations, and experiences. Each of these will provide a great deal of what you call catalyst: the opportunity to grow. The processing of catalyst then may also be done within the meditative state.

When the seeker discovers any type of catalyst of a traumatic nature, of a disharmonious nature, of a questionable nature of any type of experience, then, we would recommend that this experience be taken into the meditative state, so that it may be examined to see what the potentials are for growth. Was there a failing on the part of the seeker? Was there a misperception? Was the desire pure?

There are many other questions that may be asked by each seeker. For each seeker is unique, and each journey unique as well. Thus, each seeker may determine its path and how to pursue that path

within the conscious state of the everyday round of activities. And then at the end of the day, in the meditative state, examining the experiences of the day to see what growth was brought to the seeker by these experiences. Each seeker has preincarnatively programmed a vast realm of potential experiences that can teach a handful of lessons, shall we say. The subconscious mind is well aware of these lessons that have been programmed for the incarnation. The seeker, in the meditative state, can receive hints and clues from the subconscious mind, whether in dreams, in meditation, or in inspirations during the day to help unravel the mystery of one situation or another. Thus, this is a general type of program of increasing the faith in the process of growth so that the seeker may see that it contains all the experience that it will need to achieve its preincarnative goals within itself.

Is there a further query my brother?

Austin: No, thank you Q'uo.

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

Austin: I've got one final one. You mentioned earlier in a response the aid of various guides that we might have in other realms, and I was wondering if you could talk about different ways that we might be able to connect with those guides and receive their guidance.

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, we refer to the standard, the favorite of the Confederation of Planets in the Service of the One Infinite Creator. And that, of course, is meditation. In the meditative state, one may open oneself to assistance from any guide or higher self, or even the mind/body/spirit complex totality. If the desire is strong enough within the seeker, such contact can be made in a direct fashion in the meditative state. The dream state is also quite helpful for the seeker to ask for such assistance.

The technique most helpful, we believe, is to, as you are retiring for the evening, make what you may call a prayer to your guides or higher self or whomever you seek assistance from, to reveal unto you information for a certain situation that is of priority to you at that time. Then, keep by your bedside the tablet and pencil so that you may write down the dreams as soon as you awaken. Or if you wish, you may utilize the flashlight that is dim enough not to

awaken one completely to be able to record the dream in the middle of the night after the dream has been completed.

One may also utilize the pendulum to get simple yes/no responses from guides or the higher self. This requires, of course, the practice with the pendulum in order to be able to determine what the yes would be for you and what the no would be for you. There is also the possibility that as you sit in contemplation at the beginning of the day, or at the end of the day, or at any time during the day that you have time to relax, that in the contemplative state you open yourself to such requests to your guides, so that an inspiration perhaps might be funneled to you through your own mental capacities.

There is also the technique of writing, which is sometimes utilized to make a similar kind of communication, where you write upon a page the question that you ask, then, as you feel a response in your mind, you write or channel that response onto the paper. Oftentimes, this is described as automatic writing, but in this instance, this is a response to a specific query, not simply writing which takes an energy upon itself to begin.

At this time, we shall take our leave of this instrument and this group. We thank each once again for inviting our presence this day. You all are our idols; you are our most high esteemed friends and spiritual journeymen and women. We are so glad to be with you. We learn from you as we teach to you. We are known to you as those of Q'uo. We leave you now in the love and the light of the One Infinite Creator Adonai, vasu borragus.



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SATURDAY MEDITATION FEBRUARY 8, 2020

(Jim channeling)

I am Q'uo, and am with this instrument at this time. We greet each of you in love and in light. We thank each of you for inviting our presence in your circle of seeking this afternoon. This is a great privilege for us, for it is our way of being of service to others and thereby progressing further along our own spiritual path. Thus together, we walk the same path. We would ask our usual favor of you, that is, that you take the words and concepts which we offer to you in response to your queries and use them in whatever fashion has meaning for you. If any do not have meaning, set them aside without a second thought. This then frees us to speak as we will, and share more of that love and light of the One Creator that shines within us all this day. Is there a query with which we may begin?

Lynn: Q'uo, there was a common theme in our discussion before this channeling about a sort of convergence of energy, and that we're all noticing spiritual capabilities and powers that seem more available than they were before. Could you perhaps comment on the nature of this sudden increase in energy?

Q'uo: I am Q'uo, and am aware of your query, my sister. The cosmic energies of the fourth-density vibrations continue to stream towards your planetary sphere in a manner which may be seen as waves, shall we say, almost as if they were waves upon the beach. When a certain wave crashes upon the shore, it brings with it certain opportunities that those who

are open to such opportunities may take advantage of.

As the progressive crashing of the waves upon the shore continues, there is an increasing opportunity to move to those energy centers within each seeker of truth—we should say, conscious seeker of truth—that have need of being more activated and energized so that they are functioning in a more full and bright manner.

These waves of cosmic streamings, then, are a kind of intensification or magnifier of the potential that awaits within each conscious seeker of truth, so that as the waves hit the centers of energy, they begin to intensify the potential that was preincarnatively programmed within each energy center. This potential is the framework for the preincarnative choices of lessons to be learned.

For many, there is a great similarity in what is occurring, for there are very basic lessons that are necessary to be able to utilize upon your third-density planet. The interrelationships of the orange ray, of one to one personal relationships, is that which is the beginning of the expansion of the intelligent energy that moves through the red ray up to the orange ray. The group energies of the yellow ray, then, are next in line for activation when the time is right for the seeker and when the appropriate energies have been set in motion in its own life pattern. This unique configuration for each seeker is then aided by the crashing of the waves upon the shore of the entity's consciousness.

There is also the target, shall we say, of this third-density illusion in the green-ray energy center, the activation of the heart, so that unconditional love and compassion may be released. And the entity then is what you may call harvestable, or able to be a candidate for moving into the fourth density of love and compassion.

These energies from the, shall we say, distant stars, are a combination of the universal intelligent energy that is omnipresent and yet which, at some point in what you would call time, takes a direction, so that according to the clock-like face of the galactic spiral, there is the sending of these energies to the correct location that will aid all seekers of truth who are ready for such aid.

Those who are not ready and who are not conscious seekers may find difficulties within their life patterns occurring if they are not able to defend themselves, either consciously or subconsciously, from such crashing of waves of intelligent energy upon their shore of consciousness. Thus, these experiences that each seeker has that are in common within many other seekers have a unique flavor for each seeker. For though all may learn the same types of lessons, each learns the lesson in a personal and unique fashion. For each of you is like a snowflake. Unique to yourself, and like no other.

Is there a further the query, my sister?

Lynn: No, that was very thorough, Q'uo. Thank you.

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

Kathy: Yes, I have one Q'uo. And it is somewhat of a follow-up to the question just asked, and concerns the waves of intelligent energy instreaming and touching upon our individual and group consciousness. And if you could comment on how these instreamings of intelligent energy will be raising up the frequency of our planet and those of us seeking to serve others; and how those who are seeking to be better or higher healers, workers in energy and with spirit to help others, how their energies may increase to help others because of these instreaming waves of intelligent energy? Is there a point where they may align the seeking to help others aligned with the higher energies and such work becomes more available and more effective?

Q'uo: I am Q'uo, and am aware of your query, my sister. These cosmic instreamings of intelligent energy find their focus within each seeker's energy centers as the seeker is ready for such.

The seeker who is pursuing the path of healing is one who has gone beyond the green ray energy center, has moved into the blue and indigo work—the work of the adept. This type of work, then, may also be enhanced by these cosmic instreamings in a more conscious fashion, shall we say.

It is often well to take special meditative periods in a daytime where you are able to retire into the quietness of the self, the greater self, and allow the cosmic instreamings to be perceived within your own energy centers. Visualizing that center, then, being opened, fully cleared and cleaned, so that as you move from the green to the blue and the indigo, you are creating a pathway for contact with intelligent energy and then intelligent infinity that can bring through the healing energies of the One Creator to be utilized in whatever manner is chosen.

It is recommended that each healer be conscientious in the apprehension and utilization of these cosmic energies, for they are quite powerful. It is well to form a, shall we say, ritual or pattern of use of such energies in your healing practice, so that you see your connection to the universe through these cosmic instreamings, thusly becoming, figuratively said, *a hand of God*, working in a manner which is in alignment with the highest and best for the one to be healed. This is a process which allows the use of these energies in the most propitious manner. For they are at this time in great abundance, and there is the possibility of, shall we say, an overdose of such if particularly conscious attention is not paid to how they are used.

Is there a further query, my sister?

Kathy: No, thank you Q'uo, that was quite helpful. Thank you.

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

Austin: I've got a couple in the same line of questioning. The first one might be very similar to the last response, but I'd like to ask it. One of the effects that we've talked about this evening is an increased ability to manifest our own reality, or more specifically, the effect that our thoughts have on our

reality. And this seems like it carries a pretty heavy responsibility in terms of how we handle our thoughts. I was wondering if you could talk specifically about that and the role that sort of ability plays in the path of a positive seeker.

Q'uo: I am Q'uo, and am aware of your query, my brother. The thoughts that a seeker thinks are the basic representations of the seeker's being. They are the most important feature which, when balancing is continued or begun, may be considered first.

The thoughts have a power that comes from within the being that may be seen as developed during the incarnation, or even being preincarnatively originated. The thoughts, then, begin to reflect the seeker's attitude or perspective upon the world. This attitude determines how the world is experienced.

Thus, the thoughts that one thinks are the signposts or guidelines which are, shall we say, filled in by experience in the daily round of activities. Thusly, if one wishes to manifest a certain quality within one's life pattern, it is possible to hold the image of the desired manifestation in thought, in meditation, and draw unto one that particular quality or thing.

There is also the strong possibility that what one fears is also drawn to one. Thusly, is well to take care with those fearful thoughts that may hold some type of sway over one's perception in any particular area of endeavor. It is well not to act out of fear, or to react to fear, but to balance it with the knowledge that each is the One Infinite Creator. That there is nothing to fear, for all is well. We all live and move and have our being within a creation of unity.

Is there a further query, my brother?

Austin: Yes, thank you very much. If the effect of our thoughts on our reality is increasing, it seems like that creates sort of disorientation for our society as people all have their own individual beliefs and stories. And I would guess that has something to do with the seeming increasing separation and polarization in something like our political sphere.

Can you give any advice on how to navigate this sort of new landscape where individual people's realities are becoming more and more solidified in their own perception, and how we can interact with others when their reality seems so different from our own?

Q'uo: I am Q'uo, and am aware of your query, my brother. Each entity has its own pattern and time of

awakening. Those entities who are more successful at allowing their preincarnative choices to manifest within their life patterns find that there is a freer flowing of energy that occurs when they are able to do this.

This intelligent energy flowing through one's being, then, is not obstructed by any blockages of convoluted or distorted thought patterns. This allows the seeker to move in a harmonious fashion with the energies, thusly energizing the positive desire to be of service to others.

Those upon your planetary sphere who do not consciously have a spiritual path of seeking have certain configurations of mental activity and patterns of thought which are also increased or solidified by the intelligent energy streaming to your planet at this time. This is in accordance with what they have chosen for their life pattern at this time.

The intelligent energy is simply an indifferent, neutral magnifier of what *is*. Thusly, the choices that have been made by each person upon the planetary sphere are likely to be enhanced so that they may go further in that direction as a function of their free will choice.

If at some point the distance they have traveled into that type of thinking becomes uncomfortable for them, they are always free to choose another path. And this is what is possible for many upon your planet at this time, for they have, over a period of many years, been used to the control of media advertising, or governmental policies, or peer pressures, or the various ways in which the third-density cultures exert pressure over their peoples. Thusly, *that which is* becomes greater as it is affected by the cosmic instreamings. And when you see yourself moving into interactions with such entities, it is well to keep in mind firstly that you are seeing the Creator standing in front of you; that this Creator has made certain choices that it may or may not be aware of.

Certain choices may be causing a various kind of disorientation, or pain, or anger, or jealousy, or of many other types of emotions so that they are at the mercy of their own previous choices. A great deal of compassion may be felt for such entities, for they know not what they do, and yet they continue to do it. If you can give your love in some way that supports what you see as the core of their being that

is the Creator in human form, then you have done all that you can do in the way of relating in a fashion that is helpful and is truthful.

There is oftentimes the desire to suggest certain changes in their behaviors. If this is asked for, it is possible to aid in that way as well. However, to offer advice that is not asked for is not usually helpful.

Is there a further query, my brother?

Austin: No, thank you Q'uo.

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

Nancy: I have a query, Q'uo. My question is: what is healing? It seems as though we're all working toward healing, and whether it be our world, the environment, ourselves, each other, and even within the physical body, it seems as though there are blockages, whether they be physical, emotional, mental, and spiritual. So, is healing the bringing of light and removing the blockages and, can you clarify?

Q'uo: I am Q'uo, and am aware of your query, my sister. Healing, in the very most basic sense, is creating an atmosphere within an entity's mind/body/spirit complex where each energy center is able to allow the intelligent energy of the One Infinite Creator to move clearly and cleanly through each center, and ascending to the violet, eventually realizing unity with the One Creator. This is the ideal. However, the various blockages that are found in the lower energy centers are usually a product of preincarnative choices that represent lessons that the entity wishes to learn during the incarnation.

The blockages oftentimes are a representation of how the mind has failed to apprehend the lesson at hand. And thus, the lesson has been given to the body in a symbolic form that will hopefully concentrate the attention of the seeker upon the catalyst or the situation which has brought about the blockage. Usually, this is a certain configuration of mind which sees a certain kind of relationship in a distorted fashion, so that there is the need to balance the perception.

If these balances can be achieved by the seeker, then the blockages can be removed. If this is not possible for the seeker alone, oftentimes a healer may aid in such healing by offering to the one to be healed an opportunity to see the blockage more clearly in the

metaphysical sense, so that it may choose to release the distorted perception and embrace a novel configuration that would equate with healing. The healer does this by allowing the entity to reach a contact with its higher self that then appraises the situation and determines whether the appropriate degree of learning of the lesson has been achieved. If this is the case, then the healing very likely will take place, and that which is broken will be made whole.

Is there a further query, my sister?

Questioner: No, thank you.

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

Austin: Our friend S. from China, wrote recently and he had a friend who asked him to relay a question to us. And it reads:

“Now, there is an outbreak of the novel coronavirus in China, and it has caused lots of worries, rumors, separations among people, as this coronavirus outbreak partially resembles the SARS outbreak in China in 2002 to 2003. Q'uo, without infringing upon the free will and providing your point of view, could you indicate the origin of the novel coronavirus? Is the coronavirus man-made, as Q'uo indicated for SARS? And whether it is man-made or not, what's the metaphysical meaning behind this coronavirus outbreak? Does this kind of collective catalyst also reflect the dysfunctional, unhealthy and pathological aspects of our current social system, just as individual physical distortion reflects catalyst unused by the mind complex?”

Q'uo: I am Q'uo, and am aware of the query, my brother. This is a subject which we have indeed covered before. For various outbreaks of this nature are attempts by what you may call the hidden powers to control the population of the planet. For your planet is very heavily populated at this time. And it is easier for those who seek control to control fewer entities. Thusly, there is the manufacture of various types of diseases that have been accomplished over the past few decades with the goal of reducing the population of the planet.

The entities so involved in this experiencing of the coronavirus are entities which have preincarnatively offered themselves in service to the planetary mind, in order that there may be a resolution or completion of certain cycles of vibration, that is to

say, that there may be the realization of their ability to serve their fellow human beings by becoming infected in a fashion which reflects the need to find a cure for this particular virus. This is a manner of being which each entity undertook in order to become more able to open their own hearts in love and compassion for others. For as they find themselves afflicted with this particular virus, they become more and more compassionate for their fellow humans who also have this virus within their being and must suffer the consequences. Thus it is a way of, shall we say, utilizing a negative initiative in a positive fashion that was foreseen before the incarnation began.

There are many such possibility/probability vortices that have been and are possible within your third-density illusion at this time. For the harvest time is a time of great upheaval and change. There is much volatility amongst many nations and individuals and groupings within nations that makes it necessary for the type of experience that is now being felt to be assessed in a manner which does not bring fear. However, most entities are subject to the fear aspect of such an outbreak of a virus of this nature. There is, in such an experience, the opportunity to see that the Creator is knowing itself in all that happens around one and within one.

When this type of attitude can be taken, then the negative efforts to control the population in one manner or another may be transmuted alchemically, individually, for each entity so able to do so in a manner which sees the planetary game as that which is played upon the world stage, in a manner that can offer an entity a great variety of responses.

If the entity can choose the positive vision of the Creator experiencing Itself, then it draws unto itself the basic nature of the power of the truth of unity that is, that all is one, and that though one may pass from this life, there is no loss. The One still remains in each entity and in each endeavor, so that there is always the knowledge that the One who exists in all is always there experiencing this event in a manner which informs the Creator more and more of the nature of Itself.

Is there a further query, my brother?

Austin: Yes, S. himself sent a follow-up to the question, and I think that you just touched on this.

But I'd like to read it just in case there's any more that you could say. S. wrote:

"Ra mentioned in 34.7 that 'These so-called contagious diseases are those entities of second density which offer an opportunity for this type of catalyst. If this catalyst is unneeded, then these second-density creatures, as you would call them, do not have an effect. In each of these generalizations you may please note that there are anomalies so that we cannot speak to every circumstance but only to the general run or way of things as you experience them.' And S. continues: So it seems that in cases of anomalies, even if the catalyst is unneeded, these second-density creatures can still have an effect. I just wonder if SARS is one case of anomalies, since SARS can be regarded as a biological weapon, according to Q'uo. If so, is it always possible for those infected with any man-made virus such as SARS to nullify its effects and heal themselves? I ask this question just for the purpose of encouraging hope and faith in these cases of anomalies."

Q'uo: I am Q'uo, and am aware of your query, my brother. We would agree that for the conscious seeker of truth who finds the spiritual path to the One to be the only path worth traveling, this type of virus can be seen as a mere rock upon the path that may be avoided by seeing the One in all and loving the One in all, no matter what is the action of any upon one, as attempts are made to control one. If one can give love without expectation of return, and resist not evil, then one has a power over evil which cannot be broken. It is the power of love, the power to cure all that is unwell, to make whole all that is broken, and to bring to light all that is hidden.

Is there a further query at this time?

Austin: No more from that line, Q'uo, thank you. We do have one sent in from Lily, who references a previous Q'uo session [May 28, 1995] in which you talked about metaprograms of consciousness available to seekers. And the quote she uses is: "There are layers of what you call metaprograms available according to the intensity of seeking and shall be released as a kind of, shall we say time capsule, but more in the desired release nature." Lily writes: "I wonder if Q'uo may give us an example of these metaprograms of consciousness?"

Q'uo: I am Q'uo, and am aware of your query, my sister. We find that such metaprograms are utilized

by entities who are working within the higher energy centers so that an experience in the daily round of activities may be seen to be available to each energy center in what you may call the metaprogram in higher and higher aspects. You may meet a person on the street and have a collision, say, with cars, and the beginning conversation begins with anger and confusion and the testing of the survival of the red ray. And then perhaps one of the entities suggest that maybe there is another way, and a conversation is begun. And there is the opportunity to see how each contributed to the accident, and that it would not have happened had not both done what they did. Then, the energies may be raised even higher to the yellow ray, as the entities converse with the local officials investigating the accident, so that the joint decision of both parties to the accident is seen to be recorded in the official records of the police, shall we say.

After such an experience, it is possible that a continued relationship could develop so that eventually the entities could share in green ray love and acceptance of each other, finding coincidences in their lives that brought them together at that point in time that resulted in what was called an accident, and yet could be a coincidence. This may be taken further and further for those who would become adepts, but we feel that this is sufficient for the type of designation that the one known as Lily was desiring.

Is there a final query at this time?

Austin: One more short one from Maria, who wrote in: "Why does Ra call a crystal 'frozen light'?"¹

¹ Ra: Take, then, the crystal, and feel your polarized and potentiated, balanced energy channeled in green-ray healing through your being, going into and activating the crystalline regularity of frozen light, which is the crystal. The crystal will resound with the charged light of incarnative love and light energy and will begin to radiate in specified fashion, beaming, in required light vibrations, healing energy, focused and intensified towards the magnetic field of the mind/body/spirit complex which is to be healed. This entity requesting such healing will then open the armor of the overall violet/red-ray protective vibratory shield.

Thus the inner vibratory fields, from center to center in mind, body, and spirit, may be interrupted and adjusted momentarily, thus offering the one to be healed the opportunity to choose a less distorted inner complex of energy fields and vibratory relationships. – 57.6

Q'uo: I am Q'uo, and am aware of your query, my sister. Ra calls crystals frozen light because they began as light which was in movement with photons vibrating at various angles of rotation in various speeds of rotation so that the light was of a certain nature. And as this light, then, created a conjunction with various minerals or earth elements on any particular planetary sphere under the conditions of the first density (where the wind and fire teach earth and water to be formed, so that life could become viable and minerals could be formed) then, there are various types of crystals that are also formed in this type of an environment.

The light of intelligent energy begins to interact with other types of earthy mineral forms and creates, in some instances due to volcanic eruptions or other heating effects, the kinds of crystals that you are aware of that have an organized latticework structure that allows them to transduce the intelligent energy or light of the Creator in a certain fashion because they are in harmony with all light.

At this time, we shall take our leave of this instrument and this group, thanking each as always, for your kind invitation, and your rapt attention, and your most heartfelt queries. We are so grateful to have been able to spend what you call time with you. We are those of Q'uo. We leave you now in the love and in the light of the One Infinite Creator, leaving each as always in that love and light, in that power, in praise and thanksgiving. Adonai, vasu borragus.



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SATURDAY MEDITATION

FEBRUARY 22, 2020

(Jim channeling)

I am Q'uo, and am with this instrument at this time. We greet you in the love and in the light of the One Infinite Creator of which we are all a part. We thank you once again for inviting our presence in your circle of seeking this afternoon. It is always a joy for us to join you, because you are such valiant seekers of truth and offer us an opportunity to be of service to you through attempting to answer the queries that you offer us.

We would remind you that we are not ultimate authorities. We are your brothers and sisters who have moved somewhat further along the same trail of seeking the truth that you find yourselves upon. Thusly we would ask you a favor, and that is to take whatever words and concepts we offer you and use them as you will. If you find any that are not useful to you at this time, leave them behind without a second thought. In this way, we may speak more freely and be able to share that which we are able to share with you today. With that being said, may we ask if there is a query with which we may begin?

Zachary: Greetings Q'uo. I want to know if you could give us a brief overview of the major portals or initiations between the third density and the fourth density.

Q'uo: I am Q'uo, and am aware of your query, my brother. The primary portals of initiation as you could call them between the third and the fourth density are somewhat various, depending upon the origin of the entities passing through them.

There are, for those entities who are native to third density and who have not moved beyond it, the more beginning portals that would utilize the lower energy centers—the red center having to do with the survival and sexual reproduction—that would in some fashion allow an entity to become aware of its need to partake in the creative process of its own learning program, and initiate itself in a kind of school of reproducing the knowledge that is within it in its most basic sense.

The orange-ray energy center would be available to the third-density entity that wished to explore the identification of the self and the acceptance of the self in a basic manner, so that there might be an interrelationship with an other-self in an intensive fashion, so that there could be communication that would inspire both to move even higher upon the rung of the chakras or energy centers.

The yellow-ray energy center initiation is that which allows each individual third-density entity, so activating red and orange, to move into an appreciation of how those individual energies may be blended with group energies and expand the reach of the individual mind/body/spirit complex as it moves through its incarnational pattern. The group energies are a preparation for the higher energy centers in that they allow each seeker to be aware of how there is a kind of cooperation that is possible and necessary in order to be able to move further and further along the energy centers as they are in their upward-spiraling line of light.

When we come to the green energy center, we are focused then upon the unconditional love which each entity has for all entities within the creation, for at this point the entity is the creator in miniature, shall we say, and feels the love of the One Infinite Creator for all of the creation. This love of the creation then is reflected in some kind of a challenge, shall we say, that asks of this entity so penetrating green ray or the heart energy center to be able to love that which seems unlovable. This type of an initiation is that which then allows the seeker to look within itself to find the qualities of the unlovable being within itself that are stopping it from being able to so love this entity.

When this is accomplished, then there are various other types of initiations that would expand upon this basic concept of being able to love that which is beyond oneself, that which is not understandable, that which seems to be difficult, shall we say.

As we move into the blue energy center, this is the first center in which the spiritual energies are outgoing and the entity is the Creator expressing itself in clear communication, [including] honest descriptions of the effect of the catalyst it is experiencing, inspirational messages that are spoken from clarity and the unity that is found within the heart. Thus, the blue-ray energy center has a kind of challenge which asks of the entity so passing through this center to be able to find the clarity and wisdom in situations which may be confusing or somehow dumbfounding, in the respect of being able to understand the ultimate reason for the experience.

This is a kind of initiation requires of the aspirant that it will be able to take into its own being the quality which seems to be unexplainable; and when this shadow side of the self is found within the self, to then be able to accept it as the basic nature of one's being that *is*, having a kind of grit or determination which is helpful to any seeker of truth moving along the path of polarization.

As we move into the indigo-ray energy center, we come to that center where there is the ability to experience changes in consciousness as a manner of being, so that one is able to become that which one seeks. The being able to become the light, or the love, or the unity of the One Creation then is the challenge that is offered to the indigo-ray energy center aspirant. This center then asks of the seeker to be able to take within the self the greater realms of

the infinite creation that have no bounds, that have endlessness, that have infinity, that have immortality, and to be able to utilize these concepts so that the self is able to both experience the infinity of creation and the identity of the self. This is a challenge, which often takes various forms or shapes for each particular aspirant.

In the violet-ray energy center, we find that there is the opportunity for the seeker to begin to feel the sacred nature of each moment of its experience. The initiation challenges [at this level] are to take the mundane, the ordinary, that which is normal and frequently experienced for the entity, and look within it to the degree that there is the seeing the One Infinite Creator residing in each tiny portion of the creation, so that there is no portion of the creation that does not contain the One Creator. This type of an initiation can take various forms; it is according to each individual's perception and preparation that the form of the initiation will be determined.

Is there a further query, my brother?

Zachary: One brief query, Q'uo. Can you please describe the portal or initiation relating to surrendering to God's will and trusting in the benevolence and abundance of the universe?

Q'uo: I am Q'uo, and am aware of your query, my brother. The initiation of the surrendering of the self to the will of the One is that which is carried out with such an intense desire that it is difficult to adequately describe how this is accomplished. It is motivated and initiated by the seeker itself which has desired this union for a great portion of what you would call time, and has through various means of spiritual expression been able to accomplish a kind of replica or preliminary experience of this unity, so that there is a taste of that which is to come.

The initiation itself is that which can happen in the eye blink of a moment, or in prolonged meditation, or in the daily round of activities, for there is no determining the exact timing or characteristics necessary when the desire of the seeker will have built to such a level, both on the unconscious mind and the conscious mind.

This will and desire become balanced by the faith that such a will and desire will be manifested when the faith is as strong as the will and they move together in union. Then there is the blending of

these two strands of rope which is used to take the seeker into the highest realms of the fully-experienced presence of the One Infinite Creator in order to be able to do the will of the Creator, having become one with the Creator, and knowing the will because of that unity between the two that is no longer two, but one.

Is there a further query, my brother?

Zachary: Is this portal the integration of root chakra energy to crown chakra energy?

Q'uo: I am Q'uo, and am aware of your query, my brother. There is indeed the combination of these two energy centers, for these two together are those which combined to represent and hold in place the overall balance of the mind, of the body, and the spirit of a spiritual seeker in whatever state of readiness or preparation each may be. Therefore, the root and crown chakras operate together as a kind of centering device that allows this process of unification to occur without the losing of the sense, shall we say, of self on a permanent manner.

Is there a further query, my brother?

Zachary: No, thank you Q'uo.

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

Questioner: I have a question, Q'uo. Often, we have dreams and hopes that seem further than we can reach for reasons of finances or ability, but they still seem extremely real and coming from a right place. Is there a way to access that and bring it to reality when it seems too hard to reach for... too far away? Is it possible that it's another life that we're dreaming about down the road?

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, for each seeker of truth, there is a dream. There is an image or a set of concepts which are what you might call a guiding star of the life pattern. This guiding star is that which has been promulgated from previous incarnational experiences as the representation of that which may become, for the entity within the present incarnation, a kind of set of guidelines in which the lessons to be learned may be described in energetic fashion.

Thus, when you feel the dreams that you speak of, look then to the heart of the dream within the meditative state to see what that dream is really

speaking to you about. What does it represent? How literally can you take it? How symbolically should you take it? Use your intuition and your intelligence together to fashion a kind of response that then perhaps may be able to become a query that you ask your higher self in meditation or in dreams to make a response to.

If you are successful in convincing your higher self of the need for this information, then there will be transmitted to you what you may call a download which reveals the steps necessary to take in order to make such dreams come true. If you find, however, that there is some sort of blockage that stops you from realizing these particular dreams, do not be concerned overmuch, in that such blockages may show you a path to the realization of the dream that may present themselves at the appropriate time. Each thing occurs for each seeker at the appropriate time when the seeker is ready, as it appears you are now.

Is there a further query, my brother?

Questioner: No, thank you very much.

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

Austin: I have one Q'uo. There's a debate within philosophy and scientific fields about whether or not free will is an illusion, with some people believing that we just have the experience of making decisions, and the behaviors and actions and circumstances are actually just reaction, action and reaction, set into place at the beginning of the universe.

Ra talked about free will being the *first distortion*, so I get the sense that there might be some truth in the idea—that free will is an illusion—as it is a distortion. And I have a feeling that this has something to do with what you were talking about earlier with the unification of the individual will and the Creator's will, and I was hoping you could just talk to the paradox of the idea of free will being an illusion, but us ultimately having free will.

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, free will is what the universe is built upon. For each portion of the One Infinite Creator that exists because of the freewill choice of the Creator to know Itself has the same free will of the Creator. This allows each choice that is made by each entity within the infinite creation to be able to

illustrate yet another way for the Creator to know Itself. When taken in total with the infinity of beings in the infinity of planets in the infinite creation, this information allows the Creator to know itself in ways that are more pure, more varied, and more powerful than would have been possible for the Creator to know if these entities had not been created.

Each entity then, within its own individual experience of moving back into unity with the One Creator, has the free will to move on this journey in whatever manner it chooses: any religion, any philosophy, any thoughts, any way at all may be attempted, may be refined, may be replaced, may be accelerated, may be rested. There is free will in every choice, in every instance, for every entity. Every entity can decide whether or not it believes it has free will. An entity can decide that it does not have free will out of its own free will to make a choice. There are an infinite number of choices that may be made. Some are paradoxical, some are antithetical to further learning. The entity will learn, through trial and error, which are which.

Each entity then, in the choosing of each motion, each word, each thought, in the moment-by-moment experience in the daily round of activities is exercising free will, for there may be a multiplicity of means by which any choice may be manifested, so that when one decides to get dressed for the day, the choice of clothes, have breakfast, the choice of food, the playing with the pet, for how long, driving the car, by what route, going to work, at what job... all choices are a product of free will.

It can be said, however, that in the ultimate sense, one cannot choose *not* to go back into unity with the One Creator. For eventually all entities will find the path back into unity with the One Infinite Creator, which each entity is within itself, for all is made of the One Infinite Creator. However, this is somewhat more of a semantic problem than an actual problem, for each entity has created its own evolutionary journey within the certain guidelines set forth by the One Infinite Creator.

Is there a further query, my brother?

Austin: Yeah... I kind of interpret what you're saying as saying that all of our free-will decisions are actually sort of the will of the Creator in a sense. So I'm wondering, what is the point, or what is the

aspect of the journey at which point we give up individual will and manifest the Creator's will, if our individual will is also the Creator's will?

Q'uo: I am Q'uo, and am aware of your query, my brother. As the seeker of truth moves upon its path of seeking, it is presented with catalyst in the daily round of activities that requires the processing in order that experience may be gleaned from each catalytic experience. This experience then begins to activate each ascending energy center. As catalyst is used in the higher and higher energy centers, there is the opportunity when one reaches the heart energy center to begin to, shall we say, springboard to the higher centers in a manner which allows one to make contact through the indigo-ray energy center with intelligent infinity.

This intelligent infinity is the One Infinite Creator. This Creator resides in all of the creation, within each being, within each seeker, within each moment, and yet, has been unable to be discovered by most seekers until a certain time, shall we say, has come about where experience has been gathered sufficiently to move the entity into the indigo and then violet-ray energy centers.

This contact with intelligent infinity becomes that which blends the microcosm with the macrocosm, the seeker with the One, which it has always been since before time. Thus at this point, the individual will of the entity, though still available as a potential or a possibility, is given over to the will of the One Infinite Creator, so that the entity then begins to move about in its daily round of activities as a vessel or vehicle of the One Infinite Creator, going about the Father's work, shall we say, being cognizant of the need to share the love and light of the One with all around one.

This is a type of illumination that is most rare for entities upon your planet, although more and more entities are achieving that at this time. The one known as Jesus was able in his lifetime, as you are aware, to move into this type of experience where he was able to say that "I and my Father are one. When you see me, you see Him who sent me." Thus at this point, the individual consciousness can be set aside, shall we say, and replaced with the greater consciousness which has its place in the unification of all that seems separate, in the healing of all that seems wounded, in the making whole of all that seems broken.

Is there a further query, my brother?

Austin: No, thank you very much.

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

Zachary: I have a query, Q'uo. Plant medicines are often used for healing and evolution. It seems that some plant medicines are avatars of aspects of God. For instance, ayahuasca seems to be an avatar of the divine mother or divine feminine. Can you comment on that?

Q'uo: I am Q'uo, and am aware of your query, my brother. There are indeed various plant entities upon your planetary sphere which have been imbued with the qualities of the various facets of the One Infinite Creator, be they male or female, be they higher or lower, multiple or one. These qualities then are available as a kind of signpost or guide along the way so that the seeker may—by ingesting these plants with the proper attitude and determination and blending of will and faith—be able to experience an expansion of its own consciousness that includes the qualities that the plant exudes, as it is a representation of some facet of the One Infinite Creator.

These plants are found all over your planet and are in most cases (and in most countries) deemed illegal or dangerous, because their effect upon the human brain and mind is not understood clearly by most within the normal society. And this type of thinking or being is that which is a threat to most such entities who do not have the, shall we say, spiritual inclination to find an explanation for the reason for their being upon the planet, other than here to have a job, make a living, support a family, and get ahead.

However, these various plants are known by various shaman and native peoples, indigenous peoples throughout the world, to be various types of pathways to the One Creator that will illuminate the nature of the Creator as the ingester travels the path. There is much of information and inspiration that is possible to be had by such experiences, as you are well aware.

Is there a final query at this time?

Zachary: No, thank you Q'uo.

Questioner: I have one last question, Q'uo. Why do you want to talk to us? Why do you want to help us?

Q'uo: I am Q'uo, and am aware of your query, my brother. And we say "my brother" quite seriously, because many here are our brothers and sisters, from our very same home planets that are upon the planet Earth at this time, to be service to the population of the planet [which] is trying as best it can to make the graduation into the fourth density of love and understanding. We have a commitment to those entities who are also of the Brothers and Sisters of Sorrow, as are we, and as are most in this circle, that have taken upon themselves the honor and duty of extending their own type of service into the incarnation upon planet Earth, going through the same forgetting process that each entity does upon this earth, so that it does not know precisely why it is here, or what it is supposed to do.

Thus, when we find entities such as this gathered in circles such as this circle and are willing to ask us to come to join them, we rejoice at the opportunity of doing so, for we are reuniting with those of our home planet in many cases. For there are many of us upon the planet Earth at this time, and many from other planetary entities within the higher densities that are here upon planet Earth now, attempting to aid in the harvest, which is a difficult harvest... difficult because there's so much anger and separation upon this planet at this time.

So we thank each of you for inviting our presence so that we may do what we dearly desire to do, to share with our brothers and our sisters that love and light which all of you so ardently seek and so completely envelope. And we wish you all the very best on this journey of seeking, for you are valiant warriors in the spiritual sense.

This is a difficult illusion in which to inhabit. It is difficult to see the One Creator in every portion of the illusion. It is difficult to see the love that has created the one infinite creation. It is difficult to see the light that is what the creation is made out of. And yet, all of these things are true. And we come to share them with you, that you may use them as your rod and your staff as you walk through the valley of the shadow of death on planet Earth at this time.

It is that walk that you shall continue to walk upon until the light of the fourth density beams brightly about everyone upon the planet, and there is the opportunity for each entity to move into harmony and unity with that light, love, and power of the One Infinite Creator. In that love, light and power

we shall now take our leave of this instrument and
this group, thanking each of you as always for
inviting our presence. It has been an honor to be
with you. We leave you now. We are those of Q'uo.
Adonai, vasu borragus.



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SATURDAY MEDITATION

MARCH 7, 2020

(Jim channeling)

I am Q'uo, and am with this instrument at this time. We greet each of you in love and in light. We are most honored to be invited to join your circle of seeking today. By being invited, we are able to offer our service to you and to the One Infinite Creator that exists within each soul and each portion of the one creation. As always, we wish to impart to you the basic concept that we are not infallible authorities. We are your brothers and sisters who move along the same path of seeking as do you. We have traveled somewhat further perhaps, and have a wider perspective to offer you at this time, but we would ask that as we offer you any words or concepts, that you use them as you will, as you wish, as you feel is appropriate, and leave behind any concepts or words that are not appropriate for you at this time. If you will grant us this small favor, then we may feel free to speak without boundaries. At this time, we would ask if there is a query with which we may begin.

Anna: I have one Q'uo. I've been thinking a lot about balancing, how to balance your emotions, things that trigger you throughout the day. But sometimes I have the difficulty of finding what the opposite emotion of what I'm feeling is. Say for instance in traffic, somebody cuts me off. I get frustrated because it seems like they're not caring about the well-being of anybody else. What is the opposite emotion of that frustration to focus on so that I can balance out these emotions?

Q'uo: I am Q'uo, and am aware of your query, my sister. In the balancing process, in which one attempts to discover the wholeness of the mind, the body, and the spirit within the self, it is often well to re-live the experience that has caused you consternation or difficulty in any degree. And then, when you have re-lived that within the meditative state, it is often helpful to begin the balancing process with the concept of love and acceptance for whatever your experience that has caught your attention and thrown you off your equilibrium of the acceptance of the moment. To be able to find love and acceptance within yourself is a good place with which to begin. However, the more effective means of balancing comes not from what you create as a balance to what you experience, but what comes naturally to you as you are meditating upon the original dysfunction or disharmony that you have experienced.

This is a somewhat subtle experience as there are oftentimes a mixture of emotions that come to balance the original disharmony. To perceive which is most helpful is that which is your task. However, we would also suggest that if you are cut off in traffic, shall we say, that it may be that the first balancing emotion will be acceptance of the entity which has so cut you off in traffic. If this is the natural response, then you may allow this response to grow into your consciousness so that it is of a nature of quality and quantity to equal the dissatisfaction or disharmony or anger that you felt after being cut off.

We realize that to allow the opposite emotion to find its place within your consciousness is not always an easy task. Therefore, if it is of enough difficulty for you that you feel inadequate in your ability to balance the original disharmony, we would consider (if possible and helpful) that you would consciously contemplate the kind of response that you would imagine to be that which would balance the original disharmony. We realize that the balancing techniques are not always easy to apply or are not always naturally in motion for each seeker of truth. Therefore, we suggest that if this is the case for you that you consider the contemplation of each disharmonious situation, so that you may begin to cause a kind of original excitation or promulgation of emotions to begin moving through you, so that at some point you may begin to utilize the meditative balancing of the emotion that begins to naturally arise in your consciousness as a balance to the first disharmony.

Is there a further query my sister?

Anna: No, thank you very much.

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

E: I have a question. I was thinking about how we go through our lives and different experiences and we end up in different places, oftentimes in surprising places that we hadn't anticipated or prepared for. When I think about where these experiences come from, I think some are preincarnative choices, some perhaps come from our higher selves or our spirit team that is trying to direct us in the right direction, and other times it could come from our own state of mind. Like if we're negative, we draw negative (like attracts like). Are things actually random? Are there random experiences? Because of all of these things then perhaps we can actually change our mind or do something—that we can steer the events in our lives. That's my question. Is that possible? Are there such things as random events?

Q'uo: I am Q'uo, and am aware of your query, my sister. We find that you have a, shall we say, multitude of possible explanations for any situation that may occur in your daily round of experience. We feel that your experience in each of these areas is a valuable commodity, shall we say, for each experience has a lesson to teach. We would

recommend that in order to sort through the possible randomness or indicated potential of any experience that you use the meditative state to allow the possibilities to sort themselves out within your consciousness. For as you meditate, and set your goal as being able to discern what the lesson of the moment is, then those inner guides and friends that you have accumulated in your life pattern may be able to insert into your consciousness the concept which is most helpful at the moment. For as you ask, you shall receive.

You look upon any situation as having a certain kind of flavor, or kind of origination within your mind, within your heart, within your being. As you look at each of these possibilities, you may become aware of the predominance of one over another, as you are meditating upon these various potential explanations for any particular momentary catalyst. To ask for assistance, then, within the meditative state after you have examined the possibilities is to move forward in a balanced fashion, so that you have done work in consciousness yourself to begin to apprehend the quality of the experience that you are now engaged in. This work then may be added on to by your unseen friends, whether they be guides, your higher self, or loved ones who have passed on before you and who have taken upon themselves the task of working with you in such situations. This is a means of progressing that is considered a balanced means of discovering for yourself what is possible, and then allowing those inner guides and presences to filter further the possibilities that you may focus upon the one that is most salient in any moment.

Is there a further query, my sister?

E: I guess I'm thinking about how to go through life so it's not so painful. I know that catalyst brings about pain and discomfort, and I'm thinking about how to use that catalyst so that the discomfort is minimized, I imagine. And that's why I was asking about where catalyst was coming from, and if you have any control over where it goes from there. And I was interested in all of the inner guides and how they could help with that. So what I'm hearing you say is that you meditate on it, and then you can ask your guides to help you with that, and then, because you have to take a further step from there, and that your guides can help with that. Is that what I was hearing?

Q'uo: I am Q'uo, and am aware of your query my sister. We believe you have correctly perceived the greater portion [of]our response to your question. We would also suggest that according to the potential randomness of certain events, one may consider the possibility (as you had indeed mentioned) of preincarnative choices so that what may [initially] seem random in the moment, upon reflection in the meditative state may be connected with previous choices made not only preincarnatively, but made within this incarnation in your, shall we say younger years, when you had the access to your subconscious mind that is more freely-flowing and available to your use in your meditative or contemplative moments.

The randomness of any moment or event may be seen to diminish as one is able to examine more carefully the point of origin and nature or function of such a random event, or experience, or emotion. Randomness is usually reserved for those who are not more conscious in their seeking process. We find, however, that you are [a] very conscious being that has knowledge, not only of what you have experienced in your past, but [also] the potential meaning for such experiences in your present moment. And in future moments in which the lessons circle, shall we say, or repeat in an upward-spiraling fashion (so that there is more information added to each experience that seems random) you are able to apply more understanding, shall we say, to your perception of repeated experiences that have seemed random in your past. Is there a further query, my sister?

E: That was very helpful, thank you. I have a related query that... just went out of my head. So I'll let someone else go while I figure that one out again.

Zachary: Greetings, Q'uo. I have a query. A lot of the destruction and pain and suffering on this planet has been caused by the distorted out-of-balance masculine. How might we begin to heal that masculine energy to bring it into a more harmonious state?

Q'uo: I am Q'uo, and am aware of your query, my brother. The patriarchal type of expression of energy has been that type of experience which the recent history of your planet has exhibited in a degree which exceeds the normal balance of such expression, when compared to the matriarchal or

feminine nature that each entity has within it, whether it be biologically male or female.

The apparent reason for the masculine expression of reaching and affecting and controlling and utilizing energies and entities (in what could be seen as non-compassionate manners) is a kind of expression of energies that has gained a momentum within most of the population of your planet for the last few thousands of your years. The reason that this type of energy of the masculine nature has been so predominant is that there is a great portion of the population of this planet that has, of necessity, come to this planet to repeat the third-density cycle, having failed to make the harvest on other third-density planets. The harvest was not achieved because there was, at some point and in some degree, an expression of masculine energies that attempted to control the movement of consciousness within the third density of the planet of origin for much of this planet's population at this time.

This type of masculine energy, which reaches and controls, is that which was unable to effect any kind of movement into the heart chakra, and thus continued in a repetitive fashion to attempt to do that which it had failed to do previously. Therefore, there has been the necessity upon this planetary sphere (for the great majority of the population of this planet) to reassess the expression of the male or masculine nature so that it may be balanced by the feminine expression of nurturing, of receptivity, of awaiting the reaching, so that the compassion within the heart chakra might be released in a manner which allows the greater majority of the population (previously expressing masculine energies) to begin to entertain the possibility of expressing the polar opposite: that is, the feminine energies, the matriarchal energies that are those of the New Age of the fourth density of love and understanding.

These energies have been in abeyance for a great portion of what you would call time within much of the population of this planet, because there was the inability to move in a studied or appropriate fashion the male energies that were then found to be ineffective, and yet still continued to generate their control, hoping at some point there would be the ability to move forward in consciousness. However, at some point within the populations so expressing these masculine energies, it has become abundantly clear in the subconscious realms of the mass mind

that this type of masculine energy was ineffective and could not become effective as long as it was solo, shall we say, responding not with a balance of the feminine energies, [but] restricting the expression of energies to that which was patriarchal and controlling.

Thus at this time, there is the movement within the mass mind of the consciousness of most of the third-density entities upon this planet for the reintegration of the feminine, the matriarchal energies that are heralding the New Age of love and understanding within this planetary sphere. However, as you are aware, there is a great residue of masculine energies that are rolling about, shall we say, within consciousness as a block which has lost its place and has no firm ground upon which to stand, or focus upon which to allow the movement forward in consciousness.

Therefore, we find that the New Age of love and understanding that is now having its energies experienced and expressed by greater portions of this population is that of the New Age which is dawning within each heart that is open upon planet Earth at this time. This is a kind of expression of unconditional love, which will continue to grow more and more predominant within the consciousness of third-density entities upon this planet as the transition into the fourth density continues.

Is there a further query, my brother?

Zachary: Is the cultivation of an attitude of surrender to divine flow useful in healing the divine masculine energy which has a distortion towards control?

Q'uo: I am Q'uo, and am aware of your query, my brother, and you have stated this well. For indeed, the movement into the giving of love, the receiving of love, and the adoption of the wider perspective of the feminine energies that are now engulfing this planetary sphere is that type of expression of the self which is more balanced in its potential for realizing the feminine within each heart and soul that needs to be valued and given primary attention within each conscious seeker of truth.

Is there a further query, my brother?

Zachary: No, thank you, Q'uo.

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

N: I have a question, Q'uo. Upon passing, when a person passes away here and leaves their body, is it possible to not fall back into the reincarnation process? And is there any such thing as an artificial light?

Q'uo: I am Q'uo, and am aware of your query, my sister. As entities within this third-density illusion move through the process of what you would call the death of the physical body, the higher bodies within each passing entity are then activated, so that the form-maker body of the indigo-ray energy center becomes that body which then moves into the light of the harvest, shall we say.

The harvest light is that which is brought into beingness within each entity's passage of mind, body, and spirit, so that its degree of green-ray energy activation of unconditional love may be ascertained by the light. The light-bringers are those who are from the octave beyond this octave, and are charged with the responsibility of providing the light that can assess each passing entity's harvestability so that there is the opportunity for each entity then to continue forward in the evolutionary process. The light which each entity walks into measures the energy centers of the passing entity, so that the heart energy center is seen to be predominant in the assessing of the harvestability of each entity. However, there is also the necessity for a balance of the primary energy centers, the red, the yellow, and the blue, so that the entity being so assessed may be able to withstand the impact of the love and light of the One Creator that is available to assess the entity's harvestability.

There is only the reality of such light that does this assessing for each entity passing through that door which you call death. This type of passage then allows each entity to demonstrate its ability to apprehend the light, to awaken the light of its green-ray energy center, and to shine that forth in a manner which expresses the balance of the other energy centers, as well as the activation of the green-ray energy center.

Is there a further query, my sister?

N: No, thank you.

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

E: I have one related to what I was talking about. The experiences as I go through life—sometimes I think that they're just happening, that I don't have control over them, what's going to happen has happened, there's a reason for everything that happens. So I've taken more of a passive approach to life and relying on faith. And so I'm more interested in understanding if that makes sense, and what is faith really, in that regard?

Q'uo: I am Q'uo, and am aware of your query, my sister. The quality of faith for any seeker of truth is that quality which sees the rightness and the potential for growth in any present situation. The faith that one is in the right place at the right time, doing the right thing, or observing the appropriate portions of one's being (and how they add to the potential for growth at all times) is where faith is most salient or important for the seeker.

This faith, then, may also call upon the quality of the will that each seeker has within its being to utilize the perceptions of the day, the catalyst of the experience, the potential within each moment to move forward in growth. This will, then, balances the faith so that there is the opportunity for the seeker to exercise its desire, its will, its potential to realize the qualities of faith that have pointed out the possibilities for growth for each seeker.

Thus, faith and will are the rod and the staff that each seeker carries with it as it moves through this third-density illusion, where the darkness of the illusion hides most of the Creator that is within each moment and each entity, and provides the entity, then, a means by which it may ascertain greater and greater means of moving forward in the process of spiritual growth. Together then, faith and will can utilize any present moment to move forward within the spiritual journey.

Is there any further query, my sister?

E: It's related to this—your focus on spiritual progress—but then we live in this world; we want to be warm, we want to be fed, we're interacting with other people and the rules of society, and they just seem to be divergent to me. And I'm having difficulty doing both at the same time, I guess, or focusing on both at the same time. [Laughter] That's why I was thinking about faith. If you just go

through life and things are happening and just have faith that everything's working out all right, and 20 years down the path, you're not going to starve to death because of what you're doing now. That everything is just going to work out fine.

Q'uo: I am Q'uo, and am aware of your query, my sister. The faith that all shall work out fine is that which is the foundation stone upon which each seeker may build the spiritual journey, for there are no mistakes for any spiritual seeker. Each seeker grows and changes according to an individual rhythm of expression of intelligent energy or the light of the One Creator. Each seeker has the opportunity and the ability to accelerate this path or type of movement along the spiritual journey as it becomes more aware of how faith and will can use the moment to grow. Each moment is pregnant with possibilities. Each moment has a variety of layers of opportunity that can be utilized, if the will of the seeker is strong enough to investigate beyond previous investigations.

If the desire, the will, and the faith are utilized by the seeker in a conscious fashion (so that there is the potential for greater growth, and is seen by the seeker to be a potential that resides within its own being), then the seeker can take this faith, this desire, this will, and apply it to any present moment. So the fruits of the moment may be more evident to the seeker and the seeker will not only be fed physically in a manner which propels the body forward, but can be fed spiritually, mentally, and emotionally in a similar fashion, so that there is food aplenty for each portion of the seeker's spiritual anatomy, shall we say. Thus, the seeker itself can determine the rate of progress in its own spiritual journey, according to how it applies its desire and its will, encompassed within the larger facility of faith.

Is there a further query, my sister?

E: No, that was good. Thank you.

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

Zachary: I have one final query Q'uo, if no one else does. It is faith and will that help us along the spiritual path of evolution, but it could be said that desire is the fuel of that evolution, fueling both our will and faith and giving them orientation. What about when we lose touch with desire? How do we

reconnect with our own desire so that we can know which orientation and direction we need to go in?

Q'uo: I am Q'uo, and am aware of your query, my brother. The potential responses to this query are unique unto each seeker of truth. For one seeker, it may be that the loss of desire to partake consciously within the evolutionary process will, at some point, bring the seeker to a point of despair and desolation that is of such a strength that there is born again within the seeker the desire to move beyond such despair and desolation.

For another seeker, it may be that the loss of desire is that which is noted mentally and emotionally, so that there is sought inspiration, mentally and emotionally and spiritually, that can once again bring to life the great desire to seek and serve the One who is in all.

For another seeker, the loss of desire for partaking in the present moment of utilizing catalyst and moving forward on their spiritual path may become evident in the reflection of other entities about one that suggest there is a difference in the seeker which seems to have diminished its potential and its appreciation of its own incarnation. Thus, the reflection of such friends of the seeker then mirrors to the seeker that necessity for rekindling the desire within the heart, within the spirit, within the mind, within the being, so that there may be a movement forward once again that provides the type of spiritual sustenance that each seeker of truth truly feels the need for, and seeks within its own being to realize in order to continue the movement along the spiritual path.

Is there a further query, my brother?

Zachary: No, thank you, Q'uo.

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

Austin: I've got one Q'uo. Earlier, when talking about masculinity and destructive masculinity, you used terms like 'controlling' and talked about domination, saying that those were results of the imbalance of masculinity. And I'm wondering how you would describe a more balanced masculinity? What sort of terms or concepts could you relate to a positive masculinity?

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, we do not mean to demean the

general concept of masculinity. There is much within this concept that can be quite helpful to individuals and societies—the masculine concept of reaching, and affecting, and moving in a certain fashion—various energies that are available for the progress of the society as a whole. Therefore, we would suggest that the more balanced expression of masculine energies that reach and affect would be cooperation with those energies of the feminine nature that are able to provide a broader point of view.

The masculine reaching is balanced by the feminine suggestion of cooperation, of awaiting the reaching, of rejuvenating those masculine energies which reach, and are helpful and hopeful of being able to be replenished by the integration with the feminine energies that are there to receive and to energize, to inspire, and to allow masculine energies to be utilized in a more balanced fashion. There is the joining of the male and the female in the sacred marriage of unity of the One Infinite Creator that is seen then within all entities, so that there is not just one or the other, masculine or feminine, that is expressed in the entities and the cultures that are affected by expressions of such energies in one way or another at all times.

Therefore, we would suggest that the masculine energies that are able to realize they are only half of the solution to any problem are those energies which are more intelligent, sensitive, and liable to move forward in a more balanced fashion to allow both individuals and cultures to also gain from this balanced expression of the positive and the negative, the male and the female, and realize the Creator within each and within all by this expression.

Is there a further query, my brother?

Austin: No, thank you.

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

E: I had one related to desire. When you were answering the question related to desire, it sounded like you were focused on the desire for spiritual growth. If we here in third density had that single desire in our lives, then are you saying that everything else will fall into place in this third-density existence? We don't have to have other desires to direct our lives, just that one?

Q'uo: I am Q'uo, and am aware of your query, my sister. Each spiritual seeker within this third-density illusion most usually will begin the seeking process at a very basic level of expression. The desires that are expressed by the beginning spiritual seeker are those that you have mentioned, that are more, shall we say, ordinary or mundane, in the desire for food, for shelter, for companionship, for a profession, for a means by which to appreciate the creation about one. This is a normal progression.

We suggest, however, that when it is finally realized by any conscious seeker of truth that to desire the highest within one's realm of comprehension the spiritual journey (the union with the One Creator, the service of all, therefore seeking first the kingdom of heaven) allows all else to be added unto one. Yet this seeking of the kingdom of heaven, shall we say, is that which is sustenance itself, is relative and appropriate, is enough for any seeker, for there will be added unto such seeking all else that is necessary for the survival and movement forward of the seeker.

All seekers of truth will eventually become enamored of more than just the ordinary round of activities in the mundane world that seem to hold some relevance on the spiritual path. Eventually, each seeker will realize that there is only one true goal for any aspirant of the spiritual path, and that is to know and reflect the One Infinite Creator that exists within each entity, awaiting discovery by each entity of its existence. There is nothing but the One Creator within all the creation. All the creation has been made by the One Creator out of the One Creator, in order that the One Creator may know itself through every individual seeker of truth, and that every individual seeker of truth may eventually know the self as the One Creator.

At this time, we shall take our leave of this instrument and this group. We leave each of you in the love and in the light of the One Infinite Creator that exists within all. We are known to you as those of Q'uo. Adonai, vasu borragus.