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SATURDAY MEDITATION JANUARY 6, 2018

Group Question: Q'uo today our group question is about the shadow side. Could you give us a definition of the shadow side? And then help us to understand how we may understand the shadow within ourselves and how we might balance the shadow side.

(Jim channeling)

I am Q'uo, and we greet each of you in the love and in the light of the One Infinite Creator. We thank you for inviting our presence this afternoon in your circle of seeking. It is always a great joy for us to be with you, for we are all brothers and sisters on the same path, moving in unison and harmony towards the One Creator, who though seems to be a distant entity, is within each of us. It is our great joy to be with you and to speak to your concerns this day. We would ask a favor to begin, that is, that you will take those words and concepts which we offer you and use them as you will, leaving behind any that do not feel right to you. We would not be a stumbling block to you, and if you will do us this favor, then we will feel free to share with you that which we have come to share.

You ask, this day, about the dark side, the shadow side, of the self, and what is it? Does it have a purpose and how does one balance it or use it, is this possible? My friends, this is a most important query, for within the cultures of your planet there are various mores¹ or customary expectations that are

provided as givens, shall we say, that each within the culture must reproduce in some way, and if these cultural mores are ignored, or rejected for any reason, then there is the possibility of the entity so ignoring or rejecting a certain concept or quality [that it] then becomes relegated to the subconscious mind in order that it not be, shall we say, a bother or an irritating reminder to the conscious mind that it, indeed, exists at all. Various concepts throughout the many cultures of your planet may be found in such a darkened environment, shut away as within a closet, so that the conscious waking self may proceed on its daily round of activities without having to consider these qualities that are somewhat disturbing to it for whatever reason.

We find, in your particular culture, that there are aspects of the sexual life that are relegated to this darkened area within the mind so that various fantasies then become the leakage, shall we say, that then begin to haunt the conscious mind and distract it from the proper placement of this normal human function within the conscious mind.

It was mentioned earlier today that humility had a certain feature for the questioner that would nag at the conscious mind from time to time, reminding it that it had failed to exercise this quality. Other qualities that many have so dismissed could be the qualities of pride, the other side of humility, of self-worth when the self is seen as insufficient to a task at hand, or unable to comprehend the learning necessary to reflect the ability of the self to function as well as any other self. There may be features of

¹ mores: *noun*: the essential or characteristic customs and conventions of a community.

certain relationships—of parent to child, of sibling to sibling, of friend to neighbor, and so forth—where it is the desirable nature of the relationship to express it freely and openly, and yet for some reason, which is perhaps not apparent or visible to the seeker of truth, this relationship has developed certain blockages, or diversions of freely expressed energy, thus making clear communication difficult and open-hearted love non-existent.

So, we would suggest to you, my friends, that the shadow side is that portion of any entity, especially the conscious seeking entity looking for truth in the life in the path, which cannot be dealt with clearly as a rule, and must be relegated to a safe place within the conscious mind, or more likely, for those who are not conscious of the seeking path, the subconscious mind. Thus, many of your peoples carry with them, what you might call “heavy baggage” that contains these qualities and concepts which are shunned, either by the culture as a whole, or by individuals according to unique personal experience. This “baggage” tends to weigh heavily upon each entity for it is that which is not understood, is not handled in a clear and open fashion so that there might be a fruit produced from the interaction of the entity and the concept. For, my friends, as we are sure you know, every experience that you have ever had has the capacity for teaching. Each person can learn a variety of lessons from any concept or quality of human behavior or endeavor.

When the mind and the heart are open to receiving any information that is available in the daily round of activities in an open manner, then there is a process of learning that is begun, oftentimes within confusion or doubt or disharmony, for these are those processes that, shall we say, grab one’s attention, and continue to offer the opportunity for balancing the learning within the individual according to the energy centers or chakras that are involved.

Each of you has a certain kind of energy body that is related to the various energy centers or chakras. As you move from the red ray of personal survival and sexual reproduction, this very basic quality of experience can be translated to the orange ray, where the individual expression of emotions and idiosyncrasies to one other being is primary in the beginning process of relating and expanding to

others. As you move up the energy centers, the expansion continues within the yellow ray where the individual self is placed in groups, beginning with, in most cases, the family, the neighborhood, the school, the workplace, etc. In each level of experience, there is the opportunity to relate to others, whether individually or in groups, in a manner which offers each seeker the chance to explore whatever catalyst, or opportunities for learning, have been chosen by it before the incarnation to learn during the incarnation. Thus, when there is baggage of an unknown or unrecognized or unaccepted nature, this baggage becomes as a blockage in each energy center in which it might be expressed or discovered.

These lower three energy centers are critical for each seeker of truth to clear so that the energy of the One Creator may move freely through them and begin to open the heart center of universal love and understanding. When this is done, then there is the opportunity for the entity to move from the third density to the fourth density of love and understanding. However, the shadow side of each seeker, having been relegated to the closet, shall we say, at some point, finds a way to become noticed, whether it is the nagging of the mind, or repeated experiences that lead the seeker to the closet to unlock the door.

At some point, each seeker of truth must realize that this shadow side is a good friend, and has much to teach, for it is holding in reserve those areas of blockage which, when dealt with clearly, release the energy that is held in place by the blockage, that it might move upward along the line of energy centers, and release a certain kind of experiential energy at each level, for you all have planned, previous to this life experience, those lessons which are necessary for you, in your own estimation, to complete in order to become the whole human being that you desire to be, that being which sees all as love, gives and receives freely with each, the quality of universal love and acceptance. The effort that you make to uncover those hidden areas within you that can offer you learning to achieve this goal, is what is called the process of the polarization of your consciousness, for as those who are devoted to seeking and serving other selves, this positive polarization becomes the means by which you might open the heart energy center and release the unconditional love that abides therein.

So, we would suggest to you that you make friends with your dark side, with your shadow self. Embrace it with open-hearted love. Invite it to share with you those areas which you have ignored in the past, for here is the repository of growth. Here is where you unblock the energies that await release. Here, within the shadow side, you have that grittier, heartier, more substantial part of yourself that has had to fend for itself for quite some time, and has developed qualities of perseverance, of endurance, and of desiring to be noticed and utilized as a full and whole partner in your journey of seeking. When this unification of your light side and your dark side can be made within your being, then you have the opportunity of, shall we say, functioning upon all cylinders.

This is the reason for the incarnation, for your true home from which you incarnated, exemplifies unity, exemplifies the fact that the Creator exists in each entity, full and whole, awaiting discovery from the conscious seeker of truth. Here, within your third-density illusion, this is the concept that you take on faith, and with enough exercise of your will, can find that it is true for you; and, paradoxically, the light grows brighter as you are able to absorb and unify and balance and work with the darkness within. It is not an error or a mistake that such darkness exists for a period of what you call time. It is often necessary for some entities to use the dark areas of the mind to store the concepts that it is not ready to deal with. As you become more and more experienced in using the daily round of activities as food for growth, your own spiritual growth and the growth of those around you, then it becomes necessary to find those areas where you have stored that which you [then] wish[ed] to delay working with.

Eventually, when you have found each of these areas within your being, then the intelligent energy, or the prana, of the One Creator can move freely through your energy centers, and eventually you may be able to realize consciously, in this incarnation, your nature as being the One Creator. First, however, my friends, make friends with your dark side. It is simply another aspect of yourself waiting to share its gifts with you.

At this time, we would ask if there might be any follow-up questions for this question?

Z: Is shame about aspects of oneself a way of identifying the shadow self or tendencies?

Q'uo: I am Q'uo, and am aware of your query, my brother. Yes, my brother, the quality of shame, or the discouragement from expressing certain features of the self, is a quality which is quite indicative of that area of the dark side or the shadow self, and may be followed as a trail of, shall we say, breadcrumbs to find the heart, or the source of such shame, so that it might be balanced and eventually erased, for, in truth, all is the One Creator, and there is no true shame.

Is there another query, my brother?

Z: No.

Q'uo: I am Q'uo. We thank you, my brother, for your query. Is there any other query at this time, which we might address?

Gary: Q'uo, it seems that there are a variety of ways to work with the shadow side, depending on what the blockage is in what particular chakra. Would you say that there is one core way to work with the shadow side? That is to say, what is the final end or integration of the shadow side?

Q'uo: I am Q'uo and am aware of your query, my brother. We look now to the practice that was suggested by those of Ra, for the balancing of all catalyst is that process which can lead to the releasing of the blocked energies within each energy center. So, when you would see any quality which you would say was part of your shadow side, then within your meditative state, invite that quality to present itself to you in a manner which reflects its most recent appearance in your consciousness. Look at that experience and make it larger—magnify it until it becomes outrageous, and then, for a moment, within your mind in meditation, image the polar opposite. If it be shame, image joy or positivity, however the shame has been expressed, find its polar opposite and allow that, by itself, to become as large as the original shame. Then, simply accept yourself and love yourself for having both of these qualities within your being as means to teach you love. This is a simple exercise, which when accomplished on a daily basis, may remove those blockages that exist as accentuations of certain qualities that are without balance.

Each seeker of truth must realize that it is a being of completeness, that its mind contains all things, and as you discover more and more qualities appearing in your daily round of activities that knock you off your center of love and understanding, then it is necessary to balance each quality with its opposite—the good as well as the bad, shall we say, for the wheel of karma moves through good and bad. Once you are able to balance these qualities, then you are off the wheel of duality, the wheel of karma, and may move forward unimpeded in your expression of the love and the light of the One Infinite Creator.

Is there any other query at this time?

Z: I have one query. How may the male adept balance the feminine shadow self?

Q'uo: I am Q'uo, and am aware of your query, my brother. In general, the male is that quality which reaches, is active, and is in motion. The female principle is that quality which awaits the reaching, is more inactive and ready to potentiate, shall we say, as it joins with the male. This may be seen as an expression of the conscious mind, the male, relating with the unconscious mind, the female, so that each has a role to play in the evolution of the mind, the body, and the spirit complex. Thus, if in your meditations you can see that quality of the male, active and reaching for new experience, and catalyst to process and lessons to learn, being potentiated by the female, which has a certain kind of wisdom that is not available to the male, then there is the balance between the two within you, so that you become both.

Is there a final query at this time?

Z: No.

Gary: Q'uo, I have a question. If a seeker has, what might be described as an existential pain, an experience of isolation or lack or deprivation, and as a result, they seek communion with others in mind and body as a means to speak to this pain, is the seeking of communion with others misguided, and would it be wiser to focus upon the self-sufficiency of the self as the Creator?

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that a simple and direct answer to this query is not possible, for there are instances in which each of your alternatives is appropriate. We would recommend that within your meditative state,

you look at the existential pain, the moments in which you experience it, the effect upon your mind and your emotions, the effect upon your functioning, the total qualities then, of the pain, looking to any possible source within your memory for this pain. Perhaps it is from an early childhood experience, perhaps you have brought it with you into the incarnation. To answer questions such as these, we would recommend that you use your intuition, that which moves between the conscious and the unconscious minds, and brings back information from the unconscious mind to the conscious mind, to direct the activity of thought and behavior. Thus, there may be sometimes when retiring into yourself for self-reflection and illumination from the unconscious mind would be indicated.

At other times, it might be that the direction from the intuition would be to move outward into an expression of the self with others, for the purpose of gathering information that can lead to bringing forth this existential pain in a more conscious expression that might be worked with, both energetically within the heart, and analytically within the mind. Thus, both the experience of retiring into the self, and the experience of moving into social intermingling can be useful in seeing this pain from all angles.

It also might be helpful to keep a journal of these experiments in examining the existential pain, for in such journaling processes, you are also offering intuition an opportunity to express itself through what you might call “automatic writing,” or the revealing of thoughts moving upward from your subconscious mind into the conscious mind. It is a form of channeling, shall we say, from yourself to yourself.

Do you have a follow-up query, my brother?

Gary: Technically, not to that question. Another small one, if it's permissible within the instruments energy, but no worries if not.

Q'uo: I am Q'uo, and we examine the energies of this instrument, and we would recommend the reserving of the query for another session.

Gary: Thank you, Q'uo.

Q'uo: We thank you, my brother. We thank each present for inviting our presence this afternoon. It is always a joy to be with you, for you are the most

inspiring seekers of truth that we have seen in quite some time. We are, of course, not always able to join many of those upon your planet who do seek truth, but we can observe, from what you would call a distance, that there is a growing number of those conscious seekers of truth that move into realms of expression of love and light that are equal to those we find here. However, each of you is most dependable, and when we wish to be inspired by those who move through the heavy chemical illusion of your third density, we know that we will find such inspiration here. Yours is not an easy illusion in which to exist, but it is one that teaches more than any other that you can imagine. Take then heart on your journeys of seeking, and know that there is fruit being produced each time you meet a new experience, a new problem, a new solution.

We are known to you as those of Q'uo. We leave each of you in love and in light. Adonai, vasu borragus.



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SATURDAY MEDITATION JANUARY 20, 2018

Group Question: From love and acceptance to control and manipulation, there is a spectrum of response to catalyst. What about our relationship to the planet? Where on that spectrum does our present global culture lie? What would relationship of love and acceptance toward our planet look like, and how might we more effectively manifest that?

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each of you in the love and in the light of the One Infinite Creator, of which we are all a part. It is a great pleasure and privilege to be called to your group this afternoon. We look about and see the faces, the hearts, the minds, the bodies, the spirits of true spiritual seekers who come without guile or guise to seek that which is true for each, a portion of the philosophy of unity of the creation of the One Infinite Creator which dwells in each. We would be very happy to speak to you this afternoon concerning the topic of how to treat your Mother Earth, how you are treating her, and the whys and wherefores of this treatment, but first we must ask a favor. We would ask that each of you take whatever words that we have to say that are helpful and use them as you will in your journey of seeking and serving. Those words that we speak which have no meaning for you at this time, please leave them behind without a second thought, for we would not wish to place a stumbling block in your path. We are, as you, seekers of truth, who take great joy in exploring the infinity of the creation of the One Creator, and finding a reflection of the Creator in

every portion of this creation—indeed, finding a portion of the Creator more and more within ourselves, as we seek to reveal the Creator within, and share this Creator with all. Thus, we speak this afternoon as your brothers and sisters who have traveled a bit further upon the path than have you, and it is our means of furthering our own journey to aid you in your journey, for we are all one in truth.

Each entity upon your planetary sphere, each of the 7 billion or more souls, has a spiritual journey that may or may not have been discovered by any entity at this point in time. Many have found a great deal of comfort in consciously realizing that they do have spiritual journeys. There is a great deal of work that is necessary in order to follow any particular spiritual path that seeks to reveal to the aspirant those mysteries of the being which each is, the purpose which each has, the direction which each travels, and the comrades and friends that move in harmony with each upon this endless journey of seeking the One Infinite Creator in each entity and experience. Those who have yet to discover that they have a spiritual path that is available to them by their own choosing previous to this incarnation, are those which have difficulty in reflecting any portion of the One Creator to the friends, families, strangers, and multitude of entities that surround each upon this planet. Each is meant to be a mirror to the other, but when the mirror does not reflect, or is not seen to reflect, any image that is comprehensible to those observing, then it is that the difficulties arise, and there is the, shall we say, blockage of potential to

reflect clearly and helpfully, any portion of the One Creator within.

Thus, the two paths that have been described in your query this afternoon—that of giving and revealing the love and light of the Creator to all, and that of controlling and refusing to become part of the oneness of all—are the boundaries, shall we say, within which action occurs upon your planetary surface. Unfortunately, there is much confusion between these two boundaries, so that the majority of the population of your planet cannot comprehend either choice, and moves back and forth between the two, in mostly disharmonious manners and means, so that there is blockage in the intelligent energy or the prana, which is the gift of the Creator to each on a daily basis, and these blockages then, are reflected in behavior, each toward the other, and each toward the planet as well.

At this time, we shall transfer this contact to the one known as Steve. We are Q'uo.

(Steve channeling)

I am Q'uo, and I am with this instrument. We would continue with this question of the role of blockage with regard to the inner constitution of the process of blocking those energies which we may say animate you from below, for it is these energies which enter your chakras through the red-ray center that invigorate you in a way that is characteristic of your planetary experience as a whole, and in this regard, we would say that you share a common source point of being energized with all others who co-constitute your planetary experience at this time. Now, this energy, as you are aware, may travel upward through your chakra system, enjoying a process of transformation as it goes. The higher it reaches within your chakra system, the more eloquent may be its expression, and, we may say, the more effective it may become in serving as a basis for the aid which you wish to offer to the planet, and to those who dwell upon it. It is well to consider that the planet is more than a lump of rock floating in infinite space. It is a living thing, and it is composed of many other living things which vibrate in harmony and, to some extent we would say also, in disharmony at this time. And so, if you understand yourself as a being that is immersed in this vast vibrating system of harmonics and disharmonics, you can see that you already have a place that is

deeply embedded in an experience which reaches far beyond you.

And so, the question of how you might be of service to the planetary sphere as a whole is one which is both complex and very, very deep, in the sense that it reaches to the most intimate levels of your own capacity to experience and to express. Now, the energies which you find vibrating within are those which are susceptible of many different kinds of expression, and throughout the course of your development, you have learned to exercise judgment in ascertaining what forms of expression are useful, what forms of expression lead to certain results, and what forms of expression can lead to difficulties.

So, you find that it falls to your responsibility to make discriminations concerning how these energies may be expressed. This goes beyond the simple recognition that sometimes you are, within your own system, harmonious enough, and sometimes, within your own system, you find yourself in a state of disharmony, for you may well be magnificently harmonious within yourself, but yet be aware that certain forms of expression of that harmony would not go well under certain circumstances, and therefore, you have learned when it is appropriate to speak, when it is appropriate to sing, to dance, to act in a myriad of ways that affect other selves, knowing that other selves, too, have very complex and delicate processes that they are dealing with, and you do not wish to be a stumbling block to those around you, any more than you wish to have them be a stumbling block to you.

And so, it is well to form an intent to be helpful in relation to your friends, in relation to the society as a whole, in relation to the planet itself, but you recognize that a good deal of discrimination is required in order to make the helpfulness you feel able to be introduced into activity that has a possibility or a likelihood of serving in a way that others can find helpful too. Now, as you have gone through your lives, you have learned, over and over again, through catalyst hard and easy, that certain patterns serve you well, and other patterns tend not to, and as a rule of thumb, you are very likely to have generated judgments that have become structural to your personality. You have learned to rely upon these judgments structural to your personality, and, in a general sense, we would say this is a very good thing, for you cannot process all

of the catalyst that is available to you strictly on its own merits at every individual instant in time. You need to be able to recognize catalyst in terms of certain patterns that make it more efficient for you to respond and make it more successful when you anticipate the possible effects of your response. So, we do not say that the judgments that you have formed that have become crystalized into portions of your personality, and into portions of your patterns of behavior, should be likely laid aside.

Having said that, we would also say something else now, and that is that it can happen, and, in fact, it very often does happen, that these judgments which you have formed are not well adapted to a circumstance which you may presently be encountering. And, therefore, it is also useful for you to recognize that your personality is an instrument through which you work, and while it is not just useful but, in fact, quite necessary, for being able to engage in a wide way, with the breadth of experience that you encounter. It is also well to know that your personality can be allowed to thin from time to time. It can be allowed to change from time to time, and the more that you are able to see your personality as something which is not fully consonant with who you really are, at a deep level, you will be able to allow that personality to adjust where it may, or even to be set aside from time to time, when an occasion seems to require that to happen.

Now, it is not completely reliable to note to yourself that you are setting aside your own personal predilections at any individual point in time, for the personality is something whose roots go very deep, indeed, and the personality is quite capable of arranging its propensities, and its judgments, shall we say, in such a way as to give you back to yourself, a distorted sense of what you are about—a distorted sense, in fact, of your own motivations. And so, one constantly must be aware of not simply the analytical implications of judgments which you have made; not simply the best estimate of what certain of your proposals of action might yield by way of a result, but also the nature of the energy that is investing your proposal to act, the nature, that is to say, of the energy investing your will to serve. This is a most elusive portion of your being, my friends, and it can transform itself from one mode to another quite quickly, and in a way that is most unexpected. And so, for example, you may set out to be helpful to other selves, perhaps in the context of a group effort

of some sort, in which your intention is quite clearly to aid the group, and may have been well vetted with regard to the sense in which the group's efforts would potentially be helpful for larger groups, up to and including, the entire planet itself.

And so, you start out with an agenda, you start out with an enterprise in which you feel well situated and well disposed to your other selves who are participating with you in the performance of this enterprise, but in the course of the activities in which you find yourself engaged, you perhaps discover that your sense of the way this enterprise will unfold is not quite in alignment with the sense that another of your fellow seekers has of the enterprise. You are, in short, potentially at loggerheads. Now, when something of this sort happens, the initial activity that almost always gets invoked, is to fall back on the set of judgments which you have in place, both as a portion of your personality structure itself, and as a portion of the way that you have situated yourself with regard to the current enterprise. And, when you examine these judgments, you can find that in some cases, they are so strongly oriented in a certain direction, and that direction is so fundamentally at odds with another set of orientations held by other selves, that you can see no way in which the two agendas can be brought into harmony with one another. Therefore, you have no choice but to conclude that the other self is wrong, lest you find you have to conclude that it is, after all, yourself that is wrong.

Now, if the matter is of comparatively minor import, the resolution tends not to be terribly difficult. But, to the extent that the matter reaches down to the roots of personality, which it very often does, no easy resolution might be seen to be at hand, and so, the art of compromise, therefore, would not be available to you. Now, we would suggest to you that the planet as you now find it has so often encountered loggerheads of just this nature that there seems almost to be built into [the planet's] very energy configuration, a set of inner blockages, or hostilities which resonate very, very deeply, we might almost say, from the bones of the planet outward. Now, when you draw in the energies of the planet through the red ray, you are, in effect, drawing in some of this built-in disharmony, and your mind/body/spirit complex vibrates with this disharmony unless and until it is able to process the

disharmony, and to heal the disharmony as a portion of the seeking activity which you undertake.

Therefore, we would suggest to you that when you contemplate a goal of being of service to the planet as a whole, that the first thing to consider is how far you have got along in the process of healing the disharmonies of the planet within your own person. The greater progress you have made in this regard, we find, the more likely it is that when it comes to the loggerheads and difficulties that manifest themselves in your relations to others, you will be able to find a point of resolution where less jagged judgment is on display, and more soft-edged acceptance is available to you. That is not work, my friends, which is easily undertaken. It is work which requires slow effort and has to be done again and again and again, for it is really never complete, and we can tell you that we undertake work of just this nature on a routine basis.

So, we would not suggest to you that if you find that your process of achieving inner harmony is less than complete, that you are a failure as an individual attempting to serve your planet. My friends, it will be incomplete, and that incompleteness will again and again manifest itself in disharmonious relations with others. The key to dealing with relations of this nature, is to reassert your commitment to harmony, and to understand that the difficulties that arise in your life, arise not simply as a result of some missed step on your part, or as a result of a misstep on the part of someone with whom you are interacting, but at bottom arises because the creation itself is attempting to find a pathway to a more eloquent expression of the Creator. And, if you take the disharmonious interactions into which you may have fallen in this life, we would suggest to you that it takes a little bit of the edge off of the sense of personal failure, or the sense of failure on the part of those with whom you deal. It is far more important to consider the spirit of mutual engagement than it is to consider, from the outside, as it were, the proprieties of right action. It is all too easy to let an accumulated sense of the proprieties of right action to be one's sole guide in such a way that the true spirit of service has, in the meantime, withered in its root.

Now, there are some who have so despaired of the root of serving others that they completely set it aside, and for them, the propriety of interaction with

others always comes down to a question of demanding that others comport to the judgments one has made concerning how the universe shall be put in correct order. The ordering from without, however, is almost always less efficient, we have found, than the ordering from within, and we would add one thing: we would say that the ordering from within almost always appears to be completely inefficient, because one who is engaged in this kind of activity is aware of the massive responsibility that it puts upon the self to find that one's will to serve is, indeed, pure; is, indeed, completely clean; is, indeed, something that reaches all the way down to the root of personality.

So, to sum up, we would say simply, that service is best performed from the standpoint of one who attempts to serve others, with an eye to the spirit which animates it, not with an eye to the protocols which are taken in judgment best to express its proprieties.

We are those of Q'uo, and we would, at this time, return the contact to the one known as Jim to discover whether there are questions we may further address ourselves to. Adonai, my friends, Adonai.

(Jim channeling)

I am Q'uo, and am again with this instrument. At this time, we would ask if there might be any queries that we might speak to in a briefer manner.

F: If anyone else doesn't have one, I would like to ask, Q'uo, if you could speak to times when we might feel resistance, or even maybe some fear in moving deeper in our meditation, and in our spiritual evolution, if you have suggestions on how we may move past that phase.

Q'uo: I am Q'uo, and am aware of your query, my sister. This is a very thoughtful query, for it uncovers a phase of each seeker's journey which may, indeed, be somewhat mysterious, unknown, that which holds a good deal of potential for discovery if the seeker can find within itself the wherewithal to meet mystery face to face. It is an illusion in which each seeker exists, to consider that there is an understanding that is clear, and without doubt, without reproach, for that which the seeker feels comfortable with in the daily round of activities, and in the process of being a seeker of truth, is just the beginning of what is available to every seeker that

continues to travel this journey of union with the One Creator.

There are many fascinating experiences that are available to every seeker, but they are not always immediately perceived as such. Here is where it is necessary for each seeker to exercise the quality of faith that whatever experience is presenting itself in your meditations, in your contemplations, in your dreams, or in your conscious waking experience, is an experience which offers to you a chance to deepen your beginning grasp or basic understanding of what it is that you are about, and where it is you are headed. The initial stages of the meditative state are usually a combination of fleeting glimpses of peace, and one-pointed attention, mixed with liberal amounts of distracting thoughts. Interestingly enough, and paradoxically so, these distracting thoughts are often felt to be somewhat of a comfort, for they are of that realm that is more understood by the seeker of truth.

Yet, as you pursue the deeper levels of meditative experience, there are oftentimes examples of one's own subconscious mind that brings flashes or images that may be somewhat disturbing at first. These are those areas within the subconscious mind that have begun to become apparent to the consciousness of the meditator. If the meditator can look upon any such image, feeling, or expression of any kind of sensory impression that is unknown, and perhaps slightly disturbing, and see it as part of the self, the smaller self that meditates, and perhaps is part of a symbolic greater self that awaits discovery from the smaller self.

What we are basically saying, my friend, is that you have within you, various portions of your own self, your own proclivities, desires, emotions, some of which have not been fully explored, that wish to make themselves a unified example or representation of your greater self that is the One Creator. If there are any blockages of your energy centers, these are often examples of such blockages that can become hints and clues as to areas to illuminate, to investigate, in order that it might be revealed to you a greater portion of yourself that can be brought into harmony with the conscious self that meditates and moves through the daily rounds of activities in the conscious state as well.

Thus, if you can exercise both the faith that what is expressing itself to you is part of you and is a part

that is potentially quite helpful, and the will to continue to explore this unknown portion of yourself, then there is likened unto a door that swings open for you and invites you to enter, that your experience of both your smaller self, and your greater self, that is the One Creator, might be had. In short, there is nothing to fear; there is much to discover. But, it will take an effort upon your part to do so.

Is there a further query, my sister?

F: No, that was very helpful. Thank you so much.

Q'uo: I am Q'uo, and we are most thankful to you, as well, my sister. Is there another query at this time?

Gary: I would like to read a Quote from Ra, and then ask a question. Ra says: "There will also be a sharp increase, in the short run, of negatively oriented, or polarized entities and social complexes due to the polarizing conditions of the sharp delineation between the fourth density characteristics, and third density self-service orientation."¹

So, my question is: We find that our society consists in some part of entities entering into reality bubbles where the facts change according to the paradigm of the bubble, and correspondence between bubbles can be non-existent. Does this have any connection to the "sharp delineation" Ra describes? I ask, because it seems that the lines between world views, or vibratory levels, seems sharper and sharper.

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, we find this is a salient observation, and would wish to attempt response by suggesting that in the most basic sense that you are correct that the short-run increase of the negatively oriented entities, both of individual variety, and social complexes, expresses itself frequently in a manner which can be easily misinterpreted; for the negatively oriented entities (who are also seeking their graduation into the fourth density) do not speak clearly that which is their desire, for they are aware that most entities would not wish to walk into a prison, shall we say, whether it be of a physical nature, or of a mental nature, or of an emotional nature; for the kind of communication that you describe is that which is frequently utilized in order to confuse. It is like the stage magician who shows

¹ 17.1

you one hand that is performing a certain process, while in truth, the other hand is performing that which is salient to the, shall we say, the prestidigitation, the manipulation of the mind and the distraction of the eye, so that which is seen is not actually that which is presented for observation.

The type of communication of which you speak is the language of control, the language of suppression, the language of confusion, for under these conditions it is possible for the negatively oriented entity to willingly lure the unpolarized, or even perhaps the positively oriented entity into a situation which is like unto a prison, where thoughts are manacled, expression is muted, and freedom is an illusion. Thus, we would recommend that within your own daily round of activities you take time, perhaps at the beginning, or the end, or both, of the day, to center yourself in a mindful manner, which reduces the sensory inputs into your brain/mind complex, and returns you again to that quality which we find those of Ra had referred to as the “unfed conscious mind,” the mind of the beginner, the mind which has only consciousness as a resource, the mind which can calm the jangled nerves, and can allow the confusion to dissolve, the mind which can reveal once again, the basic purpose of each seeker of truth in the positive sense, that is, to reach within the heart and find the love residing there, to open that door to that love and bring it forth to share as one’s response to any situation which may confront one.

This will take, in some cases, a good deal of consideration, for in a world of confusion, the expression of love is very often lost upon those to whom you send it. Thus, one cannot be dedicated, shall we say, to a certain outcome, but must have begun the exercise of faith that that love, which is sent, will reach its destination, and will have its effect upon what you would call “the world condition,” the apparent misdirection and misapprehension of energies by those of the negative nature who seek at this time to use the small amount of time remaining within your third density to polarize sufficiently for their own graduation. So, our recommendation is meditation, centering, mindfulness, and love.

Is there a further query, my brother?

Gary: No, thank you, Q’uo.

Q’uo: We are those of Q’uo, and we thank you, my brother. Is there another query at this time?

Z: I have a query, Q’uo, I don’t know that you can answer it, but I feel a pulling apart of timelines, I guess, a sorting of vibratory frequencies, into different octaves. Can you comment on that?

Q’uo: I am Q’uo, and am aware of your query, my brother. We are most impressed this afternoon, may we say, before we begin our answer, the quality of queries. This group has always been most competent in querying, but this day is most impressive.

The perception of the timelines, as you describe them, is a perception of potential realities that you have participated in within both the dream state, and the meditative state, where you have allowed an opening to potential realities that your higher self has utilized in offering to you, and to others like you, the opportunity to experience a greater variety of challenges, shall we say. These challenges are lessons presented in symbolic form, as each entity in any incarnation presents to itself within the incarnation, to be experienced at that point. However, the choices for such lessons are made before the incarnation so that before your current incarnation, you have chosen certain realities in which to express these challenges, these symbolic puzzles that can, when untangled, reveal to you a greater perspective in your own spiritual journey.

The feeling of the dissolving of such timelines is a residue of the learning of that which was set before you so that there is no longer a need for it to exist within any portion of your being, other than that being which you now are here. Thus, you are, shall we say, closing up shop so that there may be a graduation into the fourth density of love and understanding at the end of this incarnation.

Is there a further query, my brother?

Z: No.

Q’uo: We are those of Q’uo, and at this time, we shall respect this instrument’s growing fatigue and take our leave of this instrument. We would, once again, express to you, our great gratitude for inviting our presence this afternoon. It has been a joy, my friends, to be with you. We hope that you each will take from this session of seeking whatever words and concept that have meaning for you, and ponder them well. For each is as a seed, that, when

pondered, is like the watering of the seed, so that it may grow even further than it has at present presented itself to you. There is growth available at all times, through all experiences.

This is a very fertile density, your third density, my friends, confusing though it may be. There is no other density within the octave of densities that provides such opportunities as are so easily perceptible here—easily perceptible, we say, to those outside of the third density. We have great sympathy for you, in that we know that so much of this third density remains a mystery, and a confusing experience for you. However, such mysteries and such confusions draw you forward into that which is awaiting for you within each mystery and confusion, for in truth, all is one, and all teaches unity, love and light.

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



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Louisville, KY 40255-0195

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

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SATURDAY MEDITATION

FEBRUARY 3, 2018

Group Question: Ra describes their orientation in third density to those spiritually asleep as offering the comforts meant for sleep.¹ While not attempting to simply mimic Ra's example, this seems like a generally appropriate service-to-others attitude in third density. However, we currently find ourselves in a situation on Earth where those who are asleep could be causing great harm to the planet, potentially leading us all down a path of destruction.

¹ **Questioner:** What was the attitude just prior to harvest of those harvestable entities of Ra with respect to those who were obviously unharvestable?

Ra: I am Ra. Those of us which had the gift of polarity felt deep compassion for those who seemed to dwell in darkness. This description is most apt as ours was a harshly bright planet in the physical sense. There was every attempt made to reach out with whatever seemed to be needed. However, those upon the positive path have the comfort of companions and we of Ra spent a great deal of our attention upon the possibilities of achieving spiritual or metaphysical adeptness, or work in indigo ray, through the means of relationships with other-selves. Consequently, the compassion for those in darkness was balanced by the appreciation of the light. – 89.29

Questioner: Would Ra's attitude toward the same unharvestable entities be different at this nexus than at the time of harvest of third density?

Ra: I am Ra. Not substantially. To those who wish to sleep we could only offer those comforts designed for the sleeping. Service is only possible to the extent it is requested. We were ready to serve in whatever way we could. This still seems satisfactory as a means of dealing with other-selves in third density. It is our feeling that to be each entity which one attempts to serve is to simplify the grasp of what service is necessary or possible. – 89.30

Can Q'uo offer suggestions for relating and serving those who seem to be in such a destructive sleep?

(Jim channeling)

I am Q'uo, and am with this instrument at this time. We greet each of you in love and in light. It is our great honor to be called to your group this afternoon, as always, for when we come to your group, we know that we shall find those sincere seekers of truth who have opened themselves in mind, in body, and in spirit, to receive inspiration and information of a helpful nature that might be able to be utilized in the path of serving others. The query that you asked today is certainly that type of query. Before we begin to address it, we would, as always, ask you for a favor, and that is, to take whatever words we offer to you with your proverbial grain of salt, shall we say, take those that have meaning for you, leave behind any that do not. We do not wish to provide any type of deterrence or detour on your own spiritual path of seeking. We come as brothers and sisters who travel the same path as do you. With that favor granted, we feel free to speak to your query at this time.

As you are all conscious seekers of truth, and have relatively clear perceptions of various philosophies and of various cultures upon your planet, you are well aware that your planetary population is scattered throughout the lower energy centers and has had a great difficulty in beginning to perceive the possibility of becoming a unified peoples that can present themselves to the graduation of the

fourth density that is now occurring upon your planet; for there has been much disharmony for many thousands of your years upon your planet as you measure time. This disharmony has resulted from a basic misperception of the nature of reality.

It is not surprising that at the beginning of the third-density experience that entities would have some difficulty in recognizing the unity of all creation, however, this difficulty has persisted throughout the entire third-density experience and has made it nearly impossible to contemplate the grasping of the needle of the compass and pointing it in one direction as a population of Planet Earth.

Thus, as you move through your daily round of activities, you are well aware, if you utilize your sharing of news sources, that the disharmony upon your planet has seldom reached the levels of fracturing that are now being expressed by various groups, cultures, parties, and individuals, for there are individual interests involved that have very little to do with the spiritual path of what you would call “seeking the truth.” What is often sought is more of the mundane materials and rewards of your third-density illusion. This illusion has a purpose of eventually providing a means by which each entity upon your planet could turn from the trinkets of the world, shall we say, to the inner seeking of the love and the light of the One Creator which binds all people.

However, as you are well aware, various factions vie for a larger and larger piece of the proverbial pie. This not only leads to furthering the inability to grasp unifying principles, and to open the heart in unconditional love as is the necessity for graduation into fourth density, but it also accentuates the lower energy centers’ tendency to separate from other people, groups, and cultures, so that there is a continuing fostering of the rejection of any possibility of reconciliation. Thus, not only do your people suffer the fracturing of their own mental, emotional and spiritual capacities, but these disharmonious vibrations are exuded to such an extent that your planetary sphere itself begins to absorb them into the crust of the planet so that there is the rupturing of the crust at various times and places, as a means by which your planet attempts to harmonize the cosmic instreamings of the fourth-density variety with its own fourth-density core vibration.

At this time, we shall transfer this contact to the one known as Steve. We are those of Q'uo.

(Steve channeling)

I am Q'uo, and we are with this instrument. We would continue with our thought concerning the disrupted atmosphere that your planet, at this time, is exuding, and would invite you to consider that you, and all of your fellow mind/body/spirit seekers, are, at this moment, drawing in these vapors. You are bathed in this atmosphere. Now, if you are of a circumstance, with respect to your own situation, that you can begin to recognize the various strands of catalyst that beset you—sorting out the positive from the negative, sorting out the personal from the less personal—you may have a better opportunity to find your way within the morass, shall we say, that surrounds you.

However, to return to the metaphor of sleep, we would suggest that those who are in this condition find that these energies of which we speak, these energies of disruption, these energies of dislocation, disharmony, and separation, can insinuate themselves into the inner fabric of consciousness to the point that they become almost the very stuff of everyday life.

And so, your query finds itself in a quandary, which, my friends, we would have to say, that we share with you, as indeed we participate vicariously, to be sure, with the energies of this planet as it seeks to birth itself into a higher manifestation of itself.

We would ask, then, to begin with that you contemplate what it is to sleep, for there are some circumstances in which sleeping seems to be a somewhat innocuous activity. It suggests that one is perhaps not fully engaged upon an energetic level with the full spectrum available in the incarnate experience, and so time can pass in a state of comparative bliss, largely undisturbed by the kinds of catalyst that stir one out of one's lethargy. It is this kind of sleep which those of Ra experienced among certain of its members at certain points of its evolutionary process. Now, we would ask you to consider something further about the nature of sleep before we continue with the thought of what it means to deal with the kinds of negativities that you are concerned about.

My friends, no sleep is ever perfect. To sleep is perchance to dream, and to dream is to engage in

reception of elements of inspiration and intuitive input that are meant to stir you to further seeking, and sometimes the sleep that one has undertaken is well undertaken for a mind/body/spirit complex that has been subjected to harsh catalyst, or catalyst that has thrown the individual seeker off its center.

Is sleep well undertaken? For sleep affords the opportunity to rediscover that center, and to rejuvenate the energies for further activity when the opportunity becomes available in the fullness of time. But, as we say, there is, within this process of sleep, a continual in-stream of catalyst that is gentle in the sense that it doesn't force itself upon the sleeper, but rather serves gently to excite the fledgling self in a way that suggests possibilities. When the atmosphere of the planet is largely harmonious, or at least beginning to tend significantly in that direction, the sleeping self will be able to draw upon the energies emanating from the planetary center in such a way that that catalyst which is offered upon an individual basis will have the underlying tone, or tenor, shall we say, of harmony, and this serves as a kind of secret motivator for the direction one might take as the sleep begins to fall from one's eyes.

However, there are other circumstances that—in this vast universe of many diverse experiences, both upon the individual and the planetary level—are quite different in orientation from the harmonious experience which it had been our good fortune as we have often thought about it, but perhaps not such good fortune as we have later looked back upon it to have undergone in our own process of development. An excess of harmony can result in an energetic deficiency of sorts, a lack of tension one might say, for tension can be seen as a creative wellspring for further development. And so, we have found that it is quite frequently the case that social memory complexes which have evolved in a more harmonious fashion have found at a further point in their development that it is necessary for them to go back and to reinvigorate themselves in ways that you might think involve disharmony.

Now, it is generally the case that these disharmonies can only be experienced vicariously from the standpoint of the higher density experience, and we would tell you that we who observe the disharmonies at play upon your planet, do find a certain stimulus, if you will, for our reflection, and our

contemplation, and our inner spiritual work, that allows us to become more eloquent, if we may put it that way, in our praise of the Creator. There are others that are functioning as we speak, as observers and helpers upon your planetary surface and within its atmospheres, in a very similar way and for similar reasons.

And so, if we say then further that within a disharmonious planetary experience, your sleep may perchance be vexed to nightmare, we would hasten to add that there is that energy, that love of the Creator, animating even the experience of nightmare.

And so, we come to the question then, of what one who seeks in the name of love, who seeks in the name of serving others, and, in a state of humility as the innermost calling of the seeking, may do when confronted with those who seem to be so benighted in their conduct that darkness is built upon darkness, and anguish is built upon anguish, and hate builds itself upon hate. What does the positive seeker do when faced with this kind of expression? The answer, my friends, is not easily found, and we will not pretend to be able to give you a clear sense of direction that can see you through every darksome valley.

We would ask you, however, to keep one thing in mind, and that is, the simple message that we have to bring: All is one. And so, when you contemplate that simple truth from a very practical point of view, it yields the conclusion that you are the one whose conduct is giving you difficulty. You are not two, but one, with the miscreant. You are not two, but one with the criminal; you are not two, but one with the other one who wishes not only to sleep, but within that sleep, to reach out and do harm.

There is, within the creation, probably no more difficult question, for we could say, and in some sense we will say, that to the extent that you can absorb the hostility that is offered you from one of your fellow citizens, that is all to the good, and that is, in fact, one of the reasons that wanderers have incarnated upon this planet at this time. It is not simply a question of shining your light, which you may do; it is not simply a question of sharing with others that wisdom which it has been yours to discover, but it is, at a more visceral level, a matter of taking in the negative catalyst that is on offer to you, and transmuting that negative energy into simple

unpresupposing love. That, we can say, surely is true, but as we also must add, it is not always possible for you, for there can come occasions when the strength of the negative catalyst that has been presented to you is so overwhelming that it exceeds your capacity to transmute it into love, and there is great danger for you, that it would have a tendency so to distort your process should you allow it to come in, that you, yourself, could be thrown dramatically off your center.

So, a little judgment is required as you constantly take the measure of your own capacity and seek to learn what opportunities are productive in their essential possibility, and what experiences offer little of the potential for productive engagement. There are times when there is no way forward but to step back, and to allow those whose sleep has been vexed to nightmare to play out their dramas undisturbed.

Now, there are things, even in these circumstances that you can do to aid the planet and we would suggest that that is work always well done. What you can do then, is to move into a state of meditation in as balanced a configuration as you are able to maintain in a stable way, and to invite in a little bit of the sense of the disrupted energies of your planet, a small nibble at first will suffice. And you may discover that as you become more experienced with this manner of aiding the planet, you are able to take in a little bit more, and a little bit more, and a little bit more of this negative, or disharmonious, or chaotic energy which your planet is currently exuding, and to work to heal it, simply by holding it in your heart and allowing the loving energy of your heart center to infiltrate this fragment of planetary disturbance; and to infuse it with that love which you bring forth from the Creator such that within you, the Creator is able to find it meets the Creator and to return to wholeness that which has been fractured by holding yourself in a resolute, clear, and humble way, available for little bits of disturbed life energy. You are serving, my friends, in a fashion far more useful than you might imagine.

Now, there will come the moment when your meditation ends, and you release these now healed energies back into the atmospheres, and now sally forth into the world at large. There you will meet with, and interact with, other selves, and we would suggest to you that this exercise that you have just undergone (and in truth it is far more than a mere

exercise) can give you a kind of strength and stability in relating to other selves as they, perhaps, will find it necessary to give you disharmonious catalyst of their own.

We will caution you that the more experienced you become in this process, the more adept you have gotten to be in absorbing and transmuting negative energy into the positive, the more radiant you will become, and the more radiant you become, the more you will begin to attract energies of all kinds really, but we would say notably, of this negative or disruptive sort, because at bottom, this disrupted energy truly wants to heal, though it does not know that that is what it truly wants, so it will unconsciously be attracted to you, and we find that the more you are able to take on, the more it is offered you to take on, and that can build to the point that you reach your limit. You become surfeited with energies that are crying out to be healed beyond your capacity to take them all in and to work them inwardly to a condition of balance. This, my friends, is the signal, that for you, a good sleep is nigh, and you are well advised to know that you cannot, by yourself, heal all the stray energies that abound upon this planet at this time. You can't do that, your group can't do that, we of Ra, we of Latwii, we of Hatonn, cannot do this. We can, however, do the best we can do, and then, for the rest, it is a matter of humbly turning to the Creator and asking what there is to be learned in contemplation of that which we cannot do, that which seems irremediably negative, sad, a misadventure in the creation itself.

We live in the hope and in the conviction that every apparent misadventure in the creation is but the stuff of opportunity for the Creator to learn of the Creator. And within that hope, we find sustenance; within that hope we find courage. [It is] within that hope into which we may, in our sleep, retreat to regenerate ourselves. We find great strength, great comfort, great love, and with that thought, that love is simply the best answer we can supply for the most difficult question one can ask.

We would, at this time, end our communication with this instrument, and return the contact to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo, and am with this instrument once again. At this time we would ask if there might be any shorter queries to which we may speak.

Fox: Q'uo, I'd appreciate clarification of what Ra states in the Law of One, that service is only possible to the extent it is requested. Is it permissible for us to use the same manner as the Confederation does to determine a request for service, such as our own awareness of an unstated need, sorrow, or pain, where we can be of assistance?

Q'uo: I am Q'uo and am aware of your query, my sister. This is indeed an area in which there is room for opinion, shall we say. There is the Law of Confusion, also known as the Law of Free Will, that is of utmost importance in any attempt to be of service to others when the Confederation of Planets in the Service of the One Infinite Creator speaks to those within your third-density illusion. There are times when we have moved close to the boundary and have been times also, when we have, perhaps, moved slightly across that boundary in the attempt to be of service to others when we are aware that there is a need or a calling for our service. Those of Ra, for example, oftentimes offered advice for the care of the instrument, that could have been perceived as infringing upon free will, but the advice was given with the knowledge that this particular instrument or entity would continue in its service nevertheless, thus a decision was made to aid this entity in continuing with perhaps a bit more comfort.

As you, [who are] seekers of truth within the third-density illusion, look about you to assess the possible needs of your service being given to another, you find yourself in a somewhat different situation, for you may speak to another that you feel has a need to hear what you have to say, and this other may easily accept, ignore, or reject what you have to say, for you are just as they—you are not coming from, shall we say, a realm exterior to this illusion, but come from this illusion, thus you have more freedom in being able to assess the need for service, and being able to provide that service.

Is there a further query, my sister?

Fox: I guess I'm understanding then that we can judge for ourselves sometimes, of someone's need, without them actually making a request for our service, and serve them then?

Q'uo: I am Q'uo, and am aware of the first portion of your query. This instrument was preparing to answer that portion, when your second portion was spoken. Would you please repeat the second portion?

Fox: I guess I would just like clarification: It is permissible for us to be aware of a need and offer service for that need, even if a request has not been verbalized to us?

Q'uo: I am Q'uo, and this is correct, my sister, for you carry no special weight in the view of any other third-density entity that may be within your reach or realm of experience. Your suggestion may fall upon deaf ears, may fall upon ears which care not to hear that which you say, and will have no difficulty in turning you away. Is there a further query, my sister?

Fox: Are we sometimes inspired to serve because of another self's thought or prayer of which we are unaware, and does that also constitute a request?

Q'uo: I am Q'uo, and am aware of your query, my sister. There are many, many features or facets of service that are unknown to both the one who seeks to serve, and the one who may need a service. Many of your entities are, shall we say, in tune with others within their own group, whether it be family, work, school, or whatever situation may draw you together, so that there is the opportunity and ability to perceive needs that are unspoken. Oftentimes this occurs between two entities which share the emotion that you call love or concern for each other. We perceive, however, that for most instances, you are requesting information concerning those who may not be related in such an intimate fashion with you.

As you observe entities going about their daily rounds of activities, you may see behavior that seems dangerous, irresponsible, or that which is consciously engaged upon or within to injure another. These do not ask for your assistance, and yet it could well be a service upon your part—if it is intended to be of service—to offer your advice. The intention, in this case, and in all cases of service, is the deciding factor.

The desire to be of service is that which, in your illusion, makes your activity truly a service. It is well and helpful if entities desire the service, and ask for it consciously, for this type of receptivity is that which welcomes assistance from outside the self; and it is this type of receptivity that we of the Confederation, in operating from a realm exterior to

your illusion, seek out as we attempt to serve. However, in your attempts to serve, you are not always blessed with this configuration of receptivity in those whom you would seek to serve.

Is there a further query, my sister?

Fox: Yes, one last part. Sometimes I feel that I'm unqualified, that I don't have the resources, or that a requested service would not be helpful to the person asking for my help. Are we making a mistake if we refuse a request for service in these situations?

Q'uo: I am Q'uo, and am aware of your query, my sister. Your own estimation of your abilities to serve is irrelevant in a situation in which you wish to serve, for there is no ability of any entity within your illusion to understand whether or not service has been offered. Understanding is not of your illusion. Intention is that which is important. You know not how you may affect another by simply wishing to serve and offering that which you have to offer, as meager as it may seem in your own estimation.

Is there a further query, my sister?

Fox: So by refusing to help, though, because you don't have the resources or feel unable to help, or feel that the help that was being asked for would be harmful to that person, that if you had an intention to be of service to that person, that's okay. I'm not saying that well. Am I understanding what you're saying?

Q'uo: I am Q'uo. We believe that you grasp the basis gist of our response. We would add that if you refuse service to another because you feel unqualified to offer this service, you are judging yourself in a manner which will block your own energy centers and may well keep another entity from receiving something that could be helpful to it, for you do not, in truth, know what truly will help another. You cannot know that, you can only desire to help and intend to help.

Is there a further query, my sister?

Fox: No, that was helpful. Thank you, thank you so much.

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

Fox: I have one more short one, do you have one?

Gary: If given the space, I do have one, Q'uo. A friend of the circle, who I'll call J., was experiencing

a constant involuntary influx of psychic information. For some reason, this is damaging his body and psyche. He states that he is not interested in help of a spiritual nature, or any help outside himself, and is presently wishing to end his incarnation. Is there anything that can be offered to him by others other than prayer and being held in meditation that would be of potential help and that would not interfere with his free will?

Q'uo: I am Q'uo, and am aware of your query, my brother. This situation is one which is most difficult for any entity to experience, for it seems that that which is being received is damaging to one's being to the degree that the desire is for ending the incarnation and ending the damage to the vehicle. We can only suggest to such entities that there are indeed no mistakes within any incarnational experience. If you have the desire to grow from that which you experience and to be of service to others with the fruits of which you experience growth, any situation may provide you with this opportunity.

Again, we repeat that this is not the density of understanding. Much must be taken on faith—the faith that what occurs in your incarnation is what is appropriate for you at that moment. That all things will come to an end at some point, and then, perhaps, there will be a glimmer of reason, and the puzzle will seem to be more understandable. If one can sustain the will to persevere, the ability to polarize in the conscious sense is greatly enhanced. Many entities have programmed for themselves situations that push the being to the boundaries of its ability to function in a certain way, in a certain situation because they wish to grow in that manner. This often includes a traumatic experience.

My friends, much of what occurs in your illusion in the way of learning has trauma and difficulty, and misunderstanding as its basis. These are the qualities that offer exploration into the deeper parts of the self, and if there can be a resolution of these difficulties, the growth is exponentially larger than could be possible were the experience of a less traumatic nature. If all were happy and unified and pleasant and easily perceived, this would be like the situation before the great veil of forgetting was placed between the conscious and subconscious minds. Progress was quite slow. However, with this veil of forgetting (that brings true forgetting of all of the unity of the creation and the love and the light

that forms every portion of the creation) also comes the ability to learn much more quickly that which is desired to be learned.

We recommend that each entity look at those times of trauma, of difficulty and confusion, of heartbreak, of sorrow, of loss, as illusions that offer the opportunity to learn. All of the manifestation of your illusion has the purpose and the function of helping each entity turn from shape and shadow to the One.

Is there a further query, my brother?

Gary: A small follow-up, and thank you for your eloquence, Q'uo. The question is: Is there anything you can offer his partner in terms of how to cope with the painful knowledge that her own thoughts, desires and life journey are all perceived psychically by this man, and cause him deep sadness and disappointment?

Q'uo: I am Q'uo, and am aware of the query, my brother. We find much that would be repetitive in our response to this partner's experience, for there is, between these two entities, what you might call a contract or preincarnative choice that has the features of great difficulty and stress and disharmony built in in order to build a greater strength and endurance within the very being of each entity. This is a most anomalistic and unusual situation, for these entities are demonstrating qualities that are not common among most of your third-density population. Thus, there is the possibility that too much emphasis might be given to the psychic nature of the experiences. It would be well if each could, shall we say, step back from the situation and attempt to grasp an overview—attempt with eyes seeking reasons and possibilities as to why the situation is perceived as it is, and experienced as it is. If this perspective can be achieved, there may be more information of a more harmonious nature that can begin to assemble the pieces of the puzzle for both.

Each contains that which is necessary for grasping the overall picture so that neither entity becomes lost within the forest, shall we say, but is able to move beyond the wooded glen to the hilltop, and look behind at that which has been the difficult experience.

Is there a final query at this time?

Gary: Not for me, thank you, Q'uo.

Fox: I'm going to save mine.

Gary: Q'uo, a quick one. What is the value of grounding oneself in connection with the planet?

Q'uo: I am Q'uo, and am aware of your query, my brother. The grounding that you speak of, we perceive to be that which is likened unto planting the feet within the Earth in order to receive the vibrations of your Mother Earth in the sense of making its transition into the fourth density of love and understanding. Metaphorically and metaphysically, if you can plant your feet in such a manner as they may reach even unto the core of the Earth, and opened the heart and the mind and the spirit to the vibrations therein perceived, it is possible that you, in your desire to aid the planet itself, may send your heartfelt love and concern to the heart of your Mother Earth, for she is always receptive to such loving sendings, and responds quite vitally in its ability to receive and intensify these loving vibrations.

This is one means by which healing of your Mother Earth is possible, for entities to visualize in whatever manner has meaning for them, the enveloping of your planet within the vibration of love. This is that which is created within your being, by your desire, and is received by your Mother Earth as a natural function of her very being itself. Thus, such grounding can be beneficial to both you and to the Mother Earth and to her population who for the most part are unaware of her needs, or their ability to meet them.

At this time we shall thank each for inviting our presence to your circle of seeking. We are so honored my friends, to be with you. The love that you share with each other is obvious to us. The light that emanates from your very being is just as obvious, for it shines to the high heavens. It serves as a beacon to many. We are known to you as those of Q'uo. We leave you now, my friends, as we found you, in love and in light. Adonai, vasu borragus.



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Rock Creek Research &
Development Laboratories, Inc.

P.O. Box 5195
Louisville, KY 40255-0195

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SATURDAY MEDITATION FEBRUARY 17, 2018

Group Question: Today, we'd like to discuss the nature of relationships formed prior to our incarnation. When we have agreements and lessons planned to learn from specific people, how do we find each other while within incarnation? How are our past lives related to these relationships? And what else can you share about the nature of pre-incarnational relationships?

(Jim channeling)

I am Q'uo, and greet each of you in love and in light this day. We thank you, my friends, for blessing us with an invitation to address your group this afternoon. What an honor it is to be with you, as always, for we are, indeed, connected by the desire to serve the One Creator in all portions and factions of that One that come before our notice this day. Before doing so, however, as is our wont, we would ask that you take those words we have to offer you, consider them well, leave behind any that do not have meaning for you, and use those that do have meaning as you will. This allows us more freedom in our ability to respond to your query, for it removes the possibility of our presenting any kind of a hindrance or blockage to your own thinking and perceiving and acting.

Today, you ask us how it is that various of your group have been able to find each other, shall we say, for as you progress along your own particular path of seeking to know and to serve, you come across those entities which are somehow familiar to you, that feel like family in a spiritual sense, and that your

foundations are much akin to each other, built upon the twin desires of growing and serving others that they may also grow. Words and concepts that are shared are somehow more easily understood, perceived, and utilized in a similar, though unique fashion, and there is the underlying perception of similar origination.

We would confirm to you first of all, that this is quite true. You are not all of an individual origination, you are here in groups, families, clans: those who are, shall we say, of a spiritual heritage that goes back many, many lifetimes within this illusion, and far more many lifetimes in illusions before this one. Many of you are from elsewhere, as it is said, having come to this planet over the previous many thousands of years, others more frequently, and frequently returning again and again to aid this planet in its transition to the fourth density of love and understanding. We have knowledge of this type of experience because we are aware that there are many of you who are portions of our own being and who have gone forth through the veil of forgetting to join others of like mind and kind to serve the One in the many within the Earth planes.

This is not an unusual situation, my friends, for it is the way of all group minds, as you would call them, or social memory complexes, to offer various kinds of service to planets such as this Earth, both upon the planet, within the inner planes, and exterior to the planet, as a kind of support system, as it could be described. The venturing into the Earth planes takes

a great deal of consideration of bravery, it could be called, for the forgetting is that which wipes clean, in an almost perfect sense, memories that are at the core of your being describing the origination, the groupings, the intentions, the planning, and so forth, that is necessary to make a concerted effort in being of service to a planet such as is Earth. [This planet is] having a difficult time of transition with much of its population scattered throughout the spectrum from orange through yellow, through green, and even some blue and indigo vibrations, lacking the ability to become unified in the seeking and to move in one direction as a planetary population. Thus, there is great challenge for those wanderers from elsewhere as they enter into the Earth planes and partake fully as third-density human beings, with but the slightest of inkling of being more, shall we say, dedicated to service and seeking the truth than the normal Earth entity.

At this time we shall transfer this contact to the one known as Steve. We are those of Q'uo.

(Steve channeling)

I am Q'uo, and we are with this instrument. We would invite you now to step back for a moment, and to consider this question from the standpoint of the normal occupant of third density, for whom the experience to be had involves a question of polarizing to the point that it may be possible to go forward into the higher density experiences with a stable foundation, shall we say. The forgetting is normal to this third density experience, and we would invite you to consider the question of how the forgetting plays into the structuring of your life experience, viewed from the standpoint of free will, for we believe that you all here understand that free will is of the essence of the creation when it comes to the evolution of individuated mind/body/spirit complexes.

In your free will you exercise that agency which is uniquely your own. And it does happen that you find within the exercise of that agency, which are typically hidden from you, so that you do not see to the very depth or core of your own motivations. You do not see to the depth or core of the source of events that befall you or of the impulses that overcome you. You are rather in a position where your consciousness glides upon the surface of very deep waters, if we may so speak, and what you think is the cause of a certain action, a certain plan of

conduct on your part, may well not be all that you take it to be, may have dimensions, may have elements, may have roots in a reality far deeper than you can feature. That, too, is normal to third density.

Now, it is true that in the case of those of you who have devoted considerable time to spiritual work, including, may we say, daily meditation, that you are able to reach just a little deeper into the wellsprings of the motivational life in which you swim, and are able to perceive, perhaps, some deeper resonances to actions which you undertake, events which you undergo, experiences which you have, upon the surface of this phenomenon you call your consciousness. That is to say, you may feel when you meet somebody new, for example, that there is something vaguely familiar at work here—there is something vaguely appropriate about this meeting, although you have no capacity to put your finger on precisely what that is, and you have no real knowledge of how it has come about that you stand before this person that you are just now meeting.

We would like to suggest to you, however, that this phenomenon that you call consciousness has dimensions to it that are hidden. Now, the fact that they are hidden does not mean that they are not part of your system of consciousness, nor does it mean that your free will does not reach down to these levels of your own being, and so it may seem that events that are overtaking you are doing so in a way that completely circumvents your free will, and yet we can say at a deeper level that these events are bubbling up from a deeper place in your own being where there is intelligence at work, there is free choice at work, but in such a way that the little self which you have configured to assist in carrying you through the events of your daily life is not able to recognize this process, is not, therefore, able to identify its movements and its momentums and its motivations, so that what does come up to the surface, can seem like it is simply something overtaking you, or catching you unawares.

More and more as you develop spiritually, you will come to grasp that a good many of these events that catch you unawares are stemming from deeper portions of your experiential life lying beneath the surface, and in some cases, lying very far beneath that surface.

Now, we would suggest to you also, that the deeper down into the roots of mind you travel—as you may learn to do, step by step, through the process of expanding the reach of your meditations—the less restrictive or narrow does the nature of your being become, and to a certain extent we will say also, the less individuated it is, so that there is a place, a pool of beingness, shall we say, at the root of the depths of your mind, where you are already in a condition of blending with other spiritual entities, also intelligent, also, in many cases, incarnate along with you.

And so, from this point of commonality, there will over and over and over again rise to the surface in the life patterns of those who live under the veil certain indications, certain opportunities, we might call them, to follow a path that will inevitably lead you into the proximity of other selves with whom you have this deep connection. Now, we will say also, that upon a pre-incarnative level, many of these patterns are forethought. Now, we will say “forethought” in preference to “pre-programmed,” for we do want to stress that the role of free will is irreducible. It shall not be removed. And, it is doubly enforced when you consider that the veil is in place. And so, it is always given to an incarnate mind/body/spirit complex to turn the head away in refusal of catalyst given from deep below by way of opportunity, and that possibility too, is anticipated and reckoned in as a likelihood that shall befall those who do incarnate.

And so no plan that may be entered into prior to the incarnation is ever such that it is definitive in any way whatsoever. All arrangements are only by way of a kind of expectation that will arise from within the intuitive dimensions of your process of forming a sense of who you are. And it can seem absolutely mysterious that, from within the welter of possibilities that you find on offer in your superficial experience, you are able to pick out those few trails of behavior, of plan making, of conduct, that lead you into relationship with those with whom you have these deeper connections, these deeper expectations, these relationships that we will not quite call a plan, but will instead register simply as a hope, register simply as a desire, register simply as a need.

Your needs, your desires, your hopes come from some place that typically you know not where, come

from some depths that few within your realm of experience have plumbed, but that you may learn to plumb little by little, and one of the best ways to go about doing this, is, indeed, to reflect on how it has come about that you have managed to cross paths with those who stimulate you in just the way they do, and in that stimulus, you find the workings of love, we would suggest; although quite frequently the experience of the stimulus, or what we call the catalyst, may, indeed, seem anything but that of love, for you can be challenged, you can find yourself repeatedly pushed off your center. And the more that you think that you have become comfortable in a configuration you have managed to achieve upon the surface level of your consciousness, the more ripe you are for finding yourself through some catalytic event once again pushed out of your comfort zone. These opportunities, we would suggest to you, are wonderful chances for beginning a process of inquiring into the deeper resonances of those events which take place upon the surface of your experience, and it's particularly valuable when there is not simply an outward event happening to you, but an encounter with another intelligence, bringing into your sphere of consciousness, dimensions, depths, needs, desires, hopes that upon further reflection you find resonate deeply with your own.

And, so it is, that if you allow yourself to be open to the experience, you can find that not only will certain others that arrive in your life should be familiar, but certain circumstances should acquire a kind of resonance that suggests recognition, that suggest an odd kind of propriety or fittingness, and by accepting this propriety or fittingness, you can empower the experience to a point where its potentials are released. Sometimes these potentials involve the opportunity for great healing, and can thereby answer to a need for healing which you, in conjunction with the one with whom you are in tandem, have felt the need to undergo.

Sometimes the resonance will suggest a potential for service that is comparatively gratuitous in the sense that it is not grounded in a personal need which you or your interlocutor has felt, but rather is responsive to a need felt within the planetary sphere itself. And in the case of many, many wanderers, precisely this configuration is in play, for it is the task of a wanderer not simply to incarnate in order to refine elements of the personality which have been

discovered to be less than fully refined—that, too, is a portion of the intent—but to serve, to serve the planet, to serve those upon the planet who seek to achieve, at this time, the graduation into fourth density.

There are knots, if you will, or tangles, or blockages, or impediments, at the level of the group mind that is seeking to be born, and each here has taken upon him or herself, the very difficult task of allowing yourselves to be embedded in a mass of tangled and difficult energy. There has been considerable thought to how it might play out such that through coming into contact with each other, you might find yourselves in a position to be able to work out some of these tangles that the group mind might benefit as a result. It is the largest portion of your assignment, if you will, that you should undertake this work. It means that not only are you undertaking to work out issues residual from your own past spiritual seeking, but you are undertaking to heal energies which you have allowed to break through into the heart of your own being, seemingly from outside, and in the process of doing this, you can find yourself behaving in ways that can surprise you.

You can find yourself being somebody you hardly recognize yourself to be. You can find yourself being someone you can hardly approve of you being, and you can find yourself exposed in this condition by coming into contact with someone who is able to see you in this posture which you have struck much to your shame. And, indeed, we can say that the shoe can be on the other foot as well, that is, another that you have come into contact with in some deep way can be similarly found out, exposed, and the opportunity for being shamed in your eyes can be given. The healing energy is always that of forgiveness. We would suggest to you that you are being given the opportunity to forgive yourself for conduct which, at a very deep portion of your own mind complex, you find to be unforgivable, and you are being given the opportunity to forgive activity in relation to yourself from another that you find similarly deeply unforgivable.

To forgive is to heal; to heal is to remove blockage; to remove blockage is to give access from one portion of a deeper energy well to another portion that has been walled off from that portion, and through work of this nature, slowly but surely, it is possible to create a situation where the catalyst that

bubbles up from deep, deep below, will more and more find an outlet upon the surface such that even at the level of the surface, the pain, the tumult, the dysfunction of a planetary complex, may slowly begin to heal, may slowly begin to come into a unified configuration, where seeking is not so vexed an activity, where seeking is not so driven back into itself upon an individual level, but rather is able to reach out in support to others who do seek.

Now, the need for this support has been well-recognized prior to the incarnation, and therefore, we can say that it has been carefully designed such that those, for example, who find themselves to be wanderers, will have already a kind of opening to an energy arising from the roots of mind that wants very much to vibrate in harmony and in conjunction with similar energy, with energy that it might recognize, with energy that it might feel it belongs to, shall we say. And for this reason it is the usual experience that wanderers do find each other—providing they are not so traumatized by the isolating experience of being incarnate under the veil that they recoil into a shell which is the only place some have been able to find safety.

That does happen, my friends, and it happens more than we would like. But that possibility, too, is not unforeseen, for as we say, the very nature of individuating experience, as a whole, is that of free will. And, thus it happens that you are able to avoid finding these resonances within yourself that lead you into contact and communion with those you are prepared to love. Were it not for that possibility, free will would not be in play. Were it not for the possibility that you could fail to have your appointed rendezvous. The rendezvous would not have the significance that it does should it actually come to pass.

So, there is a balance my friends. There is that which is of the nature of an intelligent anticipation, is the way we would describe it, and there is that which has the capacity to be blind to what you might, in hope, anticipate being, a fateful meeting with those with whom in a deeper way, you do belong. No one here, my friends, has kept every possible rendezvous. It is almost unheard of that every piece of catalyst, every opportunity is fully realized in third density, for the veil is a very, very powerful instrument of forgetting. Having said that, we will also say, that if you trace out the intimate connections, the apparent

serendipity of one event or another that has led you to meet, and to make contact with, and to begin to co-mingle your energies with, others of like mind, others of similar spiritual bent, you will see the workings of these deeper mutual longings come to fruition.

And so, we will say that from the depths where your consciousness may, in a disciplined configuration, begin to reach, you will discover a system of potentials that you may tap into, and that may lead you in directions which, if you were just to follow the conscious mind upon the surface, you may never find. The deeper you go, the deeper these connections can become, and the more potential you unlock. We would commend you, my friends, to a certain commitment, and that would be that you commit to unlocking these potentials in the name of service to others.

We believe you are well aware that these potentials are also available for being drawn in to a service which does not leave the orbit of the self. If you commit to serving others, you have committed to allowing the planet itself to be healed in your person, and this will make you very, very vulnerable, and you may wonder where you will get the strength to bear up with this level and this degree of vulnerability, and we will tell you that the strength comes from below, from the depths where you are already one, you are already healed, you are already with those with whom you have formed a deep, deep bond of being.

We are those of Q'uo, and we would, at this time, leave this instrument in love and light, and return to the one known as Jim, to ask if there are further queries. I am Q'uo. Adonai, my friends, Adonai.

(Jim channeling)

I am Q'uo, and am once again with this instrument. At this time, we would ask if there might be any queries that we may speak to before ending this session?

Gary: Q'uo, when the seeker wishes to activate and clear and balance their energy centers, my understanding is the seeker works with the *content* of their experience—works with the thoughts, the feelings, the relationship with the other selves, with the self, and so forth; and this knowing of the catalyst, accepting the catalyst, and balancing it then

activates and clears and balances the chakras to which that catalyst corresponds.

So, my question is, is there any value in working with the energy centers as colors, as lights, as locations in the body, without working with the corresponding experience? For instance, am I doing any work if I visualize my orange ray as glowing bright orange and full of light without actually working on what might be blocking the orange ray? If you could comment, please.

Q'uo: I am Q'uo, and am aware of your query, my brother. Any seeker of truth may utilize the ability to visualize and intensify energy centers within its own system of centers in order to momentarily clear, energize, and make more able to transmit energy, if it so desires, by using the techniques that you have mentioned of visualization and imagination, so that for a short period of time a process which is being utilized to receive information, such as this instrument is receiving from us. This is a helpful technique in order to make more efficient the transmission of light, of energy, of information, through the chakras.

However, the balancing process itself is that which is more long lasting, shall we say. The type of unblocking or clearing of energy centers undertaken in the balancing process is that which works with pre-incarnative choices that have been allocated to various of the centers of energy, depending upon the seekers appraisal of its own efficiency at receiving and transmitting the intelligent energy of the One Creator as is its daily quota of information or inspiration that enlivens the mind/body/spirit complex.

Is there a further query, my brother?

Gary: Quick follow-up. I think you were indicating in this . . . I'd like to ask for clarification if in the process of visualizing your own chakras, if you perceive that a particular chakras is dim in your visualization, might this be an indication that it is, in actuality, blocked, or dimmed, or imbalanced, or in need of work?

Q'uo: I am Q'uo, and am aware of your query, my brother, and we believe that you are, indeed, correct in this estimation.

Is there a further query, my brother?

Gary: Thank you, no.

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

Is there another query at this time?

B: You spoke of a light and a color and a vibration that entities emanate from in this third dimension. Is there one particular color, light, vibration that an individual entity, such as self, what we would consider our small self, vibrates at, like a predominate color, in general, according to a soul purpose, or previous incarnation's works?

Q'uo: I am Q'uo, and am aware of your query, my sister. Indeed, this is so. There are various types of vibratory energies that are perceivable by one who is able to see the aura, or the combined energy reflection of the entire energy system of an entity. The primary quality of an incarnation is usually apparent at some level within the chakra or energy center system. Oftentimes there is a combination of energy centers which are being worked upon to achieve an overall balance in the soul's identity, shall we say. If, for example, the yellow-ray energy center is bright, and the green-ray energy center is somewhat dimmer, yet active, this would suggest that this particular soul or seeker is working to move from the third ray of group consciousness (that is that which denotes the third-density experience) into the fourth density that expands the definition or experience of the group energy into universal energies of love that is unconditional and all encompassing. If there is further work that can be done by such an entity into the blue- and indigo-ray energy centers, these will appear to one who can appreciate their vibration by seeing their color or feeling the vibration as somewhat dimmer, yet having a primary activation in operation.

Thus, if one could look at the entire spectrum of colors of the system of chakras, there would be an overall appearance of the yellow ray having predominance, the green ray having a secondary role, or expression of vibration, and the blue and indigo being, shall we say, dimmer around the fringe, or the perimeter of the overall expression of energies. These colors and vibrations would also be embedded within the entity's true color density, its home vibration, if it is that which you call the wanderer, who has incarnated from the fourth, the fifth, or the sixth densities. Thus, this coloration of the home vibration would cradle the incarnational vibrations in a fashion that would be much like a rainbow circling the entity.

Is there a further query, my sister?

B: No, thank you very much.

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

Is there another query at this time?

Gary: Q'uo, you had dropped a thought some channelings ago about one of the difficulties of our present Earth experience being the mixture of the orange ray, the yellow-ray, and the green-ray activated beings, and you indicated that there was a way to harmonize those various centers among our population. Is there anything you can share with regard to how our planet might harmonize those very different and discordance perspectives?

Q'uo: I am Q'uo, and am aware of your query, my brother. This is a very difficult concept to transmit, but we shall endeavor to try to make somewhat clearer our statement which you refer to from a previous session.

There is a connection between all entities on planet earth within the unconscious mind, for all contribute part of their experience that is of a very basic or root level to the unconscious mind. This is more a part of the pre-incarnative choices made by each entity that now inhabits your third-density illusion. These choices were made before the incarnations were undertaken, thus, they were made before the veil was dropped between the conscious and unconscious minds. Thus, these choices are more pure in their seeking of love to experience and to give unconditional love, for this is the requirement of this particular density in order to allow those who are able to do so to be graduated or harvested into the fourth density of love and understanding.

Thus, there is a base of this general concept of love that each conscious third-density being stands upon, shall we say, symbolically, and attempts more or less consciously, usually in the unconscious sense, to move forward from. There are, however, misperceptions of the conscious mind that grow in some to be a larger and larger portion of the conscious behavior of many entities that keep them locked within the lower centers of energy of the orange and the yellow, and occasionally of the red, as well, when there is great difficulty in achieving a sense of survival and vitality. These blockages of energies keep the individual experiencing them from being

able to perceive the bias from their own unconscious minds that is placed upon all catalyst which comes before the conscious notice.

Thus, there is much misperception of catalyst that could be used to enhance the foundation of green energy that is the purpose of the incarnation. If there can be, for a great number of entities in this state of blockage, a quality of perception or realization that unifies such entities at a more basic level of their very being, then it is possible for a mass population of a planet to be able to be unified in its ability to perceive a worldwide catalyst of a significant nature that can cause blockages to be unbound, and this basic energy of love to be released into the conscious mind.

However, it is difficult within the many cultures of your particular planet for us to imagine exactly what type of mass perception or occurrence could, in effect, free the blocked energy. It would be hoped that a unified philosophy of love and acceptance of others could begin to take root and spread throughout the planetary cultures. However, there is such division and animosity among the various religions, philosophies, political and social structures, that this seems highly unlikely.

However, those types of experiences that can unify consciousness can also come from that which is traumatic—from wars, and death, and destruction in a certain location that is of such cataclysmic quality that the entire planet is focused upon it for the length of its experiencing, and the blockages that have kept the green ray energy from being released, are, for the moment, released, as your communication systems provide in-depth coverage of that which is the great disaster, whether it be of wars, of environmental geophysical difficulty, or whatever the traumatic nature of the disaster is, for just an instant it would be possible for an entire population, due to your communication systems, to become aware of the dire situation being experienced by a portion of the planetary consciousness, so that sympathetic vibrations of love, and understanding, and concern, would be released upon a planetary scale; and for that moment, perhaps, the entire population could grasp the needle of the compass and point it in one direction.

Is there a follow-up query, my brother?

Gary: Just a quick one, thank you so much Q'uo. You indicate that on a pre-incarnational level souls desire to graduate. They wish to learn the lessons of love, but they incarnate and there are blockages and divisions. Is the mass mind itself capable of manifesting an event like the one you describe in order to bring about that unity? Or, is the division on the surface of this planet so deeply rooted that we don't have a whole functioning mass mind?

Q'uo: I am Q'uo, and am aware of your query, my brother. It is our perception that the present mass mind of Planet Earth is aware, as an unit, as a being, that there is the need for some focus for both the higher levels of the unconscious mind, and the conscious mind, to be catalyzed into action, for the time grows short for the harvest to include all. There are, from time to time, various vibrational frequencies received from the cosmic sources beyond this solar system by the mass mind of your planet, that energize it in such a fashion that there are opportunities presented to individuals across the globe to, for a short while, release and relax the defenses that hold in place the blockages preventing the movement forward of the green ray energies.

These periods of relaxed tensions within individuals are cyclical in nature, and cannot be predicted, as far as we can tell, upon the total scale of the planetary population, only upon various large portions of entities that are of like home vibration, shall we say, entities who have returned to third density on this particular planet to repeat the third density that was experienced on their previous home planet. Thus, depending upon the combined experience of such planetary populations, it is possible that there could be a more gradual movement towards a more harmonious perception of all other selves that could, at some point, lead to the same pointing of the needle of the compass. This, however, is more difficult to predict, as we have said, because of the various sources of various of your peoples upon Planet Earth.

At this time we must take our leave of this instrument for it is somewhat fatigued, and is doubtful of some of its ability to perceive correctly that which we give it as information to transmit.

We thank each of you for inviting our presence today. It has been a great honor for us to be here. You always inspire us with your great desire to seek the truth, and to share it with all those about you.

You teach to us, as we share with you, what it is like
to move forward valiantly and powerfully, and
persistently in a very difficult third-density illusion.
Our hearts totally open to you, my friends, as we feel
your hearts are open to us.

At this time, we shall take our leave of this group.
We leave each in love and in light, in peace and in
power. We are known to you as those of Q'uo.
Adonai, vasu borragus.



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SATURDAY MEDITATION MARCH 3, 2018

Group Question: Some of us are experiencing an internal disharmony in following a calling to withdraw from more active participation in social issues and instead concentrate on our inner spiritual journeys. We recognize the value of doing inner work with less active engagement, but we sometimes perceive an increasing need for active work, sometimes even feeling guilty for not being more involved. Can you speak to this internal struggle and dissonance? What is its role as catalyst, and how can we work with it?

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each of you in love and in light this day. We are most pleased to be asked to join your group this afternoon, for you have, as always, prepared yourselves well to become a unified seeking entity: many as one, and one as many. Before we begin, we will ask you our usual favor, and that is that you examine those words and thoughts that we have to share with you, and take those that have meaning for you, and use them as you will, and leave behind any words or thoughts that do not have meaning for you, for we would not wish to become a stumbling block or a hindrance upon your journey of seeking. If you will do this small favor for us, then we will feel free to share freely with you our thoughts upon this interesting query.

You, as conscious spiritual seekers, have been upon this path of seeking for a lengthy period of time, as you measure, within this lifetime, and indeed, in

lifetimes previous to this one as well. You have built up within your mind, your body, and your spirit the kind of momentum that seeks to understand the mysteries about you, for this illusion in which you now move and live and have your being is full of mystery. The mystery for most does not go beyond fathoming the means by which to make a living, to provide a home for a family, and to progress in worldly fashions upon the path of gathering worldly satisfaction. However, you have found that this is but a symbol, and a means by which you may apprehend a larger reality, that which does not lie about you, but within you, and as you seek more and more proficiently, you begin to reflect this inner realization of love, of light, and of unity, to those about you.

The question you ask today, my friends, is how best for you to proceed in this journey of seeking and sharing what you have found to be your inner truth—how much effort to make, and in what manner to make it, as you find yourself faced with what seems to be blatant disharmonies, unfairness, and injustice all about you. For this illusion has many such tangles to offer the spiritual seeker—how to insert the self, or if to insert the self, into these tangles and confusions of how, or whether, to love this or that person, group, or idea. This is the stuff of your third-density illusion; this is why you are here. To consider these points is to become a conscientious conscious seeker.

You are considering how best to expend your energies of understanding, if we may use an

inappropriate word, for understanding is difficult, if not impossible, within your illusion. But yet you seek to begin this process of putting together the pieces of the puzzle as to the appropriate way to progress upon your journey of seeking, how much should be reserved for the inner experience of seeking the one within, and how much should be expended upon the outer efforts to cause communal conformity, shall we say, to what you see as being the most essential understanding of unity.

At this time, we shall transfer this contact to the one known as Steve. We are those of Q'uo.

(Steve channeling)

I am Q'uo, and we are with this instrument. We would begin our communication through this instrument by asking you to consider first what it means that you have found yourself incarnate in third density. Now, to be incarnate is to open yourself to catalyst which does not come entirely from within, and that means that you will be subject to the forces of nature, you will be subject to events of a random nature on a regular basis, and most of all, you will be subject to the influences offered by other selves with whom you are engaged, sometimes with a great degree of intimacy and sometimes with a degree of intimacy far less.

And so, that being the case, you could make a very strong argument favoring the view that for you to turn away from all of this catalyst that is on offer, for you to turn inward and turn a blind eye to that which goes on around you, would be to abandon the very mission that you undertook in incarnating within this density, upon this planet, at this time. And we will not deny that there is not just a certain logic in this point, but a deeper meaning as well. It is true that you stand exposed to a great deal that can move you off your center, that can cause you discomfort, and that can stir you to conduct or behavior that surprises you, catches you off guard, and leaves you feeling that you are not the one you desire yourself to be.

Upon recognizing that something like this has befallen you, it is often the case that you are tempted to withdraw. And the point with which to begin a reflection on this question relates to the feeling tone, shall we say, that might be associated with that propensity to withdraw. Are you proposing to withdraw into a safe place of your own because you

feel it would be safe, because you feel it would be secure from the angry winds of chance? Are you feeling it would protect you from that which you feel is a danger to you?

And if these are the predominate considerations in your feeling of the need to withdraw, we would suggest that you consider well your motivational life; for that which you would protect is that which you have constructed as a vehicle for navigating the difficulties of this world, and it may turn out in the end to be less important to your *actual* welfare—or less important to your deeper being—than you might suppose. Indeed, it is the case that by the end of the incarnation, you will have lost all, you will not take any of what you have gathered here into that life which beckons beyond this; not any, we say, but what is actually the most important, and that is simply the love that you have gleaned, the love that you have learned to give in response.

And so you can feel that your need to withdraw is motivated by your sense that there is, in this world, no love on offer to you, nothing of the nature of love coming forward to you, and so you withdraw into an inner sanctum where you can, at least, have the privacy to lick your wounds. Is that, however, all that you propose to do in this inner sanctum? We would ask you to consider whether there is something you may connect with in the meditative state that is more than a safe haven—that is, in fact, a kind of energy coming forward to you. We use the word “love,” but that can be misleading if you have a certain set of expectations placed upon what you would feel that normally to be; for it can be registered in ways that, once again, tend to push you off your center, and make you feel disoriented. It is a strength of energy, you might call it, and this can come from within as well as from without. And coming from within, it has the capacity to stir things up, shall we say, so that those structures of your sense of your own self that you have in place can be dislodged actually as easily, or more easily, from within as from without.

And so if safety, or respite, or rest is that which you require, it can seem doubly difficult if turning outward you find confusion, you find energies that will not allow you to see your way clear to participate clearly in them, and turning inward, you find energies that you can hardly recognize as your own. And even if you are willing to call them the

energies of love, it is a love which you do not recognize; it is a love which makes you feel lost or disoriented. And so we would suggest to you that these considerations, all taken together, give a fairly clear description of what life in third density is like.

Now, there is a further consideration we would now add to the mix, and that is the consideration of polarity. Those in this circle of seeking are familiar with the concept of polarity. It can be described as a choice that one must make in the manner of service which you offer to others around you, and the manner of orientation characterizing your innermost seeking. We have described this choice as being one between the service to others and the service to self. If the matter is left simply at that, we feel that everyone here within this circle of seeking would have a clear path to registering what that choice would be, and for purposes of clarity, we will simply iterate that we are those who seek on the path of service to others.

But within the tangle and confusion of loves and disloves, and angry, and sorrowful, and grievous energies you experience on a daily basis in third density, the question of *what polarity is what?* can be most confusing, and it is often the case that you find yourself called to a mode of service which draws you out from yourself in a way that invites you to interact with others in the world in the name of a service which you think of as being directed to others. And yet, in the attempt you make to further the pathway of this service, you find upon the path that there are impediments, that there are stumbling blocks, that there are forks in the road leading to blind alleys, that there are fellow travelers whose full commitment to service to others you may come to doubt.

There are moments when you may come to doubt your own commitment, and you may begin to suspect that having started out with the best of intentions, you have found that those intentions have seemingly turned into the opposite of what you originally wanted them to be. You wanted, perhaps, to reach out in love and succor to those who are hurting, those who have been marginalized, those who have been unjustly done by, and you have found that there is little that you could do on their behalf by yourself and, therefore, have undertaken to make common cause with others of like mind that similarly are oriented to helping the dispossessed.

But then you discover that these others may have a slightly different view of the right way to proceed, or you may discover that though you and the others you have chosen to work alongside are enough in harmony to make common cause, but are opposed by other forces that seem to be completely intractable, completely opposed to the initiatives which you are undertaking, and are, at the same time, so benighted to assume they have the right approach to the help of others. And in this situation, the temptation is to unsheathe the sword, to work aggressively against the resistance that is encountered, and to fight it back so as to prevail in what has begun to appear to you as a great cultural war.

And, my friends, when that has happened, you can easily see that your best intentions have turned into their opposite, and you have become not a bringer of the light, but one who has created a circumstance in which the light is less likely to be able to shine forth. Love has turned to anger, to disdain, to hate. How could one not hate that which is unlovable? How could one not hate that which is a block to your expression of love? Thus, anything that thwarts your instinct to serve others cannot be made consonant with your efforts to be of help upon a planet which, to all with eyes to see, is in desperate need of help.

There we have the first indication of what we would call the mystery of polarity, for polarity itself—in a circumstance in which it is the guiding thread through a very deep labyrinth in which one can find one's way only with the light of a candle shielded precariously against winds that might blow in any direction at any time—to the extent that this mysterious thread we call “the mystery of polarity” is seen in relation to activities that will have manifest form, it is something which needs to be reflected back to you again and again in order for you to take your bearings with regard to it. And yet, at every moment there is a possibility of distortion in that reflection. Are you really seeing what you think you are seeing? Have you really put into your effort to reach out what you think you have put in? And, as we say, this little candle by which you guide yourself can easily be blown out and must continually be relit. And in the meantime, while you cast about in anguish and confusion, you can have lost your orientation, you can have lost your way. And then what choice have you but to retreat into the regions of your own being, which still seem comparatively

still, which still seem to be comparatively in possession of their own resources, where you at least have enough quiet that you may attempt to reinstitute your own intention with regard to the polarity which you, not just have chosen, but now must choose again, and again, and again.

Every time you make that choice, you strengthen the choice itself. And even if it is the case—as, my friends, we assure you that the choice is imperfectly made, that it contains elements which are not pure, that it is situated in a context in which a great deal of confusion still remains—even if these things are in place as we say they will be, the act of choosing to serve others with an open heart makes more difference than you can possibly imagine, for it changes everything upon an instant if you can find love in the moment. And finding love in the moment puts you in a position of being the fool who loves, for you don't know where this love will take you. All you can do is follow it through and let it take you where it will—and we will tell you, it will take you to places passing strange, it will take you to places where you don't recognize where you have come, how you have gotten there, or who you are as the one who is there. All of these considerations that may constitute what you think of as a stable way to be in a difficult world will be subject to such dislocation that in the end the only thing you have to guide you is your resolve to keep on going in love.

And so, let us say you have committed to a mode of service which has put you in relation to others, and you find, at some point, that the circumstances are such that an undertaking begun in love has reached a point of vexation where love is hardly recognizable any longer as a sustaining energy, and it has been so overridden with feelings of frustration or anger, that you cannot find a way forward. You cannot see how your pathway can be cleared. It is then that a retreat into a position of meditation is always appropriate, but it is also the case that you can continue in service with those with whom you have made common cause, providing you are prepared to allow the unexpected manifestation of these vagrant loves within your own person, within the relationships you have undertaken, so that these experiences may catalyze you to a more eloquent relation to your loving instincts, to your loving efforts to reach out to supply what a world in desperate need of love calls for you to supply.

Now, we are well aware that that does not give you a clear answer to the question of whether you should demonstrate in the streets or find a charming ashram to which you may retreat. And we cannot, from our point of view, give you any clear indication that would supply you with what you need to make that choice. You have come to serve. The ways of service are manifold; the ways of service are diverse; the ways of service are always surprising in the torturous paths they follow. To close yourself off to service that suggests itself to you is to fail in one way. To sally forth into service with an insistence that there can only be one right way to serve is to close yourself off in another way all together.

So, to serve in love is to first and foremost, love. And to love is to enter into a world of relations in which you are also asking for something in return: you are asking to be loved. You are asking to be loved even knowing that this may fail to come to pass. You are opening yourself up to the vulnerability that you experience in the failure of love, and as one who is committed to the polarity of serving others rather than the self, you are committed to the primary importance to be attached to the love which you bring forth on offer to the world. And that means that you are prepared to leave vacant, and wanting, and wounded, that portion of yourself that cannot help but want to be loved. You are willing to allow that portion of yourself that wants to be loved to be shown no love at all. That is the sacrifice you made in agreeing to incarnate in third density. You have agreed that the want of love that you almost certainly will experience in your efforts to serve will be your destiny, and that that would be taken deeply into your being where you may find that, despite all expectations to the contrary, despite all evidence to the contrary, that you do have bubbling up from a deep place within resources precisely able to heal the wound of the unlove which you have taken in.

The more that you can take in to be healed, the more service you will be performing to this planet. And if we want to look at this circumstance from the standpoint of an engagement with the world, we could say that you do not have to be absented from that engagement altogether to have this process being working within you. If, for example, you find yourself in interaction with other selves that have found you to be inadequate or of an unsavory nature, and in responding to this judgment held very often aggressively against you, you mirror back

acceptance, love. That, my friends, is the great breaker of the karmic cycle of action and reaction, and reaction, and reaction. That is the gift you may put on offer.

Now, we have spoken of a circumstance, which in our characterization of it has been given somewhat idealized form, for it will not always be the case that you are so configured in your being that you can make this movement which we have just described. It will not always be the case that you are so situated that you can return love for anger, love for hate, love for aggression. And then, upon those occasions when you have the good sense to realize you are up against your own limits, then it is that a retreat into the safety of your own process is perfectly acceptable—and, in fact, is highly advisable, for where you can do no good, it behooves you at least, to do no harm.

We find that these poor words which we have had to offer cannot give you anything resembling a clear path forward in the difficult circumstances that you face on a daily basis. All it can do is perhaps give you a scent that upon an occasion or two you may be able to follow, and if that serves you well, our service has been successful.

We are those of Q'uo, and at this time, we would take our leave of this instrument and return to the one known as Jim to discover whether we may further serve those in this group by addressing ourselves to questions that may yet remain. Adonai, my friends, Adonai.

(Jim channeling)

I am Q'uo, and am once again with this instrument. It is our pleasure to ask if there might be any further queries to which we may speak at this time.

Fox: Q'uo, I would like to ask: those of Ra told us that there were around 60 million wanderers on Earth in 1981. In the last channeling session, those of Q'uo stated that many of you are from elsewhere to aid this planet in its transition to the fourth density, and that those of Q'uo have knowledge of this type of experience, because many of you are portions of our own being, and have gone forth through the veil of forgetting to join others of like mind and kind, to serve the one in the many within the Earth planes. If you are able to tell us, roughly how many wanderers are there now in the Earth's population?

Q'uo: I am Q'uo, and am aware of your query, my sister. At this time there are approximately 350 million of these entities who have incarnated within your Earth planes in order to offer their service to those of this planet who would request such. Many have come in recent times also from other third-density planets who have made the graduation there, and are incarnating in what you may call the “doubly-activated bodies” in order to be of service in helping this planet make its transition into the fourth density of love and understanding. The number of these entities exceeds that of the wanderers, reaching nearly half a billion entities.

Is there a further query, my sister?

Fox: Yes. If you can tell us—of those wanderers living on Earth at this time, can you tell us what proportion are members of social memory complexes within the Confederation, especially those of whom we most often communicate?

Q'uo: I am Q'uo, and am aware of your query, my sister. We can say that each of the wanderers that have incarnated within this planetary influence are, indeed, members of the Confederation of Planets in the Service of the One Infinite Creator, for this planetary entity that you call Earth, and which others refer to as Terra, is within the, shall we say, jurisdiction or bounds of responsibility, of this Confederation.

Is there a further query, my sister?

Fox: Not on that. I have a couple of other questions, but I'll hold those and see if anybody else has a question.

Steve: I do have a question. This relates to those mind/body/spirit complexes that incarnate on this planet with what can seem to be serious limitations, particularly of a psychic or mental nature, and I'm thinking most especially of those who are seemingly impaired in an emotional way that is often ascribed to what is called the “autistic spectrum.” I wonder if you can tell me if there is a pre-incarnative set of reasons associated with this kind of incarnative experience?

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, we find that there is a specific opportunity offered to entities who are, shall we say, expressing the condition that is known among your peoples as, “autism,” for this particular condition

makes it seem very difficult for such an entity to engage in a close or heartfelt experience of trading emotions and intelligence with other entities close to it. This is in order that the entities may develop a greater ability to do just that, for when there is the desire to create a certain ability within an entity, very often this entity preincarnatively will decide to program the lack of such an ability in order that the necessity to produce or manifest and enhance such ability is provided by its seeming opposite.

Is there a further query, my brother?

Steve: Yes, I wonder if there's a mirror effect, then, of this process, taking place on the part of those who love the entity in question?

Q'uo: I am Q'uo, and am aware of your query, my brother. In most cases, those entities that are close to such an entity that expresses the autistic manifestation of personality are preincarnatively associated with such an entity, belonging, shall we say, to the same spiritual family, and have the opposite need—that is to say, the ability to give more than would be normally ask of most in this situation, that of being perhaps the parent of such a child, or the sibling of such a child. Therefore, both entities, the parent caring for the autistic child and the autistic child, gain greatly from this interrelationship, for you see, there are indeed, no mistakes within your illusion, there are only opportunities to learn that are more or less difficult. The degree of difficulty also increases the degree of polarization possible when the difficulty is met with a full effort and perhaps some degree of success.

Is there another query, my brother?

Steve: No, thank you very much.

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

Is there another query at this time?

Z: I have a query. When a person has a Kundalini rising experience, is that the activation of their fourth-density energy body?

Q'uo: I am Q'uo, and am aware of your query, my brother. The rising of the Kundalini to the indigo ray energy center is that which you may indeed describe as the activation of the fourth-density body, that of the green ray energy center, which is then fully energized to be able to experience the higher vibrations now engulfing your planet so that these vibrations may be shared, or channeled, and

transmitted to those about the entity experiencing the so-called Kundalini experience. For though an experience which seems solitary in nature, and, indeed, is experienced in this manner, it is one which offers the opportunities for the expansion of consciousness for others with whom the entity experiencing it shall come in contact.

Is there a further query, my brother?

Z: No.

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

Is there a final query at this time?

Fox: I have one more if no one else does. Ra spoke of the mutual strengthening energy transfer which happens in a couple during lovemaking, which physically revitalizes the female and provides inspiration to feed the spirit of the male. They stated the path of this energy is up through the chakras for the female, but is the path the same for the male, or is there perhaps a circular route between the two entities?

Q'uo: I am Q'uo, and am aware of your query, my sister. When the sexual energy exchange is completed between the male and the female entities, or those expressing the male and female principles, the energy exchange is from red to red, from orange to orange, from yellow to yellow, from green to green. If there is the ability of each entity to experience higher energy center exchanges, this will also proceed in like manner. For there to be an energy exchange, there must be at least the activation of the green ray energy center. Is there a follow-up query, my sister?

Fox: No, thank you so much.

Q'uo: We are those known as Q'uo, and we thank you, my sister. We would thank each in this group at this time for inviting us to join you today. It has been our great honor to do so. As always, you inspire us, and we hope that we have inspired and informed you in a similar manner, for, indeed, we all travel this path together, and together we seek and share the One Infinite Creator. Rest in peace, my friends, knowing that all is well, and that all shall be well. You are one with the One Creator, and you are discovering this more and more each day within your daily round of activities, for this is the natural progression of the conscious seeker of truth. We are

known to you as those of Q'uo. We shall leave you
now in the love and in the light of the One Infinite
Creator. Adonai, my friends, Adonai vasu borragus.



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SATURDAY MEDITATION

APRIL 7, 2018

Group Question: Would you please give us guidance on how to interpret the messages provided by the catalyst we receive in the form of bodily ailments?

(Jim channeling)

I am Q'uo, and we greet each of you in love and in light this day and always. It is an honor to be with you, my friends. You show us great respect and consideration in asking us to join you today. We would, as always, ask a favor before we begin, and that is that you look at our words with a discriminating eye, and take only those which have meaning for you, leaving behind all others. If you would do us this small favor, then we will not worry about infringing upon your free will, for we are as you: seekers upon the path of truth, wishing to decrease distortions and bring forth that which is the purest and most powerful perceptions of the truth that are available to us.

Today you ask us a very important question, a question which deals with the nature of the third-density illusion in its most basic sense, a place wherein catalyst may be perceived and utilized by the conscious mind in a manner which produces experience, and this experience gathered as a harvest within your incarnation allows you to choose the manner and timing of your growth into a fuller realization of your reality of being one with the One Creator with every entity around you, with every experience you have ever had. This is a noble quest, my friends, and as you move through your

incarnational experiences, you move as a mind, and body, and a spirit. The spirit, or the soul, is that which has made certain choices previous to the incarnation that are deemed appropriate as further opportunities for increasing your knowledge of the One Creator and your identification with it.

Your mind is that which has partaken in this choosing as well, for within the realms of the spirit world—those of the inner planes, or time/space, as those of Ra have called it—the mind and the spirit have free rein and great reach that allows the perception of so much more of the nature of creation than could ever be imagined within your third-density illusion. However, the mind could have no being within the third-density illusion without a body, for the body gives the mind the opportunity to have a beingness within the third density, a means by which to pursue those choices made prior to the incarnation. Thus the mind basically forms the body in such and such a fashion that the body may serve as the noble steed that carries the knight into the battle for truth. Thus, when the mind is confronted with concepts that are not well-imagined or perceived, there is the utilization of the physical vehicle to enhance the perception that has perhaps been misperceived, or not perceived at all. And this is the beginning of knowledge.

At this time, we shall transfer this contact to the one known as Steve. We are those of Q'uo.

(Steve channeling)

I am Q'uo and am with this instrument. The beginning of knowledge, we say, for those who dwell in third density do so in a condition which is somewhat anomalous with respect to the remainder of the creation, and it is only in this condition that that which we are now calling knowledge actually attains. For when you draw together those strands of concept which you feel belong together, which you feel constitute a frame of reference that is informative with respect to yourself and to how the world itself turns, you are creating from two different sources a one structure—and the one source is that which we are calling embodiment, while the other source is that which you may call your mind.

The mind is that instrument, or instrumentation, through which you reach to the body in order to be informed about a multitude of things—in order to be informed principally about what you, as mind, are not, or are not yet, or are not any longer. The body is that which informs the mind, while at the same time withdraws from the mind such that it is able, from a distance, so to speak, to come back again and again to the mind to stimulate it, to drive a kind of desire to know itself better, to be itself more.

Now, we will tell you that that which is called knowledge is a consideration of variable usefulness, for indeed, as often as not, it masks rather than discloses what is really at work behind it, what is really at work to produce it. The dynamics associated with third-density incarnational experience are specifically set up so that the self which is putting itself to the test, so to speak, the self which is attempting to prompt itself to choose at the deepest layers of its being, is again and again moved off its center; again and again it is subjected to a framework of manifestation in which it cannot recognize itself, or refuses to recognize itself, or struggles to accept itself as that which is given. The self is given to itself, to a very large extent, in embodiment. And when there is disturbance in embodiment, when there is pain, when there is discomfort, when there is limitation, the self which would like to be what it has taken a fancy to being discovers over and over again that it cannot be this; that it carries a burden; that it meets with resistance; that it drags along a burden of that which will not assimilate itself to the highest hopes, the most far-reaching intentions, but that pulls one back, that

refuses that intention, that creates a demand upon the self, that will not allow it to go forth in just the way it would choose.

And so the process of choice, involving choice of self, is given what we perhaps will shock you by saying, a gift of resistance. It is given the gift of refusal. It is given the gift of that which cannot be assimilated to the self without greatly enlarging the sense of that self that the self must now embrace. *I am the self that looks to the starry heavens above, but that walks with this limp, but that carries this sorrow, but that embraces a sense of inner deformation that can be very far-reaching indeed. I am this self that out of this gift of pain, of limitation, of emotional or psychological misery, am yet able to reach in hope and aspiration to the starry heavens above. And in so doing, I find a way to accept the unacceptable within myself; I find a way to discover dimensions of my own aspiration that have, perhaps for a very long time, resisted this aspiration itself.*

This, my friends, is a significant portion of the significance of third-density experience. For in the third density you do not know who you are—you *cannot* know who you are. You cannot be who you really desire to be, for you are continually dragged under by the undertow of that portion of the embodiment which you enjoy, which simply refuses, refuses you at every turn. And even if it, at some point, with great reluctance, concedes a little ground to your insisting will, it does so in such a way that your full effort is required to bring into a configuration that is workable for you, this thing you call your body. It is a torturous affair and it is meant to be so, for there is a deep sense in which, in the third density, you are occupying that which you call your body, which has a mind of its own. It has a being of its own, namely that of a second-density creature. And the third density is a point of transition, if you will, in which the limitations inherent in second density are, for the first time, being experienced not simply as the necessary parameters for individuated consciousness to indwell, but rather as something which may limit, something which may confound good intention, something which refuses the command which it pleases you to give it.

Accordingly, in this third-density experience, you are perpetually faced with that which you can only call yourself, but which nevertheless is specifically set up

to give you a kind of immediate catalyst which tells you that those intentions you are in process of formulating over and over again can only be seen in relation to a larger whole which is vastly more than such intentions, that resists these intentions and requires that they be adjusted to that which it may yet please you to call reality.

Now, that circumstance we have just described is, in actuality, only a small portion of the dynamic of embodiment in which you live out your being, for as you know, the second-density vehicle, or the orange-ray body, is in actuality one of many bodies which you do indwell. It has a particularly strong focusing significance for you to be sure, and for the vast majority of humankind, it is the only body that is actually recognized. But, there is a yellow-ray vehicle which has its own dynamics. There is a green-ray, and a blue-ray, and an indigo-ray vehicle, each of which have their own dynamics and are functioning in one way or another at all times; although from the standpoint of the immediacy of your experience, it is true that the higher bodies tend to be quiescent unless they are specifically activated through meditation and invoked as a portion of an effort to enlarge the parameters of catalyst received from embodiment itself.

Now, this enlargement of the parameters of embodiment can be seen to be a useful portion of a path of one who seeks to develop along the trajectory of the adept, and when you undertake this honor and this responsibility you will find that the entire relation to that body, which is that of the second-density animal, is transformed. You will find that a pain, for example, does not just incite you to action from behind your back, but will be something you may take up a conscious relation to, something which you may interrogate with regard to meaning on several different levels at the same time. And you may discover that there are uses for this second-density animal being that you had not previously suspected. You may discover that there are dimensions of the structure of your incarnational experience that you have not previously contemplated. As an example, it may be that there is some specific kind of limitation that your particular animal body has that is not widely shared among the animal bodies of your peers, and this limitation may mark you out in some fashion. You, as we say, walk with the limp, you have some deformation that makes you somehow different.

Now, this difference can easily register not simply as an impediment or a limp in your mode of relating to others of your own kind, but can also be seen as opportunity if you so choose to regard it. It may be seen as the occasion for posing questions to yourself that lead you into areas perhaps not difficult to peer into, but very usefully peered into if it is achieved. If you are one who is a possessor of certain limitations, and yet find that within these limitations your life of enjoyment is curtailed in such a way that you have no choice but to relate to the world differently than those around you; but having accepted this fact, you become aware that there are, within this difference in perspective, opportunities for self-development—and yes, the most essential point, opportunities for service. For service, my friends, for service. For that is why you are incarnate in third density: to find a way towards service that can be embraced whole and complete, that can be embraced through all possible limitation, all possible pain, all possible psychic resistance. It's a question simply of service.

Now, as you know, service is a function which bifurcates in third density. And if you take the choice of serving in such a way that the self remains the centering operator of that service and the centering purpose towards which that service is directed, you will begin to understand your pain; you will begin to understand all factors of bodily limitation as those points of resistance which are to be struggled against, which are to be overcome, which are to be held subject to the growing dominion of self will.

If, however, you take the view that the service which you have to offer is that which involves a kind of energy that moves through you from below, from embodiment, and from above—from spirit flowing through you and outward from you, without being held by you, without being directed towards what it pleases you to call your interests, but rather which allows your interests to be a fluid thing: a set of factors which can integrate, which can blend, which can lose themselves and be dissolved in interests of others and service to others. And you will find not that all of your pains and disturbances disappear on the nonce, but that they are less significant to you if you feel that that self which you must yet be is a self whose being is not limited to this set of parameters which you now enjoy, which is not merely something which has needs, has demands it wishes

to place upon the creation, but rather has placed itself in service to the creation.

The pains, then, that inevitably attend incarnate existence will not so much be your pains as they will be pains that you sense in passing, you endure as you endure a cold front in April. It's here today, but you know it will be gone tomorrow, for this is not you. You, in effect, are not you in any sense in which a "you" is less than infinity itself—for upon the service-to-others path, my friends, you and I are one. My pain is your pain, and your pain is mine. And I will happily walk in your pain. I will happily share your being, for how can it be any being other than my own? How can it be any pain other than all pain? And how can pain, as a particular part of the broader spiritual experience, be other than a portion of a larger joy?

These are tall words, my friends, and we do not wish to diminish the reality of difficulty or to denigrate the role of personal pain, personal sorrow, for it is a significant portion of the experience of the Creator by the Creator, and it is a significant portion of the process of growth that all of us who have undergone individuation have partaken of.

Yes, all of that is true, but if pain is allowed its fuller destiny, we feel it is fair to say that its destiny does not remain in the condition of pain, but rather points to something beyond it, points in the direction of the hope, the aspiration, and yes, the joy which is the crown of these affects.

We are those of Q'uo, and we would, at this time, return to the one known as Jim in an effort to serve you further by addressing ourselves to questions which may remain on your minds. Adonai, my friends, Adonai.

(Jim channeling)

I am Q'uo, and am once again with this instrument. We would ask, at this time, if there might be further queries to which we may respond.

Z: I have a query, Q'uo. As a society of individuals, it seems that catalyst has accelerated beginning in the winter solstice and then significantly increased for many starting in the spring solstice in March. Many people are experiencing a releasing of attachments and the entering into the state of pure initiation. Could you speak to that?

Q'uo: I am Q'uo, and am aware of your query, my brother. Your planetary sphere at this time is moving through a portion of time/space in which the vibrations of awakening have intensified to the degree where those entities who are sensitive to certain energy-center accelerations are aware that they are going through transitions that are in the nature of these energy centers which have some remaining hindrance or blockage to the full experience of the intelligent energy or the light which is now available to those conscious seekers or truth—and indeed are available to all entities upon this planetary sphere, whether they be conscious seekers of truth, or yet unconscious of the nature of the potential for growth in the spiritual sense that is available to them. All entities are experiencing some kind of response to these increased vibrational distortions that are now engulfing your planet as a rhythmic manifestation of the beginning experience of fourth density, which itself is a quantum leap forward, or upward, in the vibrational expression of the One Creator. If a consciously oriented entity experiences increased oscillations or vibrations in a certain energy center, or combination of energy centers, it is well to look to the nature of those centers so energized that there may be a conscious realization of the kind of vibration that is yet to be fully expressed through the entity's energy system. Those of Ra have described these centers in detail, thus we will leave the determination of the nature of each center to those seekers present.

Is there a further query upon this topic, my brother?

Z: Will the fourth density energies continue to increase or will there be an ebb and flow?

Q'uo: I am Q'uo, and am aware of your query, my brother. There will be what you have called the continuation of these energies in an ebb and flow nature. We would see these as being a rhythmic expression of a melody which you might equate to the fourth-density experience. It has certain qualities that are more intense at certain times than at other times, some qualities finding the rhythm of expression being given according to the planetary nature or ability to receive these vibrations. The planet itself also has a combination of rhythmic receptivity in its own beingness, which it shares with its population. Your Mother Earth—or Gaia, as you have called her—is one which is giving birth to a new generation of beings, and indeed has begun to

give birth to them some portion of your time previous, for there are those from elsewhere who have begun incarnating upon this Earth, and Mother Earth has welcomed them with open arms, for they have already made the graduation on other planetary spheres and are now incarnating on Earth to aid with the birth of other fourth-density entities from this Earth plane.

Is there further query, my brother?

Z: No.

Q'uo: I am Q'uo. We thank you for your thoughtful queries, my brother.

Is there another query at this time?

J: Q'uo, from your point of view, how clear is the distinction between our confusion and free will in allowing us that, and the impulse to guide us? Can you make a distinction very clearly at your level, or is it murkier?

Q'uo: I am Q'uo, and am aware of your query, my brother. Now you move into the realms of our ability and desire, and occasional discomfort, at serving as what you may call the teacher, or the learner, on another level. For we wish with all our being to be of true service to each entity upon your planet, but this is not something that is so easy to determine, even from our level of observation and experience. For we look upon many entities who, with just a tiny nudge, could make great leaps forward in consciousness, and the desire to give this tiny nudge is great. And yet, if we did so in every case, we must ask ourselves as a result: would this entity that we have hopefully helped have made this choice for him or herself eventually, and have learned more from making this choice on its own, and from having us present a catalyst, shall we say, that is more obvious in its appreciation by such an entity? These are queries which are not easily answered, thus, we must, from our point of view, look at each entity that we wish to serve, as if we were that entity, and what is it that we would wish, as that entity wishes for the highest and best chance to grow, if we were such an entity. In many cases, we satisfy ourselves with the clue or the hint that is not quite so obvious, giving the one we wish to serve the opportunity to find the key to the door that they wish to open. There is no hard and fast rule for service, my friends, there is simply the desire to serve as best as one can, and hope, in retrospect, that one

has indeed done so. Is there a further query, my brother?

J: Yes, just one more. Do you perceive that you introduce catalyst to us that you did not intend?

Q'uo: I am Q'uo, and am aware of your query, my brother. There have been many entities from the Confederation of Planets in the Service of the One Infinite Creator who have done just this thing. We look unto the sharing of information, for example, for greater forms of energy upon your planet, that would free the greater portion of your population from the necessity of working so hard and so long, to be able to afford greater energy, and we see that some of those offerings that we made to your peoples have created forms of energy that have been used for destruction. This is but one example; there are many others. We are not perfect beings, my brother. We seek to be perfect beings, as does each here, and we shall continue in that seeking to the best of our ability, with the hope that that which we offer may be seed for growth and not destruction or dissatisfaction or disharmony.

Is there a further query, my brother?

J: No, thank you for your indulgence, Q'uo.

Q'uo: We thank you, my brother.

Is there a further query at this time?

Gary: I have a question, Q'uo. From both a physical and metaphysical evolutionary perspective, the pleasure of sex makes sense because if sex is designed to be pleasurable and compelling then a species is more likely to procreate, and many opportunities for service arise in that modality of relating—including, as the Confederation reports, sacramental union with the Creator itself, including transfer of potential energies between the male/female principle difference. But the orgasm seems a . . . is a question to my mind. Is there anything that could be said about the purpose or meaning or nature of the orgasm itself?

Q'uo: I am Q'uo, and am aware of your query, my brother. That which you have called the orgasm seems to be most unusual within most entities as being seen as a normal experience. That which you call the sexual experience for most entities upon this planetary sphere is that which has suffered a great deal of disguise, shall we say, and manipulation throughout many thousands of years of disharmony

upon this planet. It has been that which has been used to confuse, to sell—to destroy, in some cases, further desire for any other experience. And yet, we say to you, that when you experience that which you call the orgasmic release of the energies of sexual expression, you are experiencing that which is the steady state for many higher density entities, for as one moves into greater and greater union with the One Creator, that which is experienced resembles what you call the orgasm in the mental, emotional, spiritual, and physical levels of energy expression and experience. That orgasmic release is but a hint, my brother, of that which awaits each seeking soul that is able to make the graduation into the higher densities, beginning with your fourth density that is now available to Planet Earth. Thus, this hint is that which has suffered greatly in its being perceived by Earth's population as being tainted, reserved only for certain entities, and being made into an object of desire for itself only. We can assure you, there is more to come . . . pun intended.

(Laughter)

Is there a final query at this time?

Gary: Is there any deeper philosophical reason to the way the orgasm is structured? That is, it seems the culmination and result of two bodies or body/mind/spirits in a rhythm together—the male principle penetrating the female principle—until a crescendo results in this energy exchange called an orgasm. Is there any reason for the structure being designed that way?

Q'uo: I am Q'uo, and am aware of your query, my brother. The beginning nature of the physical orgasm is that which is initiated by two entities that are sharing that quality of love for each other and for themselves in the red ray energy center. This is where the foundation is laid—pun not intended.

We wish to give description of such foundation as being that which can move higher and higher along the energy centers so that there is an increasing quality or shading or vibration of this orgasmic release through each succeeding energy center, so that the basic structure of the orgasmic release of energy accelerates in a cyclotronic¹ fashion through

each higher center until it is able to find full expression within the indigo and violet energy centers, and contact with intelligent energy and intelligent infinity has been experienced by each entity sharing this sexual energy release.

At this time, we shall take our leave of this instrument. We thank each of you for inviting our presence once again. It has been an honor to join your seeking, your sincerity, and your aspirations for greater realization in service to others, inspire us to the same. We are known to you as those of Q'uo. We bid you adieu. Adonai vasu borragus.

¹ Cyclotronic: relating to a cyclotron, an early particle accelerator in which charged particles were generated at a central source and accelerated spiraling outward through a fixed magnetic and alternating electric fields.



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Rock Creek Research &
Development Laboratories, Inc.

P.O. Box 5195
Louisville, KY 40255-0195

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SATURDAY MEDITATION MAY 12, 2018

(Jim channeling)

I am Q'uo and am with this instrument. I am most happy to greet you this afternoon and to join your circle of seeking, small though it may be, great in potential to share love and light it is. We are always overjoyed and honored to be asked to join your meditations, for this is the way that we, ourselves, progress along the path of evolution. We are your brothers and sisters, my friends. We, as you, travel this path as seekers of truth, moving perhaps a bit further along this path, and yet working with the same catalyst that is yours to work with in many ways, more subtle perhaps, and yet more vivifying of the experience that we gather about us, as we proceed upon this path. We ask one favor, as you are aware, and that is that you will take those words and thoughts which we have to offer you today and use them as you will. If it be of service to you, that is a good thing. If they not be of service, then leave them aside and let that be a good thing too. If you would do this favor for us, it will free us to give you that which we have to share without any fear that we shall infringe upon your freewill by so sharing.

At this time we would, in conjunction with your new format, ask if there might be any queries to which we could speak?

Gary: Thank you for the opportunity, Q'uo. We do have a couple of questions from our friend, Fox, who asks: In the book Carla channeled, called *A Book of Days*, it states that “the dealings of the two polarities are separate, negative polarity being the

choice to separate from positive unity.” Her question asks: “Before the veil there was only service to others, or positive unity. Is it an actual choice in third density to remain in positive unity, or is the only real choice that of separating from positive polarity and moving to negative polarity?”

Q'uo: I am Q'uo, and am aware of your query, my brother. Within this illusion that you now experience that has been created as it is because of the existence of what you call “the veil of forgetting”, there is, indeed a choice that can be made, and must needs be made, if entities are to be, shall we say, graduated into the fourth density of love and understanding. This choice, as you are aware, is that which is to be either of service to others or service to self. Now, upon the surface of it, it would seem that there are, indeed, two distinct choices in this condition that has resulted because of the presence and the implementation of the veil of forgetting by those Logoi who have been, shall we say, able to prosper or benefit from the earlier Logoi who had no such veil and had some difficulty within the third-density illusion of shepherding the flock through the third density because of a seeming lack of choice.

In reality, in the larger sense, shall we say, when one looks at the outcome of each choice—that of service to others and service to self—as each grouping of entities continues to proceed along the evolutionary path, there is a distinct difference between each choice. Separation is the polar opposite of communion and coming into unity, and yet each [polarity] deals with the desire to become, once

again, the One Infinite Creator. The means by which this desire is fulfilled seems to be quite opposite and different for the negative polarity in that it intends, and does indeed, separate itself from all other selves, and compacts itself to the degree that it seems totally removed from all around it. And yet, one must remember that there is nothing in motion that has not been made, and which does not contain, the One Creator. The Creator has made all that is, and has provided free will in the ultimate sense for each portion of its own being—both those portions which seek to radiate the love and light of the One Creator, and those which seek to absorb the love and light of the One Creator—and yet both deal with the love and the light of the One Creator for the purpose of moving back into unity with the One Creator.

In this regard, it would seem that the basic elements of each path are the same. It is the means by which the desire of each polarity is manifested that makes the paths appear different. But, we must remember, my friends that much of what is an appearance in any aspect or polarity, is an illusion that exists for the purpose of aiding each path to progress to its final destination. All the creation is an illusion, or a distortion, of the One Creator to assist portions of the One Creator to travel through the One Creator in order to return to the One Creator. All of the action, the thought, and the being within the one infinite creation is a means by which the Creator learns more of itself from itself.

[In] the situation that existed before the veil of forgetting it seemed that there was not so much free will available to third-density entities, yet these entities in themselves were each capable and free to make choices regarding each aspect of their spiritual journey. However, it could be said that because there was no veil, there was no opportunity to proceed as quickly as was later possible after the implementation of the veil of forgetting, for when it is not easily apparent to a third-density entity that it is the One Creator, that all of the facets of unity of love and of light that belong to the One Creator and each of its portions are not obvious, then it is that the entity in third density must work in the conscious sense to exercise its own will and faith that such possibilities are true and can be realized by each entity. This is an arduous process, my friends, taking many, as you know, incarnations in order to accomplish this polarization in consciousness, which

is actually the action of each third-density entity after the veil of forgetting was implemented.

All of the trial and error, the spiritual sweat, shall we say, that has been spent attempting to make a coherent sense out of the life pattern, is the basics of the polarization process. This is where progress, ironically enough, and paradoxically enough, is most rapid, when the truth is hidden from the third-density being, then the attempt must be made to attempt to find the truth, and whether this takes a moment or a lifetime or a series of lifetimes, still the progress is far quicker with the veil in place than without it, for without the veil what is the motivation to change the conditions that are observed to be of unity where each is the Creator? There is no fear or love so great as to motivate a change in attitude or position.

Therefore, we would say that it is a matter of perspective that one may see from a distance, shall we say, that reveals that in truth the only choice for all entities, before or after the veil, is to return to the One Creator, to have many, many experiences on this journey home. The question then becomes, shall some means be implemented that accelerates this journey? For all eventually learn, some more quickly than others.

Is there another query, my brother?

Gary: Yes, thank you. We'll table Fox's second question for now, and ask: Is it fair to describe the journey of spiritual evolution through the densities as one of becoming less distorted? That is, distortions are removed and fall away?

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, we do not mean to be obscure, but we would suggest that this is true in the larger sense of removing the distortions or the qualities or facets of the being which are less reflective of the unity of the One Creator, of the radiance of the light of the One that is in the self, and the sharing of the love from the open heart. As one is able to remove the blockages through the energy centers that prohibit the free flow of the prana, or the intelligent energy through the energy centers, then progress through the densities of creation is also accelerated in a direct ratio, shall we say. So, there is the progress in evolution of mind, body, and spirit that is enhanced as the blockages, or distortions of each energy center, are ameliorated and balanced so that there is the

clear reflection of the Creator's love and light as it moves through the crystalized centers of the individualized entity seeking its own evolution.

However, in another manner, or perspective, one may also see a decrease in the distortion towards unity, or perfection, of the balance in full energizing of each energy center, so that a different type of distortion, then, is the goal of removing lesser distortions. So there are distortions of one kind that are balanced, and therefore, removed, as distortions of a higher nature are put in place, or realized, because of the removal of the lesser distortions.

Is there a further query, my brother?

Gary: How do you reconcile that those of the negative path advance through the densities, while seeming to add more distortion to the Creator?

Q'uo: I am Q'uo, and am aware of your query, my brother. The negative path is that which attempts to use the love and the light of the One Creator in the opposite sense, as does the positive path. That is, to absorb it for the self, and to use the power that comes from it in order to control or manipulate other selves and further gain personal power by this manipulation. This has been described by those of Ra as "the path of that which is not." It is a path which takes that which is—unity—and fragments it into that which is not, which is separation.

However, once again, we suggest looking from a perspective where it is seen that each path involves individualized entities that seem separate from each other and seem separate from themselves. The first separation, of course, is the self from the self. Both operate within the boundaries of an illusory separation. The positive path, however, attempts to utilize the reality, or the truth of unity, while making its way through its own separation of self from self, and self from other selves. The difference between the two, of the separation of the positive path, and the separation of the negative path, is that those of the positive path seek to remove the separation and allow the unity that is the reality of all being to be manifest within the life pattern, while the negative path takes the separation of self from self and all other selves and attempts to capitalize upon this separation, in order to continue its journey into unity with the One Creator, by separating from all other portions of the One Creator, as though this were possible in the ultimate sense. However, as each

present is aware, this is not possible past a certain level of the evolutionary process, for as the sixth density is approached and entered, the love and the light of the One Creator that has been compacted by the negative entity for itself alone must be released in order that further progress can be made, for within the sixth density, the balance between love and light must be achieved in the sense that each other self is seen, not only as the One Creator, but is seen the same as the self, whether that self is positively or negatively oriented, for each self is each other self, and the One Creator. The truth of this situation of the creation of unity, then, must be recognized by all entities who wish to continue their journey through the sixth density into the eventual unity with the One Creator.

Is there another query, my brother?

Gary: Ra says that meditation, contemplation, and prayer allow data to "sink down into the roots of the tree of mind, thus enabling the body, and touching the spirit."¹ Can you speak to how and why meditation allows data to sink into the roots of the tree of mind?

Q'uo: I am Q'uo, and am aware of your query, my brother. The meditative state is that state of consciousness which allows that which is significant or true—in the basic sense of unity, of shared consciousness, and of equal participation in love and light—to be glimpsed and realized in some degree by the one who meditates.

The normal conscious experience of the life pattern is that which is fraught with distraction, though the distraction has the potential to become catalyst that can be processed into experience and thereby aid the evolutionary process. The great amount of distraction and catalyst that is unprocessed is like static upon the clear radio signal. That static can be removed by retiring and focusing the consciousness inwardly, not just within one's own being, but within the greater and greater realization of the One Creator who resides within the heart of the being of

¹ Following the exercises to consciously become aware of love in the moment, and to see the Creator in self, other-self, and creation, Ra says, "The foundation or prerequisite of these exercises is a predilection towards what may be called meditation, contemplation, or prayer. With this attitude, these exercises can be processed. Without it, the data will not sink down into the roots of the tree of mind, thus enabling and ennobling the body and touching the spirit." – 10.14

each entity. As you move deeper and deeper into the meditative state, that which is a distraction tends to fall away as the mind becomes focused in a one-pointed fashion and is no longer distracted by the daily round of activities, the errant thoughts, the feelings of separation and so forth.

In the meditative state, then, the entity who meditates is becoming more and more aware of the nature, the unitary nature, of its own being, so that those fundamental elements of any clear perception of the creation and the Creator are more easily ascertained by the meditator. The signal from the One becomes the sole focus of the attention so that the presence of the One becomes available to harmonize the consciousness of the meditator. In this way that which is of most use to facilitate the spiritual path becomes more obvious and is able to do its work more easily as there are less and less distractions or energy . . . we search for the word . . . drains. Much of the daily round of activities is a distracting of this conscious focusing ability that the meditator is able to refine when the meditative state has been achieved and experienced for a significant portion of your space/time environment.

Is there a final query at this time?

Gary: Thank you Q'uo, that was beautiful. We'll go with the last big one as this is the final query. The Confederation talks about "thought forms". Is any thought, even a fleeting thought that crosses our minds, a thought form? Or, for a thought to become a thought form is a certain degree of intention and energizing required from the individual or the collective?

Q'uo: I am Q'uo, and am aware of your query, my friend. This is an interesting query in that it has the elements of yes and no, as so much of the spiritual journey is a paradox. Any thought that an entity may think in some realm can become a thing, or a thought form. As you are aware, your own density, as all densities, has many, many sub-densities. Seven sub-densities, each sub-density with seven sub-densities, and so on, infinitely. Thus, it is possible for any thought that one may think to become, shall we say, a resident or thing, at some level of being. This level of being is more and more apparent to third density entities the more energy that is given to the thought, especially now that your planetary entity itself has entered the fourth-density vibrations,

so that more of these thought forms are created by the population of your planet.

So, when enough energy of thought is given to a form, there is a greater possibility that the creation of this form by thought will have its own experience in another reality, and become, shall we say, the milieu, the atmosphere, the ingredients of a certain kind of existence where forms of thought of many kinds are populating the environment of this level of consciousness. In some degree, there are beings that exist within your inner planes that are able to use these forms of thought as a kind of food, shall we say, that not so much nourishes a body as inspires some level of the mind or the spirit, becoming a reflection of this third-density illusion which each of your 7 billion population inhabits. If you can begin to imagine the great number of thought forms created by such a population, you may begin to become aware of how these thought forms could become a kind of enhancement or . . . food, is not quite the word we would use, but it is closest to the meaning, for these entities within the inner planes must know the thought forms may become quite obscure, they are also numerous, and are not without their own use and purpose in the larger sense of the various levels of consciousness that are associated with your planetary sphere.

At this time, we shall take our leave of this instrument and of this group. We are aware that we have utilized this instrument for a longer portion of time, and we are most grateful for the opportunity to do so than is our usual wont. Again, we thank you for inviting our presence this day. It has been a great pleasure and honor to join you in your seeking. You are always an inspiration to us, as we hope to be to you. We leave you now in the love and in the light of the One Infinite Creator of which we are all a part. Peace and blessings, my friends. Adonai vasu. We are those of Q'uo.



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SATURDAY MEDITATION MAY 26, 2018

(Jim channeling)

I am Q'uo and greet each of you today in love and in light. It is our great privilege and honor to be asked to join your group this afternoon. It is an opportunity for us to be of service to the One Creator through that which we share with you and all others who may become aware of our exchange this afternoon. We can thank you no more than to say this is the way the One Creator moves through us as you call from us that representation of the One who is in each word and concept. We would ask a small favor, as always, that is that you will assure us that you will take those words and concepts which we offer to you and use them in whatever way serves you best, and if there are words and concepts that we share that have no meaning for you, leave them behind without a second thought, for we would not wish to cause you to stumble upon your path of seeking. Each path leads to the One Creator and should be honored by all, for all are the One.

At this time, we would ask if there might be a query for us with which we might begin.

Fox: Q'uo, in the past you have mentioned that after the harvest, souls will be invited to come into the planetary experience from other sources because there will be an availability of slots due to the lack of those harvested from our third density. We humans are doing a terrible job caring for our planet, but over-population is, in part, causing a strain on resources and causing damage to the planet. Are there entities overseeing the number of souls who

incarnate here? And if so, is there a spiritual reason for the overpopulation right now?

Q'uo: I am Q'uo, and am aware of your query, my sister. We thank you for this query, for it is that which bears upon a portion of our own mission. It is true that there is the likelihood that most of the population of the fourth-density Earth shall be from elsewhere, for it is most likely at this time, though not a certainty, that the harvest of souls from Earth shall be small enough that a great many souls from elsewhere would be able to find their fourth-density home here. Indeed, this is a process which has been ongoing for a number of your years as you count time, for there are many who have been given the opportunity of incarnating early within your third-density planes to aid the harvest to fourth-density. These souls have both the third and the fourth-density bodies activated, and are able to be, shall we say, somewhat more perceptive in their ability to blend their vibrations with those of your Mother Earth, and are able, if they so desire, within their current third-density bodies, to begin the healing of the planet that is so needed, as you have mentioned, because of the overpopulation and lack of information of the population concerning the planet upon which they dwell.

The great number of souls at this time that are incarnated upon Planet Earth, is due to the, shall we say, rapid approach of the ending of the harvest period of time, so that all entities who have been upon this planet in its previous cycles of evolution are now taking advantage of the remaining years for

attempting to achieve the fourth-density vibration of love. This is a process which is likely to continue for some of your time, though it is most difficult to estimate in your years how long this may take. Within the overall span of fourth density itself, this is but a tiny portion of that period of time. However, relative to your experience of time, it could be some decades before this harvesting process is complete.

The determination of which souls are available for incarnation in order to attempt the harvest is that which is overseeing, in a sense, by entities from the Confederation of Planets in the Service of the One Creator, such as are we. This is not, shall we say, a strict hands-on operation, but is that which is simply the observing of those entities who have placed themselves, by their own progress, at the door of incarnation, may we say. This progress is measured by a kind of light vibration which those souls who are capable of achieving harvest are able to pass by moving through the filtering light that is congruent with a certain amount of the green-ray energy center being able to welcome and enjoy this light.

Is there a further query, my sister?

Fox: I guess I'm still wondering if the—it sounds as though there's no gate keeper to keep the planet from being overpopulated then, other than people of souls coming here for harvest. Is there another spiritual principle for the overpopulation, like catalyst, or something like that?

Q'uo: I am Q'uo, and believe I grasp your query, my sister. Please correct me if I am mistaken. Those of us from the Confederation of Planets observe this process of light filtering souls so that there may be a combination of both those entities who are available for harvest matched with the planetary entity itself and its ability to host, or hold, the greater population. This portion of time that you call harvest is a portion of time during which the planet itself begins to observe certain standards, shall we say, and is willing to stretch the normal limits of sustainability in numbers in order to provide a greater service to those who wish to attempt harvest.

Is there a further query, my sister?

Fox: No, that helped. Thank you.

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

Fox: If no one else has one, I've got another one. Those of Q'uo have told us that as physical fourth density is realized, the veil of consciousness will, little by little, fall away, and those souls who have been groping in the dark will now find themselves standing in the light. You went on to say, "It is to this light, it is to the bringing forth of the conditions from the soil which allow the light to begin to shine in nooks and crannies, long laying in darkness, that we commend you." As someone very connected with the soil, please help me understand what is meant by "bringing forth of the light from conditions of the soil"?

Q'uo: I am Q'uo, and am aware of your query, my sister. This is a statement which is somewhat veiled itself, which suggests that as the veil of forgetting becomes more permeable in these last days of your planet's third density, then entities are able to see light in those darkened areas of the fertile soil of their own being as well as the planet's being. This was a, shall we say, metaphor not meant to point directly at the dirt, shall we say, but at the fertile circumstances that are everywhere present but frequently unused by entities who are unaware of the possibility of growth that is possible when the fertile conditions of one's being, and the spiritual surroundings of the planet itself, are utilized for the purpose of making the harvest, or opening the heart, shall we say. Thus, the soil is that which has been unused within the environment of many third-density entities, the environment in which they live and move and have their being.

Is there another query, my sister?

Fox: No, no, thank you so much. That was very helpful.

Q'uo: I am Q'uo, and again, we thank you, my sister. At this time, we would transfer this contact to the one known as Julie, in order to exercise this instrument, for she has offered herself in this service, and we are most appreciative of her offer, and would, at this time, transfer our contact to her. I am Q'uo.

*(Julie channeling)*¹

I am Q'uo, and I am with this instrument. We have enjoyed your queries today, and we have thoroughly

¹ Julie is one of a handful of students learning to channel in the channeling intensive series.

enjoyed giving you our responses and aiding you in whatever way we can. In response to a query about the planetary population, we would like to add to the response we gave through the one known as Jim. The Planet Earth population has grown immensely for reasons being that it is a great place for learning at this time. It has become immensely popular and many entities have come here to be a part of something wonderful. It is the beginning and the midst of the fourth density, and many are here to experience it fully. There are many vibrations experiencing all levels of the light and darkness which has been one of the great attributes to the Planet Earth. This has allowed for multitudes of levels to learning. There are many who wait with bated breath, as we might say, for the great shift, so it has become a breeding ground for excitement as a focal point in your planetary system for many.

We return to the following query in reference to the fertility of the soil on Earth and would like to further explain how your Sun assists, and its rays do not stop when it reaches the soil, as it continues on through to the center of the Earth. Your central sun creates a wonderful place of fertility and growth in every way possible, not only physically growing your plants, your trees, your flowers, etc. Because of your central sun you are able to grow in so many other ways—spiritually, physically, mentally, and so on. We are of the planetary Logos and allow for the cause and effect of your Sun, which has been a source of infinite light that projects outward to all planetary systems unending, much like a candle as it burns releases light infinitely outward.

You are also beautiful lights, and the children of the Infinite Creator, so fertile in immense growth and we are so happy you allow us to be a part of it. Before we part from this instrument, we would like to remind you that you are also infinite lights on your own right, and your light shines infinitely outward and downward, and every direction, including the Earth's core. Shine brightly, my friends. I am Q'uo, and I pass the contact to the one known as Jim.

(Jim channeling)

I am Q'uo, and am again with this instrument. We appreciate his fastidiousness in his challenge, and we would thank the one known as Julie for allowing us to utilize her instrument this day. We have found it

to be quite exhilarating to exercise this instrument, and we thank her for her service.

At this time, we would ask if there is another query to which we may respond?

Gary: Q'uo, is there a correlation between body, mind, and spirit, and the first three distortions? That is, body with the Third Distortion, mind with the Second Distortion, and spirit with the First Distortion?²

Q'uo: I am Q'uo, and am aware of your query, my friend. The correlation is not a one-to-one kind of correlation where you can easily see the similarities, or possible likeness of one to the other. The First Distortion of Free Will is that which could mostly be correlated, as we would see it, with what you would call the spirit, for it is that which is all, which has made a choice to become more aware of that which it is. The Second Distortion of the Love is that which we would correlate most closely with what you call the mind, for the Love of the Logos is that which is consciousness itself and begins to form the creation that will allow the first distortion to be fulfilled in knowledge of itself. The Third Distortion of Light would be correlated with what you would call the body, in our estimation, for the light is that which forms all things, all that is created as a field of being full of forms of life that are invested with the desire to grow, to be, to seek, to become. Thus, there is a correlation that is somewhat apparent upon close examination.

Is there a further query, my brother?

Gary: In follow-up to that, and thank you very much, Ra says that the *realization of the infinity of spirit is even greater than the realization of the infinity of consciousness*. Does that statement from Ra have connection to what you just said about the linkage between consciousness and the Second Distortion, and spirit and the First Distortion?³

² Ra describes three primal distortions that birth the universe: the First Distortion they call the Law of Confusion or the Law of Free Will. The Second Distortion they call the Law of Love or the Logos. The Third Distortion they call the Law of Light.

³ Questioner: Sorry about that. Can you tell me what the twentieth archetype would be?

Ra: I am Ra. That which you call the Sarcophagus in your system may be seen to be the material world, if you will. This material world is transformed by the spirit into that which is

Q'uo: I am Ra—I correct this instrument, this instrument is somewhat tired—I am Q'uo and shall attempt again to realign this instrument's tuning.

Q'uo: I am Q'uo, and we believe that we are able now to proceed. The infinity of the spirit is that which contains those qualities of being that are what you would call “consciousness,” a focusing of certain portions of the spirit that is able to create an infinity of awareness of being that is a portion of the totality of the spirit's beingness. Thus, the spirit is that which is created as consciousness, and is even more than consciousness, it is the uncreated as well—the Intelligent Infinity that has no polarity or nature of having been created but provides that which may become created as consciousness.

Is there a further query, my brother?

Gary: No, I'll hold off. I think Fox has a query.

Fox: No, that's okay, go ahead.

Q'uo: I am Q'uo. Is there a further query at this time?

Fox: I have one short one. Would you please share those spiritual principles that relate to the concerns of those who are aging, particularly memory issues, but also limitations of the body that develop with age.

Q'uo: I am Q'uo, and am aware of your query, my sister. The process of which you call aging, within your third-density illusion, is a product of the persistent processing of catalyst in order to move along the line of light, the spiritual spiraling light that moves in accordance with unity to the One Creator. The processing of catalyst over a period of what you call time begins to take its toll upon the mind/body/spirit complex. This toll is that of wearing, shall we say, of a certain friction that is created when catalyst is not completely processed. This causes a kind of aging that is represented in your physical vehicle, as you are aware, through its loss of some flexibility, some strength, some ability to recuperate from difficulties, be they physical illness, emotional or mental—the mind itself also

infinite and eternal. The infinity of the spirit is an even greater realization than the infinity of consciousness, for consciousness which has been disciplined by will and faith is that consciousness which may contact intelligent infinity directly. There are many things which fall away in the many, many steps of adeptness. We, of Ra, still walk these steps and praise the One Infinite Creator at each transformation. – 80.20

suffering in some fashion from the catalyst which has not been well processed, and which has taken its toll also upon the mind, so that there are some difficulties, as you are aware in the memory. We also would suggest that oftentimes a soul will program into an incarnation the premature onset of what you would call the aging process so that this may be used as a motivation tool to aid the soul's progress. For most entities, however, the process of aging is that which is a reminder to the mind that the incarnation has a set length, and that if there is further progress to be made, it is well that it be attended to as soon as possible, for the time grows short.

Is there a further query, my sister?

Fox: No, that was great. Thank you so much Q'uo. Thank you for all that you've given us today.

Q'uo: I am Q'uo, and we thank you, as well, my sister, for all that you have given to us as an opportunity to serve.

Is there a further query at this time?

Gary: Q'uo, many of us seem to have an understanding that the population of fourth density will be less in number than the present population of planet earth, which, if true, would mean that there will be a population reduction. If that is true, what is the mechanism of the population reduction between third and fourth density?

Q'uo: I am Q'uo, and am aware of your query, my brother. The process of reducing the planetary population is a further extrapolation of the information that we just shared with the one known as Fox, for as entities are continuing to age and move through the process that you call “death,” then there is the opportunity for either the moving forward into the fourth density upon this planet, or of returning for as long as is possible to the third density to continue the process of polarization. However, at some point, which is imminent, though not specifically predictable, there will no longer be the opportunity to return for third-density work to be processed into fourth-density harvest. Therefore, as the planet continues to be upgraded, shall we say, in fourth-density vibrations, there will be less and less opportunity for the third-density experience to be offered to those who have not yet made the harvest. When this time comes, those, then, who pass through the death process will find it necessary to be placed by their etheric or form-making bodies

into another third-density planet, perhaps in another galaxy or position, in order to begin again a new third-density cycle that will allow further processing of catalyst that will hopefully, at some point, allow the mind/body/spirit complex to open the green-ray energy center in unconditional love that will provide the passport, shall we say, to fourth density.

and light of the One Infinite Creator. Adonai vasu borragus.

Is there a final query at this time?

Gary: With gratitude, and as a quick follow-up to that question, as those ineligible for fourth density move on to other third-density planets, how do those in the space/time realm of third to fourth density, experience the reduction? Is there a decrease in birth rates, or is there another outer mechanism in place? And thank you so much for everything you've offered, Q'uo, through you and Julie.

Q'uo: I am Q'uo, and am aware of your query, my brother. The population that remains upon the planet, as a great portion of it moves through the process that you call death—or which we would call “walking into the light” to have the energy centers assessed as to harvestability—will see that there is a reduction in the planetary population. Many will find reasons for such a reduction by reading their newspapers, which will have accounts of various illnesses, wars, and natural disasters that will be put forth as the reasons process for the reduction of entities upon the planet, and, in many case, this will be precisely so, for this will be the process by which many shall exit this particular planetary sphere. Thus, it will seem, and in many cases be, a natural process of entities finding the end of the incarnation through the means by which all incarnations have ended throughout the 75,000-year cycle of beingness upon your Planet Earth.

At this time, we would thank each entity here with the greatest of gratitude for inviting our presence this afternoon. You have spoken words of praise for us—we speak the same words of praise for you, for without your questions and your being, we would not be able to serve the One Creator as we have been able this day. We all serve the One, we all are the One, however, in our seeming separate forms, we pursue seeming separate paths, and are grateful to do so.

We are known to you as those of Q'uo. At this time, we shall take our leave of this instrument and this group. We leave each of you as always, in the love



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HOMECOMING MEDITATION SEPTEMBER 1, 2018

(Jim channeling)

I am Q'uo and greet each of you in love and in light this afternoon. We are most honored to be able to join your circle of seeking. We have observed your circle and your being over the past two days, as you would call them, and have been most inspired by the open hearts that we have noted sharing the love and the light of the One Creator who resides in all, with all, and we join you in rejoicing in that love and in that light, and in the comradeship that you have built this weekend.

We are aware that there are queries which have been offered to us in hopes of clarifying certain concerns that are upon your minds. We would ask one favor of you before we begin to respond to these queries, and that is that you would see us as your brothers and sisters who are wishing to be of service to you, but who have no authority over you, and do not wish to be seen as infallible, for we have walked but a further step along the path than have you. If any word or thought we speak does not ring of truth to you, we ask that you lay it aside without a second thought. Take only that which has value to you and use it as you will, as you must, for this is the density of choice, and all information and inspiration may be utilized by each seeking soul to further the journey upon the spiritual path.

At this time, we would ask for the first query to be read.

Gary: Q'uo, the first question from the group asks: "How can we embrace being vulnerable in the face of catalyst from other selves?"

Q'uo: I am Q'uo and am aware of your query. This is a salient query, for your third-density experience, for all of you, living beyond the veil, are quite vulnerable to any questioning or doubt that comes from any other soul, or even from yourself, for there is nothing that can be known for sure, or experienced in a way that can be explained with certainty, for all that you experience is that which is subjectively experienced. Thus, it is necessary, in order to gain the confidence to continue walking this path of seeking and serving, to be able to develop your own inner strength that propels you past any doubt or fear of further movement upon this journey. To develop your own inner strength is a process which may take a variable length of what you call time and experience within your illusion, for to some it comes more quickly, if this is not a portion of their pre-incarnative choices, shall we say. For some, it is easier to look upon the path of seeking as that which is the most natural thing in the world, shall we say, for they are born with a knowing that there are other lessons that they shall face upon this time that you call an incarnation within the third-density illusion.

However, for some entities the choices of lessons include the potential for working with what you would call the lower self-esteem, the concept of the self that has introduced to it that doubt or uncertainty that what you are doing is what you

should be doing, or what you can do, or what you might do. In this instance, we would recommend that you retire to your meditative state, perhaps at the end of your day, and review the day that has just passed, seeing all of those instances in which you moved with certainty, and those in which you moved with uncertainty. Look carefully at the factors and features of each instance in which either certainty or uncertainty was experienced. See if there is a triggering mechanism, a commonality that is contained within either the certainty or uncertainty, whether there be one or the other, look then to seeing the balance between the two that you can achieve when you observe how you have expressed these qualities within your being.

Look then to the uncertainty—see there a reflection of the self at a younger age, progressing backwards, shall we say, from your current time period to the time in which you feel this quality was born within your being, that time in which you first experienced the doubt of whether what you were doing and what you were feeling, and how you were being, might have value. Was there an instance in which another entity introduced that doubt to you, calling it to your attention, making you wonder if this was real or if this was not. See then, the forces, as much as is possible, which have conspired to bring about this current state of mind, the configuration of that which is called uncertainty.

If you are able to remember the time and experience in which this uncertainty was planted within you as the seed, look then to what has happened since, follow the path of the growth of this plant within you, to observe its effects upon your incarnational experiences. Was there any indication of a lesson that could be learned by experiencing such doubt? Was there any fruit that came or comes from such experience of doubt? Were you able, in any instance, to overcome the barrier that uncertainty built about your own mind and perception of yourself? Can you see how you might ascend that barrier? Can you see beyond the uncertainty?

Then look to that time, or those times, in which you have been able to find within your being, the concept of certainty. How was this expressed? What was its trigger or genesis? Was there, in your experience at that time, any motivating factor from without, from another entity for example, that gave

you the feeling of confidence, of assurance, of the ability to move forward with strong and sure steps?

Look then to both of these experiences to see what each has had to offer to you through your life experience. Many times there is a great learning that can come from that which seems of a negative nature, for that of a negative nature that seems to oppose your own sense of self can be utilized as a motivating force to move you forward upon your spiritual path.

Indeed, my friends, there are no mistakes within your life path. There is nothing that is in your journey that you have not placed there of your own free will before the incarnation. Thus, if you can examine the factors which have created your experience of both certainty and uncertainty, then you may be able to fashion a further path through the remainder of your incarnation that walks with a more certain tread.

Is there another query at this time?

Gary: Thank you Q'uo, the next question asked, or says rather, "Greetings, our brothers and sisters of Q'uo. My question is, what exactly is a thought? Where does it come from, and what exactly is it made of? I understand that the origin of all things is the Infinite One, and that everything is made of light, but I am wondering if you can expand upon this topic. Thank you so much."

Q'uo: I am Q'uo and am aware of your query my friend. This is, again, an important concept to consider, for, within your illusion, what you have to propel you through the illusion in whatever fashion you move is the power of your own thought, the power of other thoughts, the power of all thought which has created your cultural milieu. The thoughts that you think, and that are thought about you, are the creation of the mind as it forms consciousness in a certain relationship with itself so that there are considerations given to the qualities of your mind that has perceived the illusion about you in a certain structured fashion.

Thus, you describe to yourself the nature of everything—of your being, of the illusion in which you move, of other entities about you, of the possibilities of your movement, of the creative aspects of anything or being that you encounter. Thus, thoughts are your own creation made of the light of the One Creator fashioned by your mind to

serve as instruments of understanding of a certain nature.

We realize that your illusion does not contain the concept of clear perception, or understanding, but we use this term because it is closest to our meaning. Thus, the thoughts that you create are your expressions of your perception of your reality, your relationship to it, the means by which you shall move through it, and the ultimate goal or destination of the steps that you take in a conscious fashion.

Thus, your thoughts are the means by which you move yourself through your illusion, experiencing those choices that you have made prior to the incarnation in the manner in which you hope to make them, for before the veil you are aware of those needs which you have yet to accomplish within your own beingness, and will provide yourself with these opportunities to learn in a certain way within the incarnation, according to the thoughts that you create as perceptions of your journey.

Is there another query at this time?

Gary: Thank you. The next one asks: “Will you please share any practices or methods that may help us understand and work through the core traumas that we experience, especially in respect to other selves who experience these traumas in different ways than our own.”

Q’uo: I am Q’uo and am aware of your query, my friend. Much of the learning that each of you will experience within this illusion will be related to that concept which you call trauma, for by a traumatic experience, whatever lesson you learn will be engrained far more deeply and surely within your own being than a lesson that is learned without trauma. The type of learning that includes trauma is that which requires a certain kind of inner strength that many find lacking within their own nature. Thus, the desire to move through and heal trauma is that which is the observation of a certain experience or instance of experience that is a reflection in microcosm of the larger journey that you make through this illusion. Again, we recommend that meditation is the greatest tool by which you may process the gaining of strength, the healing of trauma, and the moving forward from trauma, using it as a base upon which to make your next evolutionary step.

Within the meditative state, again we recommend at the end of your day, to take that traumatic experience and to examine it as you examine all experience to learn from experience as you process the catalyst to be more precise, to achieve experience. Look then to that which has brought about the trauma—what was the nature of its origination? Can you see any helpful fruit that came from it? Is there any means by which you have previously been able to withstand the trauma, to move forward from it, and to seek to heal the trauma and thusly learn from it? This is practicing what you might call mindfulness upon both the conscious and subconscious levels of your mind. Your mind is a powerful quality that you may utilize in examining the nature of all of the experiences or catalyst that you encounter in your daily round of activities. When you can look upon any experience, any trauma or difficulty with a calm and accepting mind and heart, it is far more likely that you will be able to receive intuitional hunches or flashes of inspiration that come from your subconscious mind that utilize its contact with your pre-incarnative choices.

If you sincerely ask of your subconscious mind that it give to you that hint or clue as to the direction of movement in your own daily round of activities regarding the traumatic experience, then you may be able to process this type of catalyst in a successful fashion. We also suggest that you might engage in what you would call the journaling process so that you look upon the experience that brought about the trauma and talk about it to yourself. In many cases, such an activity can activate what you would call the automatic writing that is communication from your subconscious mind to your conscious mind.

If there is a kind of trauma within your life experience that seems so large and difficult with which to deal that you need extra help, shall we say, from your subconscious, in perhaps another fashion, we would recommend that you utilize your dreaming experiences. Take then, the tablet and the pencil, placed beside the bed, perhaps with a lighted source of some kind, a flashlight, shall we say, and be prepared to record any dream that comes when you are preceding the sleep time with mental contemplation upon the trauma that you have experienced. Your dreams can give you these clues, as can the automatic writing, as can the intuitional flash.

You have many sources upon which to draw, including your inner guides and those angelic presences that are drawn to you because of the nature of your own being and your seeking. Look, then, with both the conscious and subconscious minds, to the experience of being able to ask with a whole heart, from those portions of yourself and your guidance that they may aid you in your conception and perception of additional information that may aid your growth.

Is there another query at this time?

Gary: Thank you. “When groups like this meet for positive service, what happens in the metaphysical world and what spiritual concepts are involved?”

Q’uo: I am Q’uo and am aware of your query, my friends. As we, in the realms of the spirit, look upon you with many other beings of light, we see gathered before us our other selves who are so eager to learn, so full of the optimism and energy of inspiration, that we ourselves are filled with inspiration with love for you, and shed light upon you to join you upon your journeys. When you gather together in gatherings such as this, the very heavens themselves rejoice, for you are but they at another stage of evolution, and yet you are they as they are, for each of you has a soul, a spirit that exists within these lighted realms which has sent you forth as an emissary into this illusion to suffer what is called the “slings and arrows of outrageous fortune,” and to come together in groups like this to share means by which to deal with such outrageous fortune, to see it as a friend which teaches, as a guide which points the direction, as food which nourishes the soul.

For there is nothing but love and light, my friends, in various configurations in this illusion in which you inhabit and indeed within the entire creation. The One Creator has fashioned us all as means by which it shall know itself in greater variety and intensity and depth. You are the creator in earth clothes. You move as the Creator moves, yet there are times when you wonder, “How does this all work?” It works together, my friends. As you learn to be a community, and to commune, not only with each other, but with the natural environment about you, with those you know and do not know, with those within the angelic realms, and those beyond this Earth, for all are, indeed, one. There is no true division. Call, then, upon your friends at any time,

and you shall be answered. The very heavens rejoice at your every step.

Is there a final query at this time?

Gary: Yes, Q’uo, thank you. This one asks: “In attempting to help others understand and experience the energy Suzanna¹ spoke of, could you provide any appropriate insight into the nature of this energy? For example, is this energy only sexual in nature? Is it a portion of a larger, more universal energy? In its most efficient usage what takes place, etc.?”

Q’uo: I am Q’uo and am aware of your query, my friend. This energy is the energy of the creation. This energy that you call the sexual energy is the energy that is created and contained in and by each iota of the creation. For all the creation is the One Infinite Creator. As you experience this energy in your normal sexual exchanges of energy, you begin, and we stress *begin*, to appreciate what the very nature of creation is, for it all is of an orgasmic joy. There is nothing but this joy in the higher realms. Those within your illusion that are able to attempt to potentiate, and are able to do so, within their own life experience, have begun that process that each of you shall eventually realize in your own life—if not in this one, then another. For this is your birthright. This is part of what propels you through the illusion.

But, much is shielded from the conscious knowledge of most entities upon your third-density planet. It is shielded in order to provide you a protection from energy which you are not able to process until you have made certain realizations or balances within your higher energy centers. This energy, if run through the circuit of your energy chakras without the opening of the higher chakras would be quite damaging to your energy centers.

Thus, though you are experiencing this, you are not aware of it. You may become aware of it by certain practices that involve the balancing of each energy center, seriatim, from the red through the violet. This is a process that those of Ra have called “the balancing of all catalyst” so that you do not pick and choose, shall we say, those things of which you approve, and those things of which you disapprove, but are able, at some point, to see the entire array or

¹ The Homecoming Gathering was attended by Suzanna Miller who offered a presentation on ecstatic or sexual energy. Her website is <https://www.blissrunner.com/>.

realm of experience that you have had as that which is the One Creator, with no distinction of good or bad.

This is something that is the goal of each conscious seeker of truth, and each shall experience more and more of the opening of the beingness of the self to the experience of this energy, as the energy centers themselves are open and balanced, and allowed the free flow of the intelligent energy of the One Creator to move through each center until it is open and activating the indigo ray energy center, and then the violet. This, my friends, is what you have to look forward to. Thus, there is much which you may experience and expect to occur within your life patterns.

At this time, we shall take our leave of this instrument and this group. We leave you, my friends, as we found you, in love and in light, in unity, in peace, and in power. You are the Creator. Make no mistake—that is your true essence. Rejoice, then, as we rejoice with you. We are those of Q'uo. We leave you at this time in the love and in the light of the One Infinite Creator. Adonai vasu borragus.



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SATURDAY MEDITATION SEPTEMBER 15, 2018

(Jim channeling)

I am Q'uo, and we greet you in the love and in the light of our Infinite Creator. What a joy and a privilege it is to be asked to join your group this afternoon. We have long accompanied this group upon a significant portion of its spiritual path, and we are always most honored to be able to join you in yet another effort to expand the love in your heart, the understanding in your minds, and the inspiration in your souls—for we are, like you, seekers of truth. We have, perhaps, traveled a few steps further upon the path than have you, thus, it is our own way of growing in further understanding to offer ourselves to you at this time in hopes that we may serve you by attempting to answer the queries which you pose to us.

However, before we begin we would ask our perpetual favor: that is, that you take those words and thoughts that we offer to you and use them as you will. If any should not ring of truth to you, leave them aside without a second thought, for we would not wish to become stumbling blocks upon your path. If you would do this favor for us, it will make it much easier for us to speak to you, for we do not wish to appear as authorities who have the ultimate answers for any question you may pose. We are those who have our own distortions, and yet feel that we have enough of a grasp upon the evolutionary path which you now travel that we may attempt to answer your queries.

Is there a query with which we may begin?

Fox: Q'uo, Dewey Larsen, the engineer and theoretician whom Don and Ra had discussed, wrote that one purpose of sleep is that it rebalances the imbalance between space/time and time/space that occurs during the waking hours. Q'uo, would you please speak to that, and to whether meditation also helps with this balancing?

Q'uo: I am Q'uo, and am aware of your query, my sister. Indeed, both the states of which you call sleep and the state of which you call meditation are means by which there is a balance achieved between that which is your conscious mind and that which is your unconscious mind, or your subconscious mind. For as you know well, these two portions of your unified mind are divided or separated by what you have called the “veil of forgetting.” This veil of forgetting provides you with the means by which your process of polarization may be enhanced as it requires that you constantly seek in a conscious fashion, that which seems hidden from you: that is, more of the unity, the love, and the light, of the One Creator.

In your daily round of activities, as you consciously see and experience those events that populate your day and interact with those people that are a portion of your day, you are then able to begin processing the catalyst that they provide for you in the form of any movement in your being away from unconditional love. Thus, as you use your meditative state in any type of a balancing process to attempt to get a better grasp of the nature of the catalyst you have experienced, you are engaging in the polarization process. The effort that you make, the

struggle that you must put forth, the attempt to untangle that which seems unknown or doubtful, is the essence of the spiritual journey, the attempt to make sense and to understand that which seems lacking in sense and understanding.

Thus, as you engage in the process of sleep, you relax the conscious mind to the point that it is no longer the primary player within your being, but gives over this role to that portion that you call your unconscious mind, so that the catalyst which you have experienced becomes a tool, or a portion of an effort to give you images through your dreams that may further illuminate the experience that you have had in your conscious daily round of activities. Your meditative state offers you another means by which to approach the attempt to understand that which has come to you in your conscious experience, for in meditation you can use the ability to focus more clearly and concisely upon these catalytic events than is normally available to you in your conscious mind as it is busying itself with a multitude of thoughts and responses. These are more likely to fall away in both the sleeping state, especially, and in the meditative state according to the ability of the meditator.

The meditative state also offers another opportunity to ask questions of your unconscious mind that perhaps an intuitional flash will bring to you as an illumination, or perhaps it will be an experience you will have later in your conscious experience of the day when the interesting coincidences or synchronicities may begin to appear within your waking experience that are a result of having asked for assistance in your meditative state from the unconscious mind. Thus are you able to utilize both your conscious and your unconscious mind in your seeking process if you are able to give those portions of your experience that are relegated to dreams and to meditation as much credence and value that you give those experiences of your conscious state.

Is there a further query, my sister?

Fox: Yes. Does our sleep and meditation also help Gaia's balance of her physical and metaphysical aspects and perhaps help manifest fourth-density physical?

Q'uo: I am Q'uo and am aware of your query, my sister. This is an interesting query, in that the answer is both a *yes* and a *perhaps*. The *yes* is given to those

entities who are able to use the meditative state in a more specific sense. That is, in the ability to create visualizations of various portions of Gaia that are in need of healing, and to see them with clarity for a number of what you would call your minutes. These visions, held in the conscious mind, then in the meditative state, may provide an ability for the forces of light to send to Gaia those imaged experiences of healing and wholeness that she so desperately needs. The *perhaps* is given to those entities who are able to utilize their catalyst in the sense by which we just spoke in the previous query, to enhance their own process of seeking so that they are able to open their hearts more and more in the love vibration, and this vibration is that which then adds its healing energy to that of Gaia and her needs, for as you grow, so does she grow. As more and more seek the love and the light of the One Creator within their own hearts and experiences, so then is further healing offered to your Mother Earth.

Is there another query at this time?

Fox: Just a short one. When you spoke of the visualizations of portions of Gaia, I'm assuming that includes the human population, and plant and animal populations that might be in a certain area, or were you speaking of just the physical planet—the first-density part of the planet?

Q'uo: I am Q'uo, and am aware of your query, my sister. When we spoke of the healing of the entity known as Gaia, we spoke of the healing that is offered by each conscious seeker to any portion of the Mother Earth that is visualized by the seeker in the meditative state. Thus, it is the seeker who directs the energy to those areas in need of healing.

Is there another query at this time?

Fox: I'm still unclear—so the portion of Gaia would include humans, and any part of the planet, Is that right? I guess I'm not making myself clear, I'm sorry.

Q'uo: I am Q'uo and am aware of your query. We shall attempt to be as clear as possible. The seeker who utilizes meditation and visualization determines the portion of Gaia that receives the healing vibration.

Is there another query at this time?

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

Q'uo: We thank you, my sister.

Is there another query at this time?

Kyle: Yes Q'uo, I have a query. Can you please advise on how I can refine or be more efficient in my own seeking and work as a psychologist, that would result in greater awareness of how I can better serve other selves?

Q'uo: I am Q'uo, and am aware of your query, my brother. To any seeker of truth such as yourself, who wishes to enhance the process of seeking and the efficiency of the service of others through the sharing of the bounty that is possible in seeking, the bounty of love and of light, we would again, as has been offered by Confederation sources for many of your years, recommend the using of the meditative state to begin to make deeper and deeper contact with your own subconscious or unconscious mind. Within this portion of your being is described for you and by you before the incarnation those qualities of your own talents and desires that wish to learn and to serve that will be able to be potentiated by your incarnational experience.

Thus it is truly said: that that which you seek is already within your being. It is your task as the seeker of truth to unlock these potentials and treasures which are available to you through your own incarnative choices. You may also utilize contemplation, prayer, and analysis to look at what you have before you that you feel needs attention in the way of enhancing your own seeking process and in the way of offering your service to others. The analysis that you engage in may be seen as a preliminary step in the formation of an outline, shall we say, that can channel forth those talents and abilities from your unconscious mind that they may fill in this framework or outline with suggestions or images or impulses or intuitions means by which you may access these subconscious abilities. Thus you create a bridge between your conscious and your unconscious so that there may be a movement of the deeper portions of yourself to the conscious portions of yourself. Thus, you are self-contained, in that you have both the need and the ability to meet that need contained within you.

Is there another query, my brother?

Kyle: Yes, and thank you for that. The other query would be if you could elaborate further upon that where this question might be applicable to other seekers with the same sense of urgency that I have.

For example, Doctors Brian Weiss, Michael Newton, and some of their past-life regression work. Could you possibly comment on the work that they've done, and if these sorts of techniques, if you will, could be used in a more collaborative or group way?

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that this instrument has a good deal of information upon which we may draw for a response to this query. We are aware of the entities that you speak of who have engaged in the life-between-lives hypnotic regressions. In these regressions, you will note that there is the possibility of achieving the realization of the information that we spoke of in our previous query—the ability to determine pre-incarnative choices, the ability to look at how this programming has been chosen, and for what purpose it has been chosen. If entities are able and willing to be hypnotized to the degree that they are able to move into the deeper portions of their own unconscious minds, and call upon those forces which are available to guide them—the higher self, various guides, and angelic presences—then there may be light thrown upon the pre-incarnative choices so that they may be revealed to the seeker undergoing the hypnotic regression. This is a means by which to aid the memory that has been dimmed or cut off from the subconscious or unconscious mind by the veil of forgetting.

We may suggest that as the fourth density grows closer and closer in vibratory expression upon this planetary surface, as has been happening for many of what you would call years, that this veil of forgetting for many seekers of truth is becoming thinner and more penetrable. Thus, entities who previously may not have been able to be regressed and to achieve the hypnotic state of depth of singleness of consciousness necessary for such regression, may now be able to do so, for there is much more opportunity to be of service to others now upon this planetary entity that you call Gaia. This is another way of saying that there is much of confusion, of difficulty, of division, and of disharmony between many of these entities within your population who have aligned themselves with one side or another, each imaging the good against the evil.

Thus there is a great deal of need, as you are aware, of entities who are able to offer themselves in service to others, as is your great desire. We applaud this

desire and recommend that those techniques that you are aware of that can be used in the hypnotic regression be utilized for the purpose of discovering how various entities have programmed, within their own being, the means by which the services that are so needed now, may be accessed and offered to all.

Is there a further query, my brother?

Kyle: Yes. Thank you for that. To elaborate one step further, if possible, it sounds as if this may be an efficient technique to utilize to create that bridge or unlock the potential, as you mentioned. Is there a possible way to understand or explain further how this may be more beneficial to a variety of other selves—for example, a wanderer vs. a non-wanderer?

Q'uo: I am Q'uo and am aware of your query, my brother. Those that you describe as the wanderers will have far more ability to be able to utilize the hypnotic state for the movement back into their own consciousness and through the abilities of the hypnotist to help them to achieve the deeper states of consciousness and access those talents that might be utilized in a more efficient fashion once they are realized, either consciously or unconsciously. Those entities which are not the same as what you describe as wanderers may also be able to utilize the hypnotic state depending upon their desire to seek that which is beyond their conscious reach. The desire is that which is of the most importance—the intention, the use of the will in a focused fashion to be of service in whatever means offers itself to those who would serve. Indeed, there are many ways to be of service in the incarnational pattern. The utilization of hypnotic regression is one of the more specialized forms of unlocking these talents.

We also suggest that the ability of each seeker of truth to consciously ask the higher self for guidance within the dream state, within the meditative state, and even within the conscious state, is also a means by which entities may be of service to others, for at this time there is the enhanced ability to utilize contact with other portions of the being—be it the higher self, the guides, and angelic presences, the loved ones who have passed over into the world of the spirit, and, indeed, the mind/body/spirit totality. These are sources of inspiration and information for any seeker who has the desire to give over the individual will in the sense of “not my will, but thy will by done.” That is able, then, to open a door to

that which may previously have been shut to this entity.

There is also the opportunity of any entity who wishes to serve others to simply look about one and see what opportunities present themselves as a portion of the daily round of activities. As those of Ra have said, there are no mistakes. That which one sees and feels and experiences and encounters in the daily round of activities are opportunities to serve in even a small way, or a large way, it matters not, for each way of serving shares the love and the light of the one with all—for, indeed, you are all one being.

Any opportunity to serve, therefore, serves the one in all. If you can provide a loving service to any entity, then all entities, not only that entity, benefit, for your love vibrates in service to all, with all, because all have this same love within them.

Is there a further query, my brother?

Kyle: Thank you for the answer, no.

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

Fox: Q'uo, would you speak to how fear may be a necessary component in our incarnation, and in our polarization that allows us the opportunity to choose to release fear, and choose love?

Q'uo: I am Q'uo and am aware of your query, my sister. The ability to benefit from fear is an ability that is expressed or possessed by one who is, shall we say, fearless, who is able to stand face to face with that which is feared and to see it as a portion of its own being, not as that which is separate from the being, for indeed, all are one. Whatever is feared is a shadow portion of one's own being in a specific form that may seem incongruous with one holds as the highest and best ideals with which to live.

However, even the shadow side of the self has much to offer to any seeker of truth. It is the portion of the self that is most often feared and which takes the form of that in the outer world or illusion that then forms itself in the means by which the seeker may be able to utilize this form of fear to grow further into love and light by realizing in truth there is no thing to fear, for all is one. All is one in every aspect—both the positive and the negative. Love and light can be shared with all and benefit all without the need to fear any portion of the allness of one's being.

Is there a final query at this time?

Fox: Thank you Q'uo. That was wonderful.

Kyle: Yes, Q'uo, I have one further question. Is it possible for you to elaborate on how similar seekers can connect, contact, or communicate with each other to provide greater service to others in a community based or collaborative way?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, those who have a similar way of seeking, who are of like mind, may indeed join forces with each other in a manner in which there is perhaps, as you have suggested, a formalized arrangement of living, a community that is based upon shared values. If such an arrangement can be agreed upon by such seekers of truth, then you may see the ability to serve as having the magical expression or expansion of that which those of Ra have called "the doubling," so that each entity doubles the ability of each other entity to be of service to those who are the focus of such a community of seekers of truth. Thus those who wish to offer themselves in a selfless manner, and to blend their energies and ideals and inspirations with those who share such ideals that are able to be of a greater service, for there is an expansive or doubling quality to each seeker's efforts.

At this time, we shall take our leave of this group and this instrument, for this instrument is beginning to tire. We thank you all, once again, for offering your queries, your love and your light to us. You are inspirations to us as we hope to be to you, for you move within an illusion of dense fog and misapprehension of almost every portion of the One Creator. And yet, within this fog, you provide the light of your own seeking and inspiration that not only lights your way in the darkness, but provides a light for those who have no light of their own. Thus you bring each other home. We are those of Q'uo, and we thank you again, my friends, for your love and light. We leave you in that love and light. Adonai vasu borragus.



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SATURDAY MEDITATION OCTOBER 6, 2018

(Jim channeling)

I am Q'uo and am with this instrument which offers itself as a channel this afternoon for our words, which we offer to you in the hopes that you may find inspiration upon your spiritual path, for it is our great desire to walk with you upon this path, for this time that we are joined together in our seeking.

As always, we ask a simple favor: that is, that you will take those words which we offer to you and use them in whatever way is useful to you. If any words we speak have no use for you, we ask that you leave them behind and worry not about them. We wish only to aid you in your spiritual journey, and not present any stumbling blocks upon your path. If you will do us this kind favor, then we will feel free to speak to you without hesitation.

At this time, we would ask if there might be a query with which we could begin?

Fox: Q'uo, would you please give us an idea of the stages we might expect to see as we form a social memory complex here on Earth in fourth density?

Q'uo: I am Q'uo and am aware of your query, my sister. This is an interesting query, for indeed the first stage has begun. All of those who seek in the conscious fashion the One Creator, without discriminating the name of such a Creator, or the qualities of such a Creator, or the source of such a Creator, but simply realize that such a Creator exists, and that there is the great desire within the self to serve that Creator in whatever way possible, is an

entity which is making itself available for the harvest into your fourth density of love and understanding.

It is important that each such conscious seeker realize that no matter how much information has been gathered to describe the nature of the Creator and its ability to express itself in each iota of the creation, that still there is little that is known about either the Creator or this journey that you are upon; for this density of choice is a density in which little is known, that there is no true understanding. There is the desire to gather information and to move forward in what is seen to be the spiritual journey, using this information as a means of describing the path that is walked and the steps that are taken, and as you have mentioned, the stages through which each passes.

Thus, the beginning stage is that which is the conscious realization of the path upon which each seeker of truth now moves. As what you call time transpires throughout the remainder of this third-density illusion, and there is much confusion, much disharmony, much antagonism, division, and pain of a spiritual nature that is experienced by the great majority of your population, those entities who have qualified themselves through their own seeking of truth will find further means of polarizing their consciousness more towards that which is of service to others. For there will be many instances and opportunities for serving those who are in spiritual pain, in mental distress, in physical disease, for there is much of a disharmonious atmosphere within this planetary sphere. Your Mother Earth has been

severely distressed for many thousands of your years by this disharmonious atmosphere and attitude, which is now culminating in the divisions between peoples, groups, countries that now express upon the third-density level of experience.

As time continues to move forward into the fourth-density vibrations of love and understanding, there will be a decreasing population due to many factors that will allow entities to pass from this incarnation and to move through the cycle of light into the tunnel of light that measures the vibration of each entity so that it may be determined by each entity's ability to welcome and enjoy an increasing intensity of light whether or not this entity shall, indeed, move into the fourth density that is now forming upon this planetary sphere. Wars, disease, and simple old age will take their toll upon this planetary population, continuing to reduce it as time moves forward.

As you are aware, there is no accurate means of determining exactly how long this time period will last until the fourth density is fully in its vibratory mode upon your Planet Earth. However, there will come that time when the population has dwindled and reached its zero point. As this time approaches, the fourth-density sphere will continue to be increasing in its population so that those entities who have been able to welcome and enjoy fourth-density vibrations will find themselves upon a new Earth, with new capabilities of understanding. Each entity will be able to perceive the thoughts and the feelings and the vibratory level of each other being, so that there is a beginning blending of these vibrations in a manner which reveals self to other self as self. Thus each entity will begin to feel a kinship, shall we say, a beating of similar hearts, a walking of the same path, a seeking of the same service-to-others qualities that are existent within the self.

As each entity, then, becomes more and more aware of the circle of other entities about it, and is able to absorb these entities' conscious vibrations of selfhood, then there will become a new experience of what you call reality, or another illusion in which the light is more densely packed and reveals more information to each entity dwelling within this light-filled environment.

The progress, or the stages, as you have called them, of the blending of vibrations becomes amplified with the addition of each entity passing through that so-

called tunnel of light, the vibrations of which are able to entice or draw toward it, those passing from the third-density illusion. As more and more entities, then, become aware of their new environment, there is the opening of each heart to each other heart, the opening of each mind to each other mind, the blending of the spirit, so that there is the ability to give and receive love in a fashion that is harmonious to all entities engaged in this group process. Thus each entity brings a living library of experience with it, as it is able to find a place within the beingness of the group. Each entity, therefore, will discover that there is a greater sense of self that enlarges itself within each portion of the group energies. Thus, there is the creation of what you would call a social memory complex that has a type of identity that is much likened unto the cells of the body of the One Creator becoming conscious of the Creator within each entity.

Thus, this process of blending of the vibrations of each entity has, at its disposal, the total living bank of each memory from each entity's incarnations throughout the third-density experience. Therefore, there is a time in which this blending may be completed, a time that is not measured as you measure time. This time may be seen as a kind of opening into the infinite intelligence of the One Creator so that each entity, thus offering itself into this blending, becomes aware of the nature of the One Creator, not only within itself, but also within each other entity within this newly forming circle of being which you would call either a group mind, or a social memory complex.

Is there a further query, my sister?

Fox: Not for that. Thank you so much, Q'uo, that was beautiful.

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

Fox: I do have one other. Forgiveness of self is referred to often in the messages we've received from the Confederation, but it is something I struggle with. Would you please expand on this topic and help us see the path to take to arrive at self-forgiveness?

Q'uo: I am Q'uo, and am aware of your query, my sister. The forgiveness of the self is that which, when accomplished, allows the self to be able to move forward unfettered by the judgment of the self by

the self. All judgment may be seen in a dual fashion. Judgment of a beginning nature, shall we say, is that which recognizes qualities within the being which are not as desired by the being, for they are considered to be other than that which is harmonious.

We must pause briefly.

(The instrument adjusts a restless and persistent feline entity on his lap.)

I am Q'uo and am with this instrument once again. The beginning judgment of the entity recognizes disharmony and that which offers the opportunity to grow through the harmonization of that which is disharmonious within the being. This involves the conscious recognition of each portion of the disharmonious experience as being that which has within it certain qualities would allow the seeker of truth to expand its perception of itself. Thus, the ability to recognize that which needs to be balanced by its polar opposite is that which offers the concept of wholeness to the seeker of truth. In perceiving the self as becoming whole, it is necessary for the seeker to see the self as that which has made what could be described as a misstep or an error, and hold this misstep or error against the self as being a foolish movement, and thus increasing the judgment that began the appreciation of the nature of the supposed misstep.

However, after the recognition by the self of the seeming misstep, it is necessary for the entity to realize that this misstep has not been a misstep after all, but has been a movement towards growth, and the expansion of the perception of the self that requires that the self be able to accept itself as a new and risen being, shall we say, a being with a new possibility/probability vortex as a result of being able to move forward from the original position to the new position of more harmony and acceptance of the self. This acceptance of the self is another means of describing forgiveness. It is necessary for the entity to forgive itself for making what was seen to be a misstep. This forgiveness is possible as one sees that there has been a measurable growth in the awareness of the self, due to the experience of the need to process the catalyst resulting from the seeming misstep.

Thus, the completion of the process of learning, which can also be described as "stopping of the

wheel of karma" is accomplished, as the self realizes that every step that is taken by the self is necessary for progress in conscious growth of the self. Thus, the forgiveness of the self is a primary part of this learning. If there has been an interaction with another self that has also been a portion of this disharmonious experience of the seeker of truth, then this other self must also be forgiven, for it is truly the case that each self is the other-self, each other-self is the self, so that it is necessary to forgive the self in both cases, and the other self in both entities. Therefore, there is the breaking of the inertia or the momentum that has carried the self to this point where it has been able to process the catalyst and to produce experience that is the fuel for future growth.

Is there another query, my sister?

Fox: No, thank you, thank you, Q'uo. This gives me a lot to think about.

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

Austin: Yes, Q'uo. It's my understanding that as the social memory complex forms, the planet itself becomes a part of that social memory complex, and isn't just a host for it, but is an actual integral aspect of the social memory complex. Is this correct? And if so, could you talk about that relationship with the social memory complex and the planet?

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, this is a most interesting query. We hope that we may do justice to it.

Your planetary sphere has, itself, moved through the same densities of this illusion of creation, as have each of you, beginning within the first density; moving then from that which is simple awareness of earth, wind, fire, and water, moving into the second density, where there is a consciousness that expresses itself as it moves towards the light, that being the second-density beings of the plants and the animals who are able to experience growth and movement in the beginning of self-conscious awareness; which is that quality which allows each second-density being to move within the third-density realm, to become that which is the completed entity—the mind, the body, and the spirit, being added in such a fashion to create a human being, as you might call them.

Your Mother Earth has been central in this process of growth through the first three densities, and shall continue to be central in this movement into the fourth density of love and understanding. Thus, the process of experiencing that which is known as the consciousness of self is that which is added by the planet itself, for the planet has, within it, the conscious awareness of each entity that has inhabited its own beingness.

We must pause briefly.

(The restless second-density feline companion expresses its beginning of self-conscious awareness by continuing to solicit pets from the instrument.)

I am Q'uo and am again with this instrument. The planetary entity which you call your Gaia, or your Mother Earth, has, throughout limitless time, experienced its own consciousness and expressed it as the quality that you may see as pure awareness—the awareness of the One Creator that exists in all things at all times. This awareness within your Mother Earth has gone through the same stages of growth as has each entity within your third-density illusion, and as each entity which moves into the fourth density. The qualities of conscious awareness have an expanded meaning within your Mother Earth, for her awareness is not just the awareness of her own beingness and her own body that may be seen quite simply as a movement of matter within time and space, but is also an awareness of each form of life upon its surface, and within its beingness, as life exists at all levels of your Mother Earth.

Thus, the interaction that she undertakes with you in conscious expansion of awareness is that which is a process of harmonizing its beingness with the upward spiraling line of light that moves each entity's awareness through each level of consciousness, and each density of awareness. Thus, your Mother Earth moves with each of its total population of human beings and all beings of any nature, and indeed, within all things, be they rock, animal, or spiritual qualities of devotion, of seeking, of inspiration, of service to others and service to self.

Thus, your Mother Earth has within her living bank of memory the experiences of all life forms that live upon her and within her, and she gives to each what you may call a very basic kind of inspiration that inspires at the cellular level, as well as all higher levels within each conscious being, and within all

lower conscious and unconscious beings and substances. Thus, your Mother Earth moves in concert with its population, being one with each at a very basic level. Thus, all move together within this illusion to the next illusion of the fourth density of love and understanding.

Is there another query, my brother?

Austin: That was very interesting, thank you. I have another one that is related to the transition to fourth density and the social memory complex.

It seems that there is a technology that is being developed and has been developed, that sort of represents the transition and the connection that fourth density and the social memory complex will have.¹ Are these things a result of the fact that we are in fourth density and we are sort of trying to achieve that connection, but are using the technology as an excuse to get there, instead of our spiritual evolution?

Q'uo: I am Q'uo and am aware of your query. We shall attempt to answer this query, for it is an interesting query.

The technology that is available for the supposed movement of consciousness forward in its evolutionary pattern is much like unto the artist who draws a painting or picture that expresses the highest ideals known to the artist. The picture may be that which describes the advancing consciousness in many and varied ways as that which is more able to grasp the nature of creation, the quality of the Creator that inhabits each portion of the creation, and the place that the self finds that it is moving towards within this process of evolution.

Technology can take the mind and the emotions a certain distance within the process of moving into the fourth-density illusion by describing various qualities that may be enhanced within the individual's mind/body/spirit complex. Practice upon these techniques of realizing these qualities of opening the heart, of expanding the point of view, of sharing service and love, of seeing the self as one with all other selves, and as seeing the self as one with the Creator, for these are helpful frames of reference that may be utilized to an increasingly

¹ The questioner was not intending to refer to any specific technology, but a general trend in technological advancement that offers opportunity for connectedness, transparency, and mental capabilities.

efficient degree by those who have the capability of mental visualization and practice of these procedures.

However, there is a certain, shall we say, limit to the effectiveness of such technology, for technology itself relies upon a limited point of view in order to be constructed and programmed to work towards the expansion of that which is limitless, that is, the spirit and the mind of the seeker of truth. Therefore, in some ways, such a technology may be illuminating for a time, or for a certain amount of progress, but after this amount of growth has occurred, may not be able to complete the process for the seeker of truth utilizing the technology. At that point, the seeker must rely upon his own inner reserves of inspiration and information of both the mental and the spiritual qualities that it seeks within the fourth-density experience.

Is there a final query at this time?

Austin: Yes, we have a question sent in by our friend, Tomas, and he writes: "On November 14, 1976, Hatonn transmitted the following message: 'Although the concept of the Second Coming is grossly in error, and that the consciousness of the one known as Christ has come many times, there is an incarnation of the Master in consciousness at this time among your peoples. This Master is, at this time, a young boy. He will be among your peoples and will aid them.'"

Tomas continues: "Now it's about 40 years later. Does Q'uo have any updated information on this person?"

Q'uo: I am Q'uo and am aware of your query, my brother. To give this information is bordering upon abrogation of freewill. We shall give what we feel is appropriate, and beg your forgiveness for not being able to be completely transparent in this matter.

There has been some misperception generated regarding this transmission of information concerning the entity that is supposedly the one who has been called the Christ. There is the concept that this is the one known as Jesus, the Christ. This is incorrect. This is an entity that has been able to achieve this level or station of consciousness through efforts of its own inner seeking that have been exercised for four of your decades to date. This entity resides in a high mountain area in the Tibetan mountains as a result of feeling its own inner

direction to pursue the healing of this planetary sphere, or your Mother Earth, by those techniques which you may call the visualization of light, healing the ruptures in your planetary Earth's garment or outer surface. This entity has joined with others of its kind, that is to say, who have a shared consciousness of the Christed One who exists in all, and who has created all from itself.

Thus, this entity, and those who join with it, are pursuing a specialized mission, shall we say, that has as its goal the healing of your planetary sphere, so that those ruptures in the outer garment that have occurred and will occur in your future, as you know time, may have as little a destructive effect as possible upon the physical environment and those third-density beings within the area of the ruptures. This is the extent of the information that we feel is appropriate to share with you at this time.

We are most grateful to have been called to your circle of seeking today, my friends. It is a great inspiration to us and for us, as always, for you are sincere in your seeking and in your sharing of the love and the light of the One Infinite Creator, each with the other, and each with all whom you meet in your daily round of activities.

At this time, we shall take our leave of this group, leaving each, as always, in that same love and light. We are known to you as those of Q'uo. Adonai, vasu borragus.



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SATURDAY MEDITATION OCTOBER 20, 2018

(Jim channeling)

I am Q'uo, and greet each of you in love and in light on this blessed day. Blessed, we say, because it is an opportunity that you offer us to serve the One Creator, which is in each of you as you query us concerning those matters that have meaning for you on your spiritual journey.

As always, we begin by asking a small favor, that you take our words and use them as you will, leaving behind any that do not ring of truth to you, saving and utilizing those that do, so that you might use them however you will. If you would grant us this small favor, then we may speak without fear of placing a stumbling block in your road of seeking. We are those who have moved perhaps a few steps further on the road which you yourself travel, and we are happy to share what we have learned in our own journey, with you freely, though we are not what you would call "ultimate authorities."

May we ask if there is a query with which we may begin at this time?

D: Q'uo, can you give us any information on the formation of our solar system?

Q'uo: I am Q'uo, and am aware of your query, my brother. We appreciate the scope of your query, for to answer in detail, would require a great deal of time as you perceive it. However, we may give you what you may call a thumbnail sketch of this process of creation which is true not only for your own solar system, but for the infinite number of solar systems

and galaxies spread throughout the One Infinite Creation—for as you know, this solar system in which you now dwell is one of an Infinite Creator which has placed itself within each portion of all solar systems, and each portion of each planet and each person, for there is nothing but the One Creator existing within that which you call the creation.

Thus, the beginning, shall we say, of this process of creation was when that which you may know as the intelligent infinity, or the One Creator, existed in the state of total unity. There was not what you would call a creation at this time, if we may use that term in a sense in which there is no time.

At some point, this Infinite Creator made a choice—the choice was the first movement away from complete unity, and is called a distortion of that unity—a freewill distortion in which the Creator decided that it would know itself in ways that would not be possible if it did not create other intelligences and give them this same freewill which the One Creator exercised to begin the creation of a multitude of galaxies, each of which took the creative energy of the One Creator, that which you call love, or Logos, and from this primal Logos, extended the desire to know itself to an infinity of other Logoi, each of which created its own galaxy of experience.

Each galaxy, as well, contains greater or lesser numbers of sub-Logoi, such as your Sun, so that the plan of the One Creator to know itself was

formulated within each Logos to contain an octave of vibration, or densities of light, from the red through the violet, so that there would be a path available for each individualized entity that might exist within each planetary body created by sub-Logoi such as your Sun, so that your Sun, as a representative, or model, for such sub-Logoi, then took the plan of the prime Logos, and refined it in a fashion which allowed for greater and greater expression of freewill to be shared with each type of consciousness that could evolve through the densities of creation, red through violet.

Thus, your planetary sphere, your Mother Earth, has now moved through the red ray energy center, in which the qualities or entities of earth, wind, fire and water have been able to solidify in a fashion in which life as you know it, the simple awareness of being, was able to come forth. This simple awareness of being then expressed itself as those four basic elements so that the elements of wind and fire could blow and burn incandescently, in a manner which would teach earth and water to be formed into rivers and lakes and land and islands and continents and so forth.

This simple awareness that was able to express itself began to move forward, shall we say, to be drawn forward or upward by the upward spiraling lines of light that are the intelligent energy of creation that has made all that there is, and which calls forth each portion of all that there is, into higher and higher expressions of consciousness so that within the second density—or the orange ray energy center, that which you know as movement and growth—was possible, so that the lower forms of plants and animals began to have a beingness within the orange ray energy center.

As they were continually drawn forward as well, or upward by the upward spiraling line of light, they began to expand the simple awareness of the first density, so that there became what you may call the very beginnings of self-consciousness, of movement and growth, seeking the light.

Then there was a further transformation, or quantum leap, into the third density, that of the yellow ray, in which you now live and move and have your being, and have self-consciousness expressed to its greatest degree, calling forth the quality of the spirit so that that spirit, which was latent within second density, is now activated within

your third-density illusion, so that you are a completed being, having the mind, the body, and the spirit, with which to process the catalyst of this illusion with the purpose of opening the green ray energy center, and moving into that harvest into the fourth density of love and understanding, which is the process which your Mother Earth and its population is now engaged in.

Is there a further query, my brother?

D: No, thank you.

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

Is there another query at this time?

Austin: Yeah, Q'uo, I have a question. It's my understanding that the service-to-others path and self-care are not mutually exclusive, and that we can be positive beings while at the same time taking care of ourselves, such as taking care of our health, taking care of our spaces, making sure we have time to ourselves, and going out of our way to enjoy life. My question has to do with where this falls in the system of polarity.

I imagine that doing these things out of an intention to better ourselves in order to serve better would be positively polarizing. But, what if we're doing these things just for the sake of ourselves—if we just want to be healthy, if we want to enjoy ourselves and enjoy life, not necessarily with the ultimate intention of serving others through that means. Is that serving ourselves, or where does this fall on the spectrum of polarity?

Q'uo: I am Q'uo and am aware of your query, my brother. This is, indeed, a salient query, for the times in which you find yourselves experiencing much catalyst of a seeming divisive nature, and yet providing opportunities for those who wish to serve to do so, as those which ameliorate, or attempt to ameliorate, the divisions that now persist upon your planet.

The difficulty with the planetary consciousness at this time is that many, many entities have not chosen either the positive or the negative polarity to pursue in their life path, and the query you raise is one which is within the boundary of the, shall we say, non-polarizing gravity well of indifference, as those of Ra have called it.

Many there are which have moved into the level of attempting to be conscious in their own private

experience, so that the manner of viewing the self is that which attempts to care for each portion of the mind/body/spirit complex. However, most of the attention is given, in these instances which you mention, to the body and mind, attempting to become informed as to the best means of achieving the most balance of mind and health of body, with the intention of extending the life span, shall we say, to enjoy the pleasures of life, the qualities of existence that in your particular country may be described as the “American Dream,” to have those accomplishments of education, the result in successful employment, the results in emolument to pay for houses and cars, and those accoutrements that aid in the convenience of the daily round of activities and style of life.

This type of self-consciousness is neither positive nor negative, as we mentioned, for it is the intention to provide the basic necessities for the life experience that moves no further than the intellectual apprehension of what makes the life more agreeable.

At some point, this type of energy and intention has an opportunity to express itself in service to others for those great majority of entities that are now incarnate upon your planet, due to the seniority system of incarnations that allocate the incarnative opportunity to grow in a spiritual sense to those most likely to be able to do so, so that each entity now incarnate in this positive sense, has programmed, preincarnatively, the opportunity to be of service to others at a certain point within the incarnative pattern. There will be catalyst offered that will invite the choice to be of service to others. The catalyst is of a great variety of potential means of expression, for each entity is quite unique, and will chose that which is in harmony with its own beingness and intentions in balancing the previous incarnations and their choices in the upcoming incarnation.

It is hoped by each entity then, in the positive sense, that this opportunity to serve others will become that which is paramount within the experience. This choice of service to others, then, at that point, marks the beginning of the opening of the green ray energy center, and the conscious apprehension of the reason for the incarnation, and the ability to see through the more illusory the entity, seeing beyond the health of the self, seeing beyond the comfort of the self, seeing beyond the caring for the family and

looking to the expression of the service-to-others orientation in a conscious fashion.

Therefore, the intention becomes altered to the degree that the self, then, looks beyond its own boundary to others selves, and finds a means by which service may be offered that will operate to polarize the consciousness in the sense of this service-to-others opportunity.

Is there a further query, my brother?

Austin: Yes, just a clarification. I think I’m understanding that if there’s an entity who is generally polarizing positively, and their focus, for most of the part, is upon serving others, and they maybe go out of their way to do something to enjoy themselves just for the sake of enjoying themselves and not for the sake of serving others—so long as it’s not at the expense of another self, that activity is not necessarily positively polarizing, but it’s not detrimental to that entity’s positive polarity in itself. Is that true?

Q’uo: I am Q’uo, and am aware of your query, my brother. This is true, for it is the intention that is the most important ingredient in such choices. The intention in the case which you describe is not that which is desiring to be of service to others, or of service to self by controlling others and separating from others, but is that which contains no polarizing possibility, for it is in the, shall we say, gravity well of indifference, indifference to the polarization process, and ignorance, shall we say, of that process’s existence and opportunity to be utilized for any entity.

Is there a further query, my brother?

Austin: No, not on that topic, thank you.

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

Austin: Yeah, on a different topic. I would like to ask about the idea that the information that you share, and that we provide on the internet, generally falls within the realm of—let me reword that.

People typically find it through a means of researching conspiracy theories, and there’s a path to finding the Law of One and the other channeled material by first discovering conspiracy and then finding the channeled material. And sometimes people sort of fall away from the conspiracy aspect, but I wanted to ask what the role of conspiracy

theories, and that path of first finding conspiracy, and then finding the spiritual information, what the dynamic is there, and what the proper role of the conspiracy theories are in the heart of spiritual evolution.

Q'uo: I am Q'uo, and am aware of your query, my brother. The so-called conspiracy theories are, for many entities, as you have mentioned: a beginning movement away from the generally accepted explanation of the nature of reality, for that which is hidden is known within the inner being to be of a spiritual nature ultimately for each individual. Thus, this subconscious knowing of the need to seek that which is hidden within the self oftentimes begins with seeking that which is hidden in the outer reality, there being an inner sense that the hidden quality is of importance to the individual mind/body/spirit complex.

However, when this path of seeking to know more about the hidden qualities of the so-called planetary game, or conspiracy theories, as to how this game is played, is pursued long enough by an entity which is enough interested in riddles and puzzles to move beyond that which is of the conspiracy nature, eventually such an entity discovers that it does not feel fulfilled in that inner sense of craving fulfillment by knowing more and more of the conspiracy scenario—who did what to whom, and why.

When this sense of lack of fulfillment becomes strong enough, such an entity becomes more aware that there is something lacking within this hidden story—there is something there that might point the attention and the consciousness, and the expenditures of energy inward to this conspiracy buff, shall we say, for it is discovered that this sense of craving is stronger than the desire to know something that was hidden, and therefore, feel more informed than the average consumer of information within your culture.

The desire to move beyond being controlled by forces that are unseen and who have supposedly contact with entities of an extraterrestrial nature, perhaps, who are behind their machinations, causes the seeker of truth to be born in a fashion within the conscious mind and the sensitive heart of the entity who has heretofore decided that there was something more to the illusion than normally experienced, and now has decided that there is more to the illusion than conspiracies, and illuminati, and Malta, and so

forth. Thus the seeker may be born as a portion of the path of seeking begins within that investigation into the planetary game.

When the seeker then discovers the spiritual journey, then all seems to fall into place, as the pieces of the puzzle are more able to be placed in the proper location within the mind/body/spirit complex of the new-born seeker of love and light. Thus, within this realm of secrecy may be sown seeds of infinity, and the seeker of truth moves forward.

Is there another query, my brother?

Austin: Yes. The realm of conspiracy theories is vast, and some of the popular conspiracy theories, if they are true, could be at the root of all suffering on the planet. So some positive seekers, after finding the spiritual heart of evolution, still care about the nature of these conspiracies and want to raise awareness. But doing so can sometimes induce fear and create distortion; it's my understanding that that's why the Confederation tends not to wish to speak too directly about these conspiracy theories.

Are there any suggestions that the Confederation has for those seekers who do care about these particular conspiracies, and want to raise awareness but not create more distortion and fear?

Q'uo: I am Q'uo and am aware of your query, my brother. Again, we move back to the concept of intention. Whatever action an entity undertakes with the intention of being of service to others is that action that begins to polarize the consciousness in the positive sense. Many seekers, in the best of intentions, tend, at times, to move into areas of transient information and experience. It is difficult to move clearly and concisely within the realm of illusion in which you now find yourselves, whether there is a conspiracy afoot or not.

Thus, the Confederation of Planets in the Service of the One Creator feels that it is important for entities to look first to the intention of service to others, and secondarily to look to the amelioration of the suffering that is caused by the so-called hidden hands, and hidden motives and entities. When there is a means of avoiding the difficulty of the fear being introduced, it is most necessary to then step back from the movement into that realm of experience.

We feel that this has not been as well stated as we would wish, for this instrument is beginning to tire. We shall attempt clarity.

The seeker of truth who wishes to serve those who are in need of the basic ingredients of their life experience—the ability to chose their path, the ability to live without fear, the ability to feed and clothe the family, the ability to consider the nature of the reality in which they move, the ability to seek a greater reality within all—these are the areas in which entities may, indeed, serve others with the intention to give assistance to those who require it and request it. Thus, the intention is all.

Is there a final query at this time?

B: I have a query, please, concerning that subject on intention. My question is where does the resistance . . . what you resist, persists. I'm trying to form the question, I apologize.

What you resist, persists, so it's sort of like we hesitate, confrontation with those that are in fear, out of fear that that will perpetuate the fear-based intention. So, how do we . . . I'm not sure I can form the question or not. How do we act as effective participatory individuals by serving others most effectively, and still avoid the resistance, and perpetuate persistence? Does that make sense?

Q'uo: I am Q'uo, and believe that we grasp your query, my sister. The way that we, of the Confederation of Planets in the Service of the One Infinite Creator, have always suggested that the spiritual seeker pursue the path of service to others is to attempt to exemplify those qualities of that path, which are fundamentally the love of the Creator within all beings, sharing the light of this Creator with all with whom each entity comes in contact on a daily basis, and attempting to see the unity of all creation before one, whether it seems an illusory separation of entities pursuing various means of control and manipulation of others, or seeming to give that which is needed to others, when it is needed.

Thus, our suggestion to each serious seeker of truth is to become that which you seek in the actions of your daily round of activities. Attempt to love with a whole heart when you're confused as to the nature of the experience confronting you. Attempt to share the light that you know of as the Creator within you. See the unity of all beings. Seek the light, and praise the light, and praise the One Creator in all.

This, of course, will be translated by each seeker in an unique fashion, for there is no one way that

works for each seeker. But if you have, within your heart and within your mind, the desire to be of service to others, then it will be a natural thing to resist not evil, for it perpetuates, as you say, that quality. If you fight or attempt to control that which is done to others, even out of the best of intentions, you are perpetuating that which you seek to eradicate, for that is the game of negative polarity—to control, to resist, to manipulate, for the benefit of the few.

The seeker of truth, however, does not recognize any division of a true nature in any being. That which is seen as evil, or negative, is the darker side of unity. At some point, all negatively orientated entities will, of their own freewill choice, desire to seek the light in the same sense as the positive entities do, for at some point within the evolutionary process it is not possible to move forward without seeing all the same as the self.

In your illusion, in this third-density experience, it seems that there are the positive and negative entities that are so vastly separated from each other that there could be no possible union at any time. This is another illusion, my sister. See, then, the Creator in all, for the Creator has made all that there is—there is nothing but the Creator. Look above and beyond that which seems negative and divisive, for it is an illusion and at some point it shall be ameliorated and rectified. There will be, once again, the unity of all of creation as each individual within the infinite creation exercises its freewill to move back into unity with the One Infinite Creator, bringing all its infinite choices to the One Creator as means by which it may know itself more fully, more intensely, and with greater variety. All is one, my sister, there is no other truth.

At this time, we thank each for calling our presence today in your circle of seeking. We are honored to have been able to join you. We are inspired by you in your seeking within this dense and heavy illusion which seems to cloud every perception and make it difficult to see where the path might be. Move forward in love and in light at all times. That is your truth, that is your heart, that is your destiny. We are those of Q'uo. We leave you now in that love and in that light. Adonai vasu borragus.



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SATURDAY MEDITATION NOVEMBER 3, 2018

(Jim channeling)

I am Q'uo, and greet each of you in the love and in the light of the One Infinite Creator. We are most honored once again today to be invited to join in your circle of seeking. We are always pleased to have an opportunity to serve you in this manner, for it is our own way of progressing along the path of the evolution of the mind, the body, and the spirit, by serving others, for as we serve others, we serve the One Creator, who is in all.

As always, we shall begin our session of seeking and serving with you by asking you to do us a small favor, and that is, as we speak our words and concepts to you, take those which have meaning to you and leave behind those that do not. We are not ultimate authorities, my friends, we are but your brothers and sisters who have walked a bit further along the same path that you tread, and we would not wish to place any stumbling block upon your path. So if you will do us this favor, we will feel free to speak that which is ours to offer.

At this time, we shall ask if there is a query with which we may begin?

Z: Greetings, Q'uo. I have a question. I've observed, especially in the last year or two, when seekers are gathered with open hearts and open mind to seek God, that I enter into this state, especially when there is many seekers, of Christ Consciousness, or witnessing. And many of my, I suppose what you could call "psychic abilities" are greatly enhanced, and I find myself existing in a place that I image to

look a lot like 4D, and I wonder if you would at least comment on that.

Q'uo: I am Q'uo, and am aware of your query, my brother. This is a very interesting query, for it is one which many would not feel they have the opportunity to ask—and yet, we suggest, that each person, in some degree, serves as do you serve, in these sessions of seeking. That is, each serves according to ability.

Because you have been honored and privileged to perceive the One Creator, or the Christ Consciousness, in a fashion which has made its profound effect known to you through your own experiences, then you have the ability, in these circles of seeking, to provide your own service in the direction of what is often called "the holding of the space or the place", not just in space and time here in this room, but in the metaphysical realms where we exist, and where your higher self exists, and each higher self exists, so that you are able to provide a stabilizing energy that holds the contact through this instrument in a steadier fashion than would be possible were you not to be offering the service that you offer.

This is a kind of channeling of the intelligent energy which moves through you very freely at this time, and in your normal round of activities as well, but is most pronounced when you are engaged in a spiritual pursuit in which entities are attempting to enlarge their point of view, shall we say, the scope of that inner and outer vision that leads each seeker of

truth further and further along the path of seeking and serving the one in all. Thus, the service that you offer is most helpful, not only to this contact as we speak through this instrument, but is also helpful to each seeker within this circle of seeking.

And now, we would speak to each seeker that also sits within this circle, saying that you also serve in a same manner, however, perhaps with less intelligent energy moving through your centers of energy as do move through the one known as Z's centers. Each entity brings a certain quality of beingness to the circle of seeking, so that the entities that have come here as individuals partake in the creation of a greater self that is representative of a greater being, much like your higher self, combining with each other higher self within the circle of seeking. Thus each enhances the process of being and of seeking of each other entity within the circle of seeking.

Is there a further query, my brother?

Z: I feel, Q'uo, that the fourth-density embodiment of community is available to us if we merely gather and make it so. Can you speak as to the need for that at this time?

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, you speak that which is most salient at this time for the population of your Mother Earth, for the time of fourth density experience is not just at hand, but is here, now, available to each. There is much ignorance of this possibility amongst the great majority of the population of this planet. Thus, the transition into the fourth density is occurring with some difficulty in the birthing process, shall we say, for there are energies available to all that may enhance each entity's seeking. But if entities are not consciously seeking to expand their awareness and find the openhearted love, that unconditional love that signals the harvestability into the fourth density of love and understanding, then oftentimes such entities will retreat into their own being, into the orange-ray energy center, so that they may defend themselves against what they see as being a kind of losing of the personality, a losing of that which they cherish, that which they cannot see beyond.

Thus, if entities who can see beyond the existence of the individual ego within each entity, and see the Creator within all and begin to form an openhearted bonding with all such entities, this bonding can

serve as a kind of fulcrum by which the energies of separation may begin to be lifted away from those who are divided, each from the other, and make it more possible for such entities to also be able to enjoy and transmit this higher level of vibration that is now engulfing your Planet Earth.

Thus, as you make efforts to blend your beingness with others in a kind of group mind as much as is possible within this third-density illusion, you are setting an example. You are showing the way and making it more likely that others shall follow, as they see the fruits of your labors, being that which is love and light freely shared with all. There is this quality of love and light within all entities, for the Creator exists within all entities. Thus, even those who have shut themselves off in a conscious fashion, from each other, still have that love and light within and can feel the resonance of it with your love and light as it is expressed in a group manner.

Is there a further query, my brother?

Z: Not at this time, Q'uo, thank you.

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

Is there another query at this time?

Austin: Yes, Q'uo. I was hoping that you could talk about the role that story-telling plays on our spiritual paths, particularly modern story-telling that might not have explicit spiritual themes but is maybe seen more as entertainment, but people are drawn to it for some reason, and these creators who create this content usually are tapping into deep excitement and a place of creativity. I was wondering if you could talk about the dynamic of story-telling and the spiritual path?

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, this is a query that is most helpful to have explicated at this time within your third-density illusion, for the story is that which all entities are familiar with.

Each entity at some point in their raising up, from child to teenager to adult, will find the story engrossing for the mind, perhaps even enlarging the heart, opening the intuition, releasing the imagination, to see that which is normally not seen, to be able to conceive of moving one's own self into such a situation to see what would happen. Each child is born with this curiosity that is enlivened by the story-telling of all those teachers, friends,

parents, and so forth, that attempt at this time, in the child's early upbringing, to enhance that upbringing by sharing the story, perhaps because it has had a great effect upon him or her as well, or perhaps simply because they feel this is something for the child.

However, as the child increases in age and experience, remembering stories that have been told and have inspired the child to think in ways that were fun, joyful, expansive, sharing with others, playing with others, being more than the simple self, conceived by most entities at some point as they grow older in their aging process.

Thus, the story-telling is that which enlivens the most creative and expansive aspects of each entity who hears the story, who tells the story, who imagines the self being in the story, being a character perhaps within another story created by the self in the times of solitude, so that there is the entertaining of the self by the self as the self expands into those realms of imagination, of playfulness, of giddiness, of incredible oneness with all that exists—for this is possible, depending upon each entity and the story so told and so absorbed within the beingness of the entity hearing the story.

Thus, we can speak no more highly of means by which the evolutionary process may be enhanced within your illusion, by telling stories and continuing to tell stories as the aging process grows older and older in your terms, so that the stories perhaps become more involved in the way in which spiritual principles may be introduced as an adventure is undertaken, as a difficulty is faced, as the self is challenged in one way or another to go beyond what it thought possible previous to hearing any story at all.

Thus, we encourage the telling of stories—the telling of stories that come from the heart, and speak to other hearts, for each heart within this illusion has the ability to open itself completely in unconditional love to all other entities about one and to the self as well, seeing the One Infinite Creator indwelling in all entities, in all essences, in all things, and within the self, because the story so told speaks to that which is true, to that which is known, at the heart of every being: that we are, indeed, all one.

Is there another query, my brother?

Austin: Not related to that, thank you, that was great.

Q'uo: I am Q'uo. We are grateful for your query, my brother. Is there another query at this time?

Austin: Moving on to questions from seekers from all over the world. G. asks: "What can block the red ray?"

Q'uo: I am Q'uo, and am aware of the query, my brother. The red-ray energy center within all beings within your third-density illusion, and indeed, within all beings within all densities of illusion, concerns the ability of the entity as it is to survive, in one fashion or another, in order that it might have its beingness and be able to express it, in whatever way is unique to it.

This survival mechanism is also closely related to the sexual reproduction that produces the physical vehicle that is then able to have the energy centers activated at some point within the third-density experience, as all entities beginning third density have the red, the orange, and the yellow centers activated to some degree, with the goal, then, being to use the intelligent energy of the One Infinite Creator, or that which is often called "prana," to refine the open or active nature of each energy center until each is activated enough that there is a sufficient supply of intelligent energy to move further and further upward along the chakra system or the energy system, into the green-ray energy center.

This, of course, requires a great deal of metaphysical work within the third-density illusion, [with the] the lower energy centers—beginning with the red, which is the foundation of all that is to come for each entity within the third-density illusion, and allow this intelligent energy to activate the red and to secure the survival of the entity within its own mind and beingness. And then move into the orange energy center where the individual, which is alive and well and seeking to learn and grow and share, becomes involved in one-to-one relationships of an intense level, perhaps of the emotional level, so that there is the ability to expand the energies from the simple survival unto the sharing with one other being, that which is most meaningful to the seeker of truth. And, if this can be done, then the energies may move yet higher into the yellow energy center, where the individual seeker begins, then, to explore

the groups that it finds itself located within, beginning first, of course, with the family, perhaps moving to the school, to the neighborhood, to the workplace, to the teams, and so forth.

Thus is the entity prepared to move even further along, or upward along, the energy centers, so that the catalyst, the food for growth in the daily round of activities that is processed by each conscious seeker may then offer the seeker the opportunity to move into the heart, or the green-ray energy center, and begin to expand its ability to receive and transmit the unconditional love of the One Infinite Creator.

Is there a further query, my brother?

Austin: We have a question from J who asks: “What determines how much pain, or how much catalyst one can handle if one never becomes aware of their preincarnative intention?”

Q’uo: I am Q’uo, and am aware of your query, my brother. We would consider the possibility that an entity who feels that it is not aware of preincarnative choices, may not be aware that it is enacting certain functions or processing of catalyst that does recognize preincarnative choices upon an unconscious level. For most entities within the third-density illusion, this is the case, for it is the subconscious or unconscious mind which is completely aware of all preincarnative choices, and has the function of coloring any catalyst that comes to a seeker of truth in a certain way that allows that seeker to look upon the catalyst in a manner that is congruent with pre-incarnative choices.

Thus, the entity so utilizing the catalyst, may not be aware, consciously, that what it is seeing, as it looks at its daily round of activities and how it perceives them, is a perception that is, indeed, in alignment with its choices made prior to the incarnation. Thus, if entities will simply, in the meditative state, at the end of the day, observe those activities which made a mark upon the mind that moved the entity to remember in some intellectual or emotional fashion that which occurred, then there may be the perception that a certain amount of experience of pre-incarnative choices has occurred.

As this process of evaluating each day’s activities occurs in meditation at the end of the day, there may seem to be a certain kind of pattern evolving within the experience of such an entity so that the pattern

expresses the nature of the pre-incarnative choice that has been experienced by the entity. Thus, paying attention to what is occurring in the life experience is the surest means by which to become aware of those choices one has made with the hopes that the learning of them will move the entity further along the path of the evolution of mind, body, and spirit, eventually resulting in the opening of the heart, and the movement into the fourth density of love and understanding.

Is there a final query at this time?

Austin: One that’s a little bit longer, L writes in: “We are encouraged to accept and evaluate the thoughts that arise in the mind according to the resonance we perceive. In the channeling of June 20th, [2018], there was a point made about allowing oneself to go deeper into meditative states and accepting all images and thoughts that might arise. However, in past material, I have also found Q’uo speak about the intellect as a horse and our deep consciousness or higher self as the rider who has the ability to use the horse and move through the journey, but that often in our peoples, it happens that the horse runs away out of its own accord, and it is the rider who follows the mind instead.

How can we achieve a balance between knowing when to give full freedom of exploration to the mind, and when to hold thoughts back as a precaution or as we work on disciplining our personality?”

Q’uo: I am Q’uo, and am aware of the query, my brother. We find some confusion within the query and will attempt to speak in a manner which we hope will be helpful.

The rider, the one who seeks the truth within the conscious realms of its experience, is one which is attempting to move into those areas of both the conscious and subconscious minds in a manner which will be able to perceive directions, or qualities, or resonances, that are present in the unconscious mind that may enhance conscious discoveries of experience that is felt to be helpful by the seeker in its daily round of activities. We would suggest a spontaneous response in the clearest possible blue ray activity of the entity speaking to itself and to others, balanced by the green ray compassion, so that there is the freely given and received love and communication and inspiration from and to such an

entity. The horse does not need to run away in order for the conscious seeker to be able to utilize the situation in which it finds itself. If one can ride the unconscious mind, shall we say, or explore into it as the doughty seeker of truth, then the ability to receive helpful direction is enhanced by the interaction in a free and open manner between the conscious and unconscious selves, and between the conscious self and all other selves within the illusion in which the entity lives, and moves, and has its being.

We do not suggest holding back on thoughts unless there is the possibility that such thoughts might become injurious to another entity in some fashion. This is not usually clearly perceived by most seekers of truth, for most seekers are unable to see beyond the immediate effects of such words or actions, and to see that the initial difficulty that might occur in response to such words or actions could later be worked upon in such a way that a great deal of learning and expansion of the mind is possible.

Thus, our recommendation that for most entities and most occasions, that freely shared love and light through words and actions be the process by which each seeker moves further and further along the journey of unity with the One Infinite Creator.

At this time, we shall bring this session to a close, for this instrument is beginning to feel the tiredness of the physical vehicle. We thank each, once again, for being so receptive to our offerings of service, and so joyous in your very being. We always take a great deal of pleasure in immersing ourselves in the joy that is part and parcel of this group at all times, for when you come together in love and in light, and in the seeking of the Creator in all, there is a natural release of some portion of that indwelling love and light and unity that signifies the One Infinite Creator in all so that there is a blending of energies producing light that moves as a beacon into the heavens high above this dwelling place. We thank each of you for this grand opportunity to share our being with your being. We leave you in the love and in the light of the One Infinite Creator. Go forth in peace and in power, in praise and in thanksgiving. We are known to you as those of Q'uo. Adonai vasu borragus.



L/L Research is a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.

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Louisville, KY 40255-0195

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SATURDAY MEDITATION NOVEMBER 17, 2018

(Jim channeling)

I am Q'uo and greet each of you in love and in light. We are honored once again by your invitation to join your group of seeking and serving the One this afternoon. You are our treasured companions, for we see you as companions that move with us upon this journey of seeking, for without being able to serve you and others like you, we would have no means of moving further along this path of seeking that we share with you. Thus, we are grateful to you for your call.

And, before we begin, we would ask our usual favor. That favor is that as you hear our words and evaluate them, take those which have meaning to you and use them however you will—however serves you the best. If there are any words, or any concepts which do not serve you well, we ask you to leave them behind without a second thought, for we would not wish to be a stumbling block to you on your journey of seeking. If you will do us that simple favor, then we will feel free to share with you those words and concepts which we hope will offer you some inspiration and motivation, perhaps, to continue seeking as you are doing so well at this time.

May we ask if there might be a query with which we begin this session of seeking?

Fox: Q'uo, I have a question that a friend of ours, an L/L friend, named D., wrote me this morning and asked me to ask this question. "I have been thinking about the metaphysical significance or impact of

giving thanks, of not only accepting catalyst as it comes, but being thankful for it."

Q'uo: I am Q'uo, am aware of a statement that the one known as D. is thankful for giving catalyst. May we assume he wishes to know how this aids the spiritual journey?

Fox: I think he wanted to know the metaphysical significance or impact that you might offer.

Q'uo: I am Q'uo and am aware of your query now. We believe that this instrument was unable to perceive a certain portion of the query.

We can assure the one known as D. that the process of giving praise and thanksgiving for all catalyst and all experience within the incarnational journey of seeking the truth is a means by which this processing of catalyst is greatly enhanced. If you can approach that situation which produces catalyst, you are approaching a situation that is oftentimes difficult, that provides the hesitation, the doubt, the fear, the anxiety, [that] exposes the self to examination, in yet another area of beingness.

This ability to open the self to such catalytic engagement is that which fuels, or lubricates, shall we say, the entire process, for it opens the heart and the mind in a manner which tends to allow those negative emotions that first arise upon experiencing and sensing catalyst to fall away, to be put into their proper perspective of that which may provide some initial angst or hesitation, and yet at the same time provide an impetus to move forward into the

unknown nature and areas of the self, for it is that which you wish to explore, my friends. You are the One Creator, and yet, in your incarnational experiences, you manifest but a tiny portion of that One Creator that exists in all things and in all entities, and there is great room for exploration and intrepid movement to those darkened areas within your own being.

When you are able to give praise and thanksgiving for this entire process, you are casting the process into the light of the One Creator¹ and the love that resides within your being awaiting potentiation as you are able to access those portions of your analytical mind and your unconscious. [The unconscious] provides the bias that is given to all catalyst that will then allow you to perceive that catalyst in a manner which is congruent with your preincarnative choices; for before the incarnation, you know and knew well those areas within your being which needed to be explored, which needed to be enhanced, which needed to be put forward as the means by which you move yourself further and further along the spiritual path.

Thus, the praise and thanksgiving for all things is that which is most appropriate for each seeker of truth to utilize whenever possible. All that you experience in your life, all that you experience within any incarnation, is a gift given by the One Creator to the One Creator residing in you. If you can see your life experience within this framework of the infinity of beingness that has formed you, and the infinity of beingness that is within you, and the infinity of beingness that draws you forward, you shall move forward with solid and stately steps of realization and experience that has been gained through the moving into the unknown areas with that praise and

¹ Reminds one of 95.24: "The seeker which has purely chosen the service-to-others path shall certainly not have a variant apparent incarnational experience. There is 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." – Ra

thanksgiving that brings forth light and love to illumine your journey.

Is there another query at this time?

Zach: I have a query, Q'uo. Could you describe some methods by which a crystalized healer may work with another being in order to help them, or help facilitate healing?

Q'uo: I am Q'uo and am aware of your query, my brother. The crystalized healer is the entity which has devoted itself to practicing the healing arts, first, upon the self, to enhance the natural ability that each entity has to allow the intelligent energy, or the prana, of the One Creator to move through each energy center in an ascending fashion in order that each energy center might provide its unique offering or flavoring of the life path as processed catalyst is utilized in a fashion which reveals each energy center's needs for balancing, to the point, eventually, of becoming crystalized. This represents the efficient use of catalyst for the healer, as each energy center is worked upon and balanced and crystalized. Then the healer may offer itself to another who wishes to be healed.

This is an important feature of all healing processes. The healer must be approached by the one who needs to be healed so that there is the observance of free will in the interaction between the healer and the one to be healed. The healer, then, using its own crystalized nature, and perhaps enhancing or intensifying that crystalized nature by the use of a crystal of one form or another of your gemlike qualities of stone, may then allow the prana of the One Creator to move forward from, or through, the green-ray energy center, and offer to the one to be healed an opportunity to release the surrounding shell or armoring of the red and violet energy centers which, in combination, are able to provide the stability to the mind/body/spirit balance in whatever nature or form it has taken, be it seen as that which is healthy, or be it seen as that which is in need of healing. Thus, when this red/violet shell is penetrated, there is the opportunity for the one to be healed to accept a new configuration of any particular energy center that is in need of the healing process.

Thus, that which was broken, or imbalanced, becomes made whole, or balanced, or bathed in the love and the light of the One Creator so that there is

the reception of a different configuration by the one to be healed. Then, the healer allows the reintegration of the red/violet armoring shell to hold this new configuration in place and offer it as an enhanced means of moving through the life experience on the spiritual path for the one who has now been healed.

Is there another query at this time?

Zach: I have a very brief follow-up. Is the blending of energies in meditation, and that energetic exchange that occurs, an acceptable way of facilitating that healing?

Q'uo: I am Q'uo and believe that we understand your query, my brother. Please correct us if we do not.

The meditative state is one which may, indeed, offer a blending of energies between two entities if it is desired and requested by each entity. Thus, the one to be healed asks that the healer, then, offer the meditative vibration to do the same as, shall we say, the crystal, the function of the crystal, so that the red and violet shell might be interrupted briefly, and the new configuration of healing accepted by the one to be healed.

Is there a further query my brother?

Zach: No, Q'uo, thank you.

Fox: I would like to ask a follow-up to that. Is it possible for an individual to open to such healing without the aid of a crystalized healer helping them?

Q'uo: I am Q'uo and am aware of your query, my sister. It is, indeed, possible, for an entity which seeks healing within any energy center to utilize the twin qualities of faith and will to the extent that the same energizing or interrupting of the red/violet energy shell is accomplished by the will to be healed, and the faith that such is possible. Thus, the entity performing this healing upon the self would then see the new configuration of mind, body, and spirit in such a fashion that the healing would be accomplished, and then the reintegration of the red/violet protective shell would be accomplished also by the utilization of the faith and the will.

Is there another query at this time?

Austin: I have a question, Q'uo. Is it a necessity or an obligation for a seeker, wishing to polarize

positively, to sacrifice their own desires or comfort in order to aid an other-self on their own path?

Q'uo: I am Q'uo and am aware of your query, my brother. This is a query to which the answer is not easily perceived, for it is a query which suggests that a seeker wishing to be of service to another gives something from the self that cannot be reproduced in order to be of service in the healing of an other self who is in need of the seeker's aid. We would suggest that in most true healings, that which is necessary for the healing to be accomplished, or for another entity to be served in any fashion whatsoever, is accomplished by giving of those energies of the love, of the light, of the unity, of the harmony of all things, that can be seen as infinite in nature, moving through any entity which wishes to be of service to another in an infinite fashion. Therefore, the one wishing to be of service would be able to tap into these energies and allow them to move through the being of the self in a fashion in which there is an infinite flow of such energies and these energies then may be utilized in service to another.

However, if you are speaking of an area of service in which there is given something of a tangible nature, something that is within your manifested illusion, and exists as a commodity or an object, which in some fashion might be utilized by the one needing the service, and given to that entity by the one seeking to be of service, this is an acceptable means of giving of the self, so that the self would then not possess the manifested form of that which was given to the degree in which it was possessed before it was given away. Please let us know if this is a correct perception of your query, my brother.

Austin: Yes, thank you.

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 heart of the discipline of the personality is to know yourself, accept yourself, and become the Creator.² They also say

² 74.11: "The heart of the discipline of the personality is threefold. One, know yourself. Two, accept yourself. Three, become the Creator."

The third step is that step which, when accomplished, renders one the most humble servant of all, transparent in personality

that the disciplines of the personality feed the indigo ray.³ Can you describe how the disciplines of the personality feed the indigo ray, and what the relationship is between this discipline and that center?

Q'uo: I am Q'uo and am aware of your query, my brother. The disciplines of the personality are those practices which the seeker of truth engages within and upon by utilizing the catalyst of the daily round of activities. These disciplines involve being able to utilize each unknown area of experience in a manner which illuminates one energy center after another, in an ascending fashion, so that what you would call *the rising of the kundalini* is experienced by the seeker of truth. This rising of the kundalini requires, then, that each ascending energy center be worked with throughout the incarnational pattern of experience in a manner which allows the preincarnative choices to be realized in the catalyst of the daily round of activities.

This experience of utilizing such catalyst in an ascending fashion is that which requires that the meditative state be utilized in order to examine the catalyst of the day; and each catalyst of the day which has moved the entity away from its center of love and balance as a response to all catalyst, then, is in its turn, balanced, so that it further allows the movement of the intelligent energy further up or along the energy centers. This meditative state is also enhanced, preliminary, shall we say, by the analysis of the mind to begin to achieve a basic understanding, if we may misuse this term, of the catalyst which is being experienced and processed by the entity in the meditative state.

Thus, both the analysis mentally, and the seating in meditation of this processed catalyst, is that which begins to feed the indigo ray energy center by each

energy center below it, offering to it that fruit of catalyst which has been processed, balanced, and crystalized at each energy center; thus allowing the indigo energy center to, at some point, be able to become activated to the degree necessary to begin to balance all lower energy center functions. Thus, this balancing may take a great deal of what you would call time in order that the preincarnative choices may be carefully processed over a portion of time and experience that will allow the complete utilization of preincarnatively chosen catalyst.

Thus, as each energy center, then, is balanced and crystalized, the indigo-ray energy center may then begin the activation of that shuttle of the spirit which can move through the indigo ray, into the violet ray, transforming the intelligent energy of the indigo ray into the intelligent infinity of the violet ray so that the love that is activated within the indigo ray—that creative force that is within each entity—becomes able to contact the One Infinite Creator and thus, the sacrament of the fully experienced presence of the One Creator is had by the seeker of truth.

Is there another query, my brother?

Gary: Quick follow-up. Thank you so much for that. Is it fair to say that the work of the indigo ray is largely the work of one-pointed abiding and resting and surrendering of the incarnate self to the indwelling creator?

Q'uo: I am Q'uo, and am aware of your query, my brother. The one-pointed focus that allows the seeker of truth to attempt and eventually attain the activation of the indigo ray is a great and primary portion of this ability to activate the indigo ray, for its eventual activation itself [is] of the spirit, and uses this spirit as a shuttle for contact with the One Infinite Creator. However, we would also suggest that the indigo ray is the seat of that self which is the One Creator manifested as the creative power of Love. This, when realized fully within any seeker of truth, gives such seeker a sense of worth, of self-worth as you might say, that it is able to see itself as the One Creator, whole and perfect, worthy in every respect, in order to continue processing catalyst so that there is the gaining of the knowledge of the self at each lower energy center in a way in which these various aspects of the self are then put together in the indigo-ray energy center, so that there is, then, a

and completely able to know and accept other-selves. In relation to the pursuit of the magical working the continuing discipline of the personality involves the adept in knowing itself, accepting itself, and thus clearing the path towards the great indigo gateway to the Creator. To become the Creator is to become all that there is. There is then no personality in the sense with which the adept begins its learn/teaching. As the consciousness of the indigo ray becomes more crystalline, more work may be done; more may be expressed from intelligent infinity.” – Ra

³ See: 74.5 – 74.11

wholeness of being experienced by the seeker of truth.

This, then, is the ultimate utilization of the disciplines of the personality, for the personality is that which is adopted within each incarnational pattern as a means by which those preincarnative lessons have been programmed to color, in a certain fashion, according to the lessons deemed necessary for the incarnation by the self before the incarnation.

Thus, the disciplines of the personality are those practices that are utilized on a daily basis by each seeker of truth, first utilizing the analysis of the mind to begin the process of examining and processing all catalyst in order to eventually be able to store it as the experience that is utilized by the seeker of truth in the opening of the gateway to Intelligent Infinity.

Is there a further query, my brother?

Gary: That was so rich, 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?

Zach: I have one final query, Q'uo. Could you speak as to the Law of Responsibility as it relates to spiritual gifts and honors/blessings which one is able to experience, whether transcendent stages or other, what might be considered siddhis.

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, each entity within the incarnational pattern provides itself with the opportunity to have these blessings of one nature or another revealed at some point within the incarnative pattern. Many times, however, these blessings are not seen as blessings, but rather as difficulties, as perhaps darkness that cannot be overcome, as liabilities of the physical vehicle which seem to represent disease and distortion.

Blessings come in many, many containers, shall we say. Those blessings that are easily recognized, whether they be healing or extrasensory perception, or the ability to open the blue-ray energy center in inspiration and communication, or to heal—these are those which are most often seen as blessings, and indeed, are such. However, every difficulty that is experienced by any entity offers the opportunity to move into a blessed state of balance and realization of the One Creator existing within the self.

There are, indeed, no mistakes, my friends. Each of you has been given one or more blessings in a

manner in which you may or may not recognize the situation that you find yourself in as the blessing. All blessings, indeed, carry the Law of Responsibility as a means by which to assure the self that the greatest attempt is made to give respect and honor and effort to each blessing, be it of seeming light or seeming darkness, in order that the blessing may accomplish, in the life pattern, that for which it was programmed. For many times, entities program the most difficult of situations in order that the greatest blessing may be achieved.

And thus, if you give your greatest effort to every situation in which you find yourself, you may find yourself rewarded with a blessing that is beyond your wildest dreams, shall we say. For all that you experience is experienced within an ambience of unity, seeing in your reality as separation, yet experienced at the heart of your being as unity. If you will give the greatest effort of your mind, your body, your spirit, and your emotions to process all of the catalyst that you receive in your daily round of activities, you will find a blessing that is the fruit of this effort.

The Law of Responsibility asks that each entity give the fullest respect and effort to each daily experience, to each entity that one meets and to the entity that you see in the mirror before you each day. You are all the One Creator in disguise. Your incarnation has, as its purpose, the removing of the disguise that you may see the One in all in every instance of your experience.

At this time, we shall take our leave of this instrument and this group, for this instrument is experiencing some weariness. We again thank you from the bottom of our hearts for your invitation once again today. You bless us with your presence, you bless us with your queries. You bless us with your love, and we hope that we have been able to bless you with ours. We are known to you as those of Q'uo. Adonai vasu borragus.



L/L Research is a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.

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SATURDAY MEDITATION DECEMBER 15, 2018

(Jim channeling)

I am Q'uo, and am with this instrument, and we greet each of you in love and in light. It is our great pleasure and honor to be called to your group this afternoon, for you have the desire to know those portions of your journey which are yet unclear. We would be happy to share this information with you to the best of our ability, but first, as always, we would ask a favor of you, and that is that you would take those words and concepts which we speak and use them as you will. If any word or concept does not ring of truth to you, leave it behind without a second thought, for we would not be stumbling blocks upon your spiritual path. We are not ultimate authorities, my friends, we are but your brothers and your sisters who have moved a small distance further upon the same path that you travel than have you. We are happy to share that which has been our knowledge and the fruits of our journey. If you will do us this simple favor, we may speak freely then.

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

Zach: I have a query, Q'uo. Several of us in the circle today have been confronted with situations and people that have been challenging to us in our hearts, and people and situations that have tried essentially to cause harm to us. It seems that the heart is the means or the path of transforming that energy, that distortion. Can you tell us how to better do that, and how that might work in practice?

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, the journey that each of you takes within this third-density illusion is a journey fraught with what seems to be difficulties, dangers, and doubts, for there is much confusion within this third-density illusion. The veil of forgetting works quite handily to shield each entity from the true knowledge of the universality and unity of all creation, the love that forms it from light, and how each is a portion of the One Creator. If these facets of truth were available to each at all times, your journey would be much easier, and yet would not produce the results that are possible when you delve into the difficulties of misperception, of misrepresentation, of confusion, of anger, and of the problems of everyday life which pound upon the consciousness in a certain fashion that makes it seem that understanding cannot be had, that harmony is an elusive possibility, that you cannot move your foot without tripping somehow upon another.

The relationships which you find yourselves engaged within as you move through your daily rounds of activities are those which you draw unto yourselves through the need you have to learn that which you do not know. That which you do not know oftentimes comes in the form of a problem, a miscommunication, an anger, a doubt, a fear, a jealousy. Many ways are there to misperceive another entity's essence and purpose in your life pattern, for there is much which cannot be clearly fathomed about any situation.

All situations in which you find yourself are many-layered. There are portions of the situation which are perceived only subconsciously and which color the proceedings and the interactions and communication in a fashion which is basically unknowable and yet can be felt. There are other portions of the relationship and attempted communication that are perceived with more clarity, and yet can be seen in more than one way so that there is no certainty of clear communication. There are other levels of communication that are more of the surface nature which seem to be clear and seem to be as perceived.

However, as you move into more intense communications with entities which seem to be operating from the lower energy centers, or operating in an unconscious fashion, without a clear direction of purpose, or the goals of their interaction, then it is that you must open yourself in some fashion to receive that energy of communication as clear or as muddy as it may be within your own heart and mind, so that in some way you may begin to order and fashion an understanding, a perception of what is being offered to you. The initial offerings may seem to be harsh or difficult or cold or calculating, however, if you move further and further into a clearer and calmer communication with any entity that stands before you, there is always the opportunity for moving closer to the heart of this entity and to the heart of your own being. This is the key. This is the goal of your incarnation and of this illusion, to eventually find the path to the heart that connects you both, to the heart that connects you with all things; for it is the heart, the ability to love without condition all those about you and all things about you which is the path to the fourth density of love and understanding.

This graduation into this higher realm, or vibrational nature of reality, is the purpose of each incarnation that is being played out at this time on your planet, for this is likened unto a school room. The entire creation may be seen as an educational system where you begin to discover more and more the truth that you and all beings are one—one in the Infinite Creator that has made all things, all of the creation, all entities from itself in order that it might know itself more fully, with greater purity and greater intensity.

Thus do each of you play your part within this third-density illusion, and indeed, within all densities of light, for each choice that you make within these illusions allows you to know more of who you are, more of who the Creator is, and the Creator to know more of its own beingness through your freewill choices. Thus, it takes a great deal of effort to make that which is unclear, clear; to find love where there seems to be none; to find companionship where there seems to be only argumentation. Thus, the effort that you make is that which is called the polarization of your consciousness toward service to others in this regard.

We would ask if there might be a further query, my brother.

Zach: I have a follow-up question, Q'uo. I've noticed in some situations the communication of the other entity's energy to me, and I find myself, or find it being transformed in the heart, and processed as I tune into their energy. Is this helpful to the other entity?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, if you are able to utilize the ability to tune into another entity's heart or being in any fashion whatsoever, this will give you the chance to share in a more deep manner that loving essence that is within your own heart, for as you are more familiar with another entity, then that familiarity can create a path of communication that is clearer than a path that does not have this type of familiarity and awareness of the being of another entity.

Is there another query at this time?

Zach: No, Q'uo, thank you.

Q'uo: We thank you, my brother. Is there another query?

Gary: Q'uo, the New Age community abounds with declarations that the energy is ratcheting up, or waves are coming in, or intensities are increasing. It's such a repeating and generic theme in recent decades that many of us tend to dismiss these assertions. Lately, however, I've seen so many examples of people moving through significant shadow-facing tests and trials, or even dark nights of the soul. I don't know if this is my own particular bubble, or if there is a larger phenomenon at play right now. Could Q'uo speak to the nature of this particular chapter in Earth's history, meaning roughly the

latter half of 2018? Is there something that characterizes this period? Are people being purified and tested more than usual?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, as what you call time moves forward in its progression of beingness, there is within this planetary influence the continuing engulfing of the planet by those vibrations which are significant in heralding the fourth density of love and understanding. This intensity of vibrations that continues to surround and enhance the planet itself is a feature of the clock-like face upon the galactic spiral of endlessness, shall we say.

There are sources of cosmic streamings coming to this planet at this time from each of the stars in your sky, from all of the creation, as a matter of fact. This vibratory change that is now becoming more and more noticeable for those entities which have the sensitivity to perceive them is occurring in order that those who are able to be aware of such energies might utilize them, either in a conscious or an unconscious fashion. Those entities who are aware consciously of the process of their evolution may become aware of these vibrations as well, and be able to incorporate them into their daily life pattern, knowing that there are enhanced energies all about, and that these energies serve much as do a magnifying glass upon that which it is focused. These energies offer those who are upon the path of service to others the chance to enhance the service by receiving the catalyst of the daily round of activities which may seem, at first glance, to be as it has been said previously in this session, to be of a difficult or even a negative nature.

These challenges are opportunities to exercise the ability to open the heart without reservation or condition to those entities about one, to engage in an interaction and communication that will allow the resolving of disharmonies that are provided as catalyst to enhance the progress on the spiritual path by any entity aware of such possibilities.

The subconscious perception of such energies is utilized by those entities who have not yet become consciously aware that what they are doing on this planet at this time is to utilize all catalyst for the purpose of opening their own hearts in love and service to others. The unconscious perception of these energies oftentimes is featured in difficulties for

such entities, as for any entity, conscious or unconscious, of the process of evolution.

However, for those who are not consciously aware that these energies are available to enhance their own spiritual path, there is oftentimes the difficulty of an entity in facing the self as it is, balanced or imbalanced, so that whatever healing might be available through the application of the vibrations of love and understanding to the imbalance is perhaps not perceived clearly, and the self then is not also perceived but realizes that there is some effort necessary in order to be able to achieve a more harmonious existence with its fellow beings. Thus, in such an unconscious entity there may be more difficulties that are not easily resolved, and may, indeed, form themselves into what you would call distortions or diseases within the physical vehicle that will hopefully catch the conscious attention of such an entity so that it may become more aware of the opportunities which such difficulties present.

Is there another query, my brother?

Gary: Whooee, that was good, thank you. Yes, among the energies at play at present, there is one prominent thread catalyzing many people that I've crossed paths with, and it seems to do with intimacy, love, transparency, openness, vulnerability, and the question about the boundaries of relationships. One general term that in part speaks to this is polyamory, though I suspect that what I'm noticing has larger metaphysical origin and implication. Can Q'uo speak to this?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, it is a possibility that many entities may become aware of the expanded ability to share love and light with each entity around one. However, in many cases, the beginnings of this sharing of love, of comradeship, of intimacy, of dedication to similar goals, of seeing the life path as joining in one fashion or another, begins in the realm of the multiplicity of partners in order that the beginnings of the sharing of love and light may be started, shall we say. These are oftentimes the first inklings of the nature of true all-compassionate love and acceptance of the entities about one.

However, after the certain portion of your time has elapsed and experience has shown that there are difficulties of communication or problems of perception that persist with the, shall we say, third-

density experience of companionship that is now attempting to be transmuted to the fourth-density experience of unconditional love, oftentimes there are misperceptions of the ability of an entity to give this unconditional love, even unto the point of the romantic experience and expression of love, to more than one entity; for it is inculcated into the third-density experience that the fidelity of one mate to another is to be desired. The fourth-density experience of this loving expression of companionship and dedication to fidelity is oftentimes made more difficult to express in a manner which is efficient in the polarization of each entity's consciousness.

Thus, oftentimes, it is necessary to move through what you have called the polyamorous expressions of energies in more than one direction or to more than one partner. Oftentimes it will be discovered that it is more efficient to remain in the monogamous relationship, for this relationship offers a greater intensity of the use of catalyst so that the catalyst may not be escaped, shall we say, and put upon the shoulders of many instead of upon the shoulders of the one for whom it is generated.

We are aware that this is a concept that is not absolutely clear within the mind of each entity that pursues the expression of love and commitment to more than one entity. The ability to focus upon one mate is that which is found in the higher densities to be the most efficient means of polarization of consciousness.¹ However, there are oftentimes the experiments with more than one mate that begins the fourth-density experience. There are no right or wrong answers for any entity in this regard. Each must discover for itself that which is most efficient for the self to move forward in the opening of the heart and the sharing of the love therein.

Is there a further query, my brother?

¹ Ra: "The harvest from the previous creation was that which included the male and female mind/body/spirit. It was the intention of the original Logoi that entities mate with one another in any fashion which caused a greater polarization. It was determined, after observation of the process of many Logoi, that polarization increased many fold if the mating were not indiscriminate. Consequent Logoi thusly preserved a bias towards the mated relationship which is more characteristic of more disciplined personalities and of what you may call higher densities. The free will of each entity, however, was always paramount and a bias only could be offered." – 84.22. See also 83.3 and 86.20.

Gary: Thank you. I have one, but I want to give another in the group opportunity if they have one.

Zach: I have a final query, Q'uo. Could you briefly describe what Andara crystals are, and what their uses may be?

Q'uo: I am Q'uo and am aware of your query, my brother. We shall attempt to give this instrument an image that will be helpful in interpreting these crystals. The image is that which receives light in its basic form of life-giving prana or intelligent energy. These crystals of the Andara variety have the ability to absorb this primary type of light, and to store it in a fashion which allows a type of penetration of the red and violet protective ray of energy surrounding one needing healing, so that this protective shell is relaxed and removed to the degree that a new configuration of mind, body and spirit may be chosen by the one to be healed. Thus, these crystals function much as does the pyramid shape in the ability to penetrate the red violet protective shell and enhance the chances of healing occurring according to the choice of the one to be healed.

Is there another query, my brother?

Zach: 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?

Gary: Does the planetary population at the end of a third-density cycle begin laying the groundwork for a social memory complex, and if so, how do those in third density begin this groundwork or walk those baby steps?

Q'uo: I am Q'uo and am aware of your query, my brother. These steps upon your planetary sphere have begun some of your years ago, as entities began incarnating here that have been able to reach the graduation into fourth density upon other planetary spheres. As these entities with the dual-activated bodies partake in your third-density illusion, they begin to exhibit qualities that are oftentimes described as psychic abilities, which are not readily available to entities who have only the third-ray, yellow-ray body activated.

Thus, as these entities begin their journey through the third density, finding their mates and producing their offspring, entities of greater, shall we say, activation of the green-ray energy center are then

birthed through them in order to produce a higher level of consciousness, shall we say, and the physical vehicle that is able to house it and express it in the experience of the third-density illusion. This also has a quality of interaction with other entities of a like vibration, so that there is set up between such entities a better means of accessing the higher levels of vibration that are available to those who are of the dual activated body nature.

The communication, the ability to express love, the far-sightedness that sees new ways of approaching old problems, and the ability to enhance the growth of the vibrations of love wherever seen within the environment, are those means by which individual entities form group projects and group expressions of higher consciousness that then produce the fruits of the heart: the cooperative communities, the giving and receiving of love and inspiration from all about one, the ability to accept that which seems unacceptable, to have the feeling of love to be the end result of all interactions with other entities that no interaction is allowed to stop its transformation until the ability to give the love and light of the One Creator is experienced by all within the vicinity of each project or person that is able to shine this love and light from within its own being.

Is there a final query at this time?

Gary: Very grateful for your replies, Q'uo, and not from me, thank you so much.

Austin: I have a final query for you. In regards to what you were just talking about in forming communities and in general on the spiritual path, it seems like opening the heart also tends to be associated with forming bonds with other people. But some people are what we would call loners, or have solitary tendencies and might feel more comfortable apart from communities or on their own, and experiencing life in a more solitary way. Do these people have a role within this transition to a social memory complex, or are they at a disadvantage on the spiritual path some way?

Q'uo: I am Q'uo and am aware of your query, my brother. Each entity of the nature of which you describe—that entity which seeks the solitary experience, is an entity which has within its own being the means by which to use the solitary experience to make a connection within the heart of

all beings if this is the desire of such an entity. This is the path of the adept.

Many times, however, entities seeking solitude, are seeking solitude to be away from other entities, in which case there is hopefully within the preincarnative choices of such an entity the opportunity to have an experience that will move the perception of the value of solitude further and further along or toward the joining with others in group efforts. The adept, however, is the entity which moves in a seeming solitary pattern in order that it might find within itself that great communion of all entities that is found within the heart of one who knows the One Infinite Creator. This seeking and finding of the one within, then, is oftentimes achieved in the solitary journey.

However, when this joining with the One has been successful, there is, at that point, the desire to share this feeling of the presence of the One Creator with all entities about it. Thus, such an adept has programmed for itself the path to unity with all through seeming separation from all. Thus, there are two possibilities for those who seek solitude: one seeks every entity within the self that is the One Great Self, though the other entities who seek the self only for the self, the small self, shall we say, are with the possibility of remaining in a solitary configuration. However, there is always the opportunity for each entity to find another path to the surrounding community when the solitary path does not yield the sustenance to the heart that has been hoped for as it was chosen as the life pattern.

We are most grateful to each entity here this afternoon, for inviting our presence. We fear that we have somewhat worn out this instrument, for it is doubtful of some of its concepts at this point being transmitted clearly. Thus, we shall take our leave of this instrument. We leave each of you in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.