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# L/L RESEARCH

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## SATURDAY MEDITATION JANUARY 2, 2016

**Group question:** In 64.15, Ra said: “In observing the allopathic concept of the body complex as the machine, we may note the symptomology of a societal complex seemingly dedicated to the most intransigent desire for the distortions of distraction, anonymity, and sleep. This is the result rather than the cause of societal thinking upon your plane.”

Q’uo, our question today is: What is meant by “distraction, anonymity and sleep.”

Also, Ra said that our society’s dedication to the desire for distraction, anonymity and sleep is intransigent. Intransigent is defined as “unwilling or refusing to change one’s views or to agree about something.” Why is the desire for comfort, pleasure, sleep, distraction so strong and intransigent on this particular planet?

*(Jim channeling)*

I am Q’uo and I greet each of you in love and in light this day through this instrument to whom we are grateful for the challenge, for it is most necessary—for each who would serve as an instrument for those entities such as are we, that are from what you would say “elsewhere”—to be able to respond to such a challenge that we do indeed come in the name of Jesus the Christ<sup>1</sup>, and the service-to-others polarity.

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<sup>1</sup> Per L/L Research protocol, each discarnate source who wishes to speak through an instrument is challenged by that instrument. The challenge consists of demanding that the source come in the name of whatever is the highest principle,

We would ask of you, before we begin, one small favor. It is the same favor that we ask at each session in order to help us in sharing with you that which is our service. It would be helpful if you would use your own powers of discrimination and take only those words from us that have meaning for you, leaving behind all others, for we wish to serve as best we can, and do not wish to appear to be authorities that are infallible, for indeed we have walked, and continue to walk, the same path as you walk. We have felt the same feelings, the joys, the sorrow, confusion, frustration, anger and so forth, and have made our way through this dense forest of emotions in our own third density. We are very appreciative that you have taken the time from your day to work through the various catalysts that are yours to make your way here to this circle of seeking where each joins with each other, in love and in light and in seeking, to be of service, and of seeking to know

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or representation of truth, for that instrument; something so important and personal to the instrument that they would give their life for it. This further tunes the individual, and precludes negatively oriented discarnate beings, who cannot pass the challenge, from speaking through the instrument.

Carla, devoted to Jesus Christ since the age of two, had always challenged in His name. Jim had traditionally challenged in the name of service to others and Christ Consciousness. Since Carla’s passing, however, Jim has experienced a profound and personal connection to this teacher, and has taken to Jesus Christ as an icon of spiritual evolution. His challenge now includes invoking the name of the one known to us as Jesus Christ.

more of the love and light of the One Creator in order that your service may be enhanced.

All entities of a service-to-others nature are most desirous of exercising that nature at every opportunity, and yet here you find yourselves within an illusion in which, as your question has illustrated, there is such intransigent anonymity, sleep, distraction, and even diversion from anything that seems to be a path of service to others or of conscious seeking whatsoever.

You are upon a planet which is populated by many of those who have had this third density experience previously. They have attempted to learn the lessons of love either of self or of other selves, elsewhere within the infinite creation, and as their planetary cycles revolved and graduations approached, were not able to make the graduation upon their home planet. Thus they found it necessary to travel a great, what you would call, distance in time and space to make this planet their home for the master cycle of 75,000 years—or, in many cases, much less time, for many have come in late, shall we say, within this last 25,000 years to attempt to repeat the lessons of third density: the making of the choice either to shine the light outward or to absorb the light inward and to use it for the self.

So you see, this explains much of the situation in which you find yourself within cultures, religions, economic systems and nation-states which are formed around concepts which are not usually related to the spiritual journey. Even those paths that seem on the outside to have a religious context have, in many cases, allowed the outside influences of those who are not seeking the Creator or seeking to serve others as the Creator, to confuse and distract the purpose, even of a religious journey. However, we may also add that each religion, each culture, each nation state has within it a path that is pure for those who truly seek the One Creator, a path which may be traveled by any which is able to become conscious of this process that you call the evolution of the mind, the body and the spirit.

However, for the great majority of the population of this planet, there has been the inability to focus the inner energies of inspiration and intuition, those basic qualities brought into the incarnation from those areas where pre-incarnative choices are made, hopes are built up, and dedication is made. And once again the veil of forgetting is drawn as these

hopes and dreams and inspirations must find a way to be realized within the third density illusion—this heavy, dense, chemical illusion which seems to shade and shadow so much of what you see and feel.

And when these entities, the great majority of the population, have continued upon the path of the mundane, shall we say—the culture of accepted norms, the ways to become an accepted member of the society—this path usually leads to those qualities of anonymity, of sleep, and of distraction, for as this pattern of inability to choose one path or another repeats itself, there is less and less opportunity and possibility for such entities to make positive progress upon their path, for the opportunity becomes less and less as it is exercised less and less. In your holy works it is said “To him who has, more shall be given; to him who has not, even that which he has shall be taken away.”<sup>2</sup> This is an illustration of this principle; it is a kind of inertia, a, if you will, backwards momentum, that inhibits the ability of entities to become conscious of who they are, of why they are here, of what they seek, of how to do anything that resembles traveling a spiritual journey.

There are so many other journeys that are available as choices that are easier to make: to seek ambition, to seek money, to seek fame, to seek position, to seek acceptance—this is what your cultures teach, this is what is valued, this is what is desired, and this is what is practiced. It is no wonder that those who do find themselves consciously aware of the process of spiritual evolution are frustrated when they see so many about them that do not wish to become conscious, that do not wish to become aware of what it is that they are here for, why they are here.

These questions [pertaining to spiritual evolution] are unnerving and perplexing, and are, if ever considered at all, pushed aside, for they make one uncomfortable when one wishes comfort. The spiritual journey, my friends, is not always comfortable. You know this well. It will make a difficult time for you at various times, for it is necessary from time to time to pass the challenge, to engage in the initiation, shall we say, to graduate from one level to another within your own third density that marks your progress upon your conscious spiritual journey. There are times when catalyst is misapplied, misperceived, missed at all

<sup>2</sup> Mark 4.25 (New King James Version)

perhaps and not used. When this happens, there is no end to catalyst; it will come again and again and again. Thus, the catalyst must be processed in some fashion else one tends to become as others—numb and oblivious and perhaps even seeking recluse and reclusion from such a journey.

Your path within the third density illusion is the most difficult path that you shall ever travel for only the third density illusion has the veil of forgetting. Only in this illusion is it not completely apparent at all times that you are part of the One Infinite Creator. Because this veil is so thick and so prevalent, it offers you the opportunity to make great progress if you are able, consciously, to penetrate any portion of this veil; it takes effort, it takes conscious effort, it takes inspiration and motivation, it takes persistence.

And if you can exercise these qualities, my friends, you shall find that they shall come back unto you tenfold, a hundredfold, so that if you cast your bread upon the waters again as your bible says<sup>3</sup>, that they shall return to you and enrich you and enliven you and inspire you; and you shall, therefore, move forward upon your spiritual path, the journey which you have set for yourselves, a journey which seems to be without end, the journey which has so many twists and turns, valleys and mountains, arid deserts, drenching rain . . . all the seasons at one time or another will challenge you to give your best effort. And yet, if you persist, at some point within your illusion you shall find that you are rewarded with great feelings of inspiration, of illumination, of enlightenment; of times when you see clearly that you are part of an infinite creation and Creator that made all things and cares about you as much as it cares about anything, and that this Creator is within you, awaiting only your seeking, your knocking at the door, your seeking in order to find, you're asking in order for your questions to be answered.

So you seek in prayer, in contemplation, in meditation, in your daily round of activities attempting to take this attitude or vibration of unity with you so that when you pass another on the street in some fashion you can share your love, you can share your concerns, you can share your desire to be of service; for make no mistake, my friends, if you desire to share your service, chances will come your

way. It is not by chance they come your way, it is by design, a design in which you have partaken before this incarnation and during the incarnation, as you consciously seek the One.

So, my friends, we would say to you: Be not overly concerned with those who sleep, with those who are distracted, with those who seem anonymous and seem to treat you in a similar fashion. Give to them what you can, give to them that which is asked, serve as best you can and go on your way wishing them well. That is all you can do; that is all any can do. So we inspire you, we encourage you to seek as best you can, to stay aware of what you are and who you are and whose you are. You belong to the One Creator. All the children of this world and all worlds belong to the Creator; all are sons and daughters of the Father and all shall eventually find their way home.

Is there another question at this time to which we may speak?

**Gary:** Yes, Q'uo. You just suggested that for those who are seeking distraction, anonymity and sleep not to be overly concerned, to serve them as you can, to serve them as requested, and then to go on your way and wish them well. At the same time, there is a desire among those within third density, and a desire among those within the inner planes and those in higher densities, to serve as a catalyst of awakening.

For instance, the Confederation apparently advertises in the skies in order to help awaken people; they send messages and dreams, and many people here on the ground are attempting to do similar, whether through media or through small acts of kindness. For those who do want to serve in a way that helps awaken others, is there a strategy, is there a means, is there a good suggestion?

I am Q'uo and am aware of your query, my brother.

We appreciate the time and effort it takes to formulate such a query, not just today but in the living of the life, the finding of these concerns within the life pattern. Each here has sought long and hard along these lines of inquiry, thus this question has great merit. We would suggest to you that indeed, as you are a conscious seeker, and as you apply your conscious seeking in various ways, you can find assistance that will come your way in synchronistic fashion. For instance, if you should desire to read upon a certain topic and have this desire for a period of your time, as you would measure it, you will find

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<sup>3</sup> "Cast your bread upon the waters, for you will find it after many days." Ecclesiastes 11:1 (New King James Version)

that perhaps a book will come your way, a friend will bring a book or a means of examining this quality you wish to inquire into. If you pay attention to your dreams and persistently apply yourself to gain access to your dreams, you will find that there are many messages available.

These come from a variety of sources: from your subconscious mind (the high priestess who awaits your seeking to illuminate your conscious mind), by intuition, by messages within the dreams that are symbolically coded in a way which you can untangle and understand and apply to your life; from your higher self as well, from your guides. As we heard some before the meditation began, there are those who are wanderers may receive information from those of their own grouping, what Ra called, the “social memory complex.”

All of these sources, as well as the One Infinite Creator, are available if you are persistent and passionate in your seeking. If you want nothing more in your life than to know what it is to do, to serve, to love, to be, to share, to experience that which you came to experience, these answers will come to you. You are all aware of that still small voice inside you—some have called it intuition. My friends, this is a Creator within speaking in a faint whisper, perhaps in words almost inaudible, in feelings of inspiration of one way or another. Listen to this voice—it is your greatest ally. You have assistance all about you through friends, through synchronicities, through your dreams, through people you meet in your daily round of activities, to people you meet by chance it would seem, on the street. That which is most necessary from you is your persistence and your passion—your true desire. Hone these qualities within, my friends, and they will bring to you that which you seek, for that is the law. That which you seek shall come to you and that which you seek in the ultimate sense of love, and light, and unity, will not only come to you, but will come into you, so that it will become you and you will become it.

Is there another query, my brother?

**Gary:** A quick follow-up, Q’uo. The desire for distraction, anonymity, sleep—and I would add, the seeking of comfort and pleasure—exist within those who are more or less awakened, or are awakening, too. So how does the spiritual seeker relate to these energies within themselves?

I am Q’uo and am aware of your query, my brother.

The conscious seeker of truth, (as we have heard it called), of love, of light, of the One, of service, puts these qualities first in their life pattern, lets these become the foundation upon which the rest of the life is built. It does not distract from your spiritual seeking to partake in the daily round of activities, the meetings with friends and the celebrations and the observing of rituals, of anniversaries and birthdays and so forth, of enjoying the activities offered by your arts, the music, the dance, and so forth. If you are, at your heart, experiencing the love and the light of the One Creator first and foremost, all the rest will be added unto you. If you seek first the pleasures and comforts, they will be given to you as well, for that is the law—what you seek, you shall find. Thus, it is your choice what you seek, and how you seek, and the priority which you give that which you seek.

Is there another query, my brother?

**Gary:** What constitutes that priority in the seeking? Is it quantity of time, is it quality of attention, is it one’s focus? What constitutes that priority?

I am Q’uo and am aware of your query, my brother.

We would say “yes” to all those possibilities. It is what is at the heart of your being that constitutes how you prioritize that which you seek in your life; that which you enjoy in your life. It is what you are most desirous of obtaining; what you, shall we say, paint your daily picture from which you place yourself as the artist and as the subject as well.

Is there another query, my brother?

**Gary:** Q’uo, that was excellent, thank you. I have questions from some other readers but would like to offer the opportunity to those within the circle today.

**F:** I would like to ask something. Q’uo, I wonder if you would give me any insight into—you mentioned that wanderers could receive inspiration and help from the social memory complex, that they are a part of. Could you give me further information on how one who believes they are a wanderer may be able to fine tune that connection with their social memory complex? And any insight as to whether that has—if the Law of Confusion plays into that process at all?

I am Q’uo and am aware of your query, my sister.

Though it is quite possible to receive information and inspiration from those of one's own social memory complex, we would suggest it is more helpful if one seeks in general to receive inspiration and information from whatever source is most appropriate for you at a particular time. For most entities there are those guides that are assigned, shall we say, for this very purpose. There is also the possibility of accessing the higher self which has information which is, shall we say, in the future of your beingness, and has application to your own situation that is most informative.

To seek specifically from a certain source may not be as efficacious as to simply seek in general with great passion and perseverance from whatever is the source that is most appropriate for you at a particular time. Various of the guides and portions of the higher self and subconscious mind make themselves available to the conscious seeker, depending upon part of the process of seeking the seeker is now engaged in, so at some times it is more appropriate to seek from one source than another. However, this is not usually known in a conscious sense. Thus we suggest the seeking in a general sense though with great passion and persistence.

We have energy left for one or two more short queries. Is there another query at this time?

**Gary:** Q'uo, I have a couple from a friend of ours named Jochen in Germany. He opens with a note to you. He says:

"I would like to send my warm greetings and a hearty metaphysical hug to our brothers and sisters of Q'uo. I would like to say how exciting and what a wonderful service it is to help spread the Confederation message.

If Q'uo would like to comment on our efforts of starting up L/L Research satellite centers, and how this plays into the general pattern of development of human consciousness."

I am Q'uo and am aware of your query, my friend.

We are aware that you have begun a great undertaking in becoming what may be called a "satellite" of this particular group, that known as L/L Research, and we are most appreciative of your great desire to serve in this fashion, for as entities such as yourself [who] take upon themselves the responsibilities of making information concerning love, light and unity, available to those who seek it,

this is seen as a great service by those of the angelic realms, and there is a great feeling of gladness and rejoicing as each entity such as yourself upon the planetary surface finds more ways of sharing the love and the light of the One Creator that grows within the self. For this is the process, my friend. As the love and the light grow within you and you become aware of it, it is a natural function of this love and light to move from you to others, to discover love and light, within, makes possible the sharing of it with others, and as it moves through you, it is magnified. There is no end to this love and light. You cannot dissipate it, you cannot use it up, shall we say, for it comes not from you, it comes through you so you will find your efforts of serving others to produce more ability and energy and desire and inspiration to serve in such a fashion. We can say no more grateful words than these that you have blessed the Confederation by your service and we thank you, my brother.

Is there one final query at this time?

**Gary:** There is one final query. This one comes from our friend Terry in Taiwan. Terry writes:

"Now when we encounter a terrorist group or a so-called 'bad guy' whether it's in a face-to-face event or seeing it on the news, how do we perceive such a guy as 'the One'?"

I am Q'uo and am aware of your query, my brother.

Yes, this is the challenge. The opportunity which you have mentioned is one which is accentuated in its ability to challenge the seeker to share the love and the light and "the One" with one who seems not to be of the seeker, or of the One.

However, my friend, this is your challenge every day with every person that you meet. Some are more challenging than others, but all are the One Creator.

In your meditations take the one who would have the gun and point it at another and take the life, and look beneath the surface of that entity, look to all the times in this entity's life that it has been molded in such and such a fashion by forces perhaps beyond its control [such] that it has become itself a victim of such manipulation that it cannot find within itself the love and light of the One Creator. Cannot you feel such great compassion and sorrow for an entity that does not have room for the Creator, or love or light, within its own mind, within its own being, within its life? Though it may wreak great

destruction upon others, it is itself a victim of the same bullets which it shoots from its gun. Though it still walks the earth, it walks in paleness and in sadness, waiting, waiting, for some opportunity to seek and find the One within, if not in this life then in another or another.

All entities that you meet and all entities that you will never meet are the One Creator. Each faces challenges—some great, some small, most in between—that keep the One from becoming apparent to the seeker, and yet the One awaits in the inner sanctum for the silent seeking of each entity at some point in any life; and it is that which is possible, probable, and, in fact, will occur at some point in time, for there is enough time for all to seek and find the One.

However long the journey may be, it will have an end, and the Creator is discovered within and seen not only as the self but as every other self. That is why this time is so valuable, why it is the pearl of great price, why it is the holy grail of all who seek. This illusion is not easy, my friend. It was not meant to be easy; it is meant to challenge, for those who come here seek to learn a great lesson, the great lesson of finding the Creator within and choosing to use those energies in service to others, or in service to self.

At this time we shall thank each entity here within this circle of seeking for being here in this circle of seeking, for by your presence, by your love, by your questions, by your concerns, by your conscious attention, you make room for us here with you to provide a service to you; and by allowing us to serve you, you serve us, giving and receiving an unending circle of being. We cannot thank you enough for providing this light which attracts our attention, this love that imbues the light with compassion, concern, and all of those qualities which, as seekers of truth, you value so highly.

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



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## SATURDAY MEDITATION JANUARY 16, 2016

**Group question:** In 52.11, the questioner asked: “For the entity that wishes to follow the service-to-others path, is there anything of importance other than the discipline of the personality, knowledge of self and strengthening of will?”

Ra replies: “I am Ra, this is technique, this is not the heart. Let us examine the heart of evolution. Let us remember that we are all One. This is the great learning/teaching. In this unity lies love. This is a great learn/teaching; in this unity lies light. This is the fundamental teaching of all planes of existence and materialization—unity, love, light and joy. This is the heart of evolution of the spirit.

The second ranking lessons are learned/taught in meditation and service. At some point, the mind/body/spirit complex is so smoothly activated and balanced by these central thoughts or distortions that the techniques that you mentioned become quite significant. However, the universe, its mystery unbroken, is One. Always begin and end in the Creator, not in technique.”

Q’uo, we would like to focus on the words “smoothly activated” in Ra’s statement. Would you explain what is meant by “smoothly activated”? Also, how do we become smoothly activated, and finally, what relationship does the experience of joy have to being smoothly activated.

*(Jim channeling)*

I am Q’uo and greet each of you in love and light through this instrument this afternoon. We are

honored to be asked to join your circle of seeking once again. It is always a great pleasure to blend our vibrations with your own, for you have worked long in your time measure and in each of your incarnations to bring yourself to this moment of tuning so that you seek together that which is important upon your minds and within your hearts.

We would ask, as we always do, for you to use your own discrimination in assessing the words and the thoughts which we have to share with you. This makes our service much easier to accomplish for we cannot then be concerned about influencing you overmuch for we are not what you would call an “absolute authority.” We are seekers such as you who perhaps have moved somewhat further along the same path which you tread.

We have walked your steps; we have felt your emotions—the sorrows, the joys, the confusion. We are aware that it is not an easy path to travel within the third-density illusion, for nothing is known for sure—your intellectual mind cannot be satisfied. It is your intuition, your heart, your spirit that must guide you. Your mind, of course, can play its role and it does indeed have a role to play as you are, as has been noted, a mind, a body, and a spirit complex, which means that you have at your disposal, at the level of the soul, you have these three instruments which you may use in your seeking of what you call the truth: the true nature of the reality in which you find yourselves, and the nature of that toward which you move into, that which has been called the Fourth Density of Love and Understanding.

The spirit is that which is one with all of the Creation—it is the same as the One Creator, the holographic portion of the same creative force which has made all that there is. You have asked this day how you may use this spirit, this mind, and this body, in a smoothly functioning fashion in order to promote your own journeys of seeking the truth in the positive polarity, that which seeks to serve others, that which is radiant, that which gives of itself to all who ask, and whose very being radiates those qualities of love, of light, of unity, of joy, about which you have queried this day.

Thus, each soul begins with a portion of the One Creator as his guiding star, that which leads the way through the third-density darkness that must be experienced as you move through the veil of forgetting, that veil which that allows you to forget that you are one with all, that love made you all, that light guides you all. Outside the third-density illusion these qualities are quite readily apparent and learning takes place at a much slower pace because there is no doubt concerning these qualities. However, within your illusion, it takes a great deal of what you call faith, of hope, of motivation, of inspiration to continue upon the path of seeking; for as you know, understanding is not of the third-density illusion, you cannot prove what you are doing to anyone else; however, to yourself, that still small voice within (that some call intuition, or some the voice of God), will lead you forward if you but feed it your desire and your will, and continue in a daily fashion to practice those rituals, you might say, of prayer, of contemplation and of meditation; to speak to the Creator and to listen to the Creator and to see the Creator everywhere.

So each of you begin with the spirit, you as a soul. You then have a mind which begins the process of thinking, of conceptualizing, of visualizing, of contemplating that which you are, that from which you come, that towards which you move. This mind then, takes upon itself the role of a kind of an administrator, shall we say, heading the corporation of your mind/body/spirit complex, and yet the mind by itself, even powered by the spirit, has no ability to move within your third density illusion. It would be simply an ephemeral thing with no real consequence or ability to achieve, work, or move along the path of the evolutionary process, for this work it needs the body.

Thus, the mind creates the body. The body is the creature of the mind. The body then allows the mind to move within your illusion—to have its being made manifest within the third density so that work may be done in consciousness; that you may make the choice of how you shall polarize or continue your movement once you become consciously aware that such is possible and, indeed, such is necessary in order to move upon your spiritual journey. The body allows the mind to speak through the mouth, the lips, the tongue, the teeth; words may be formed, thoughts may be translated into words which may be shared with others. The creation of words, then, becomes the putting of power into form, into concept, into image, putting these images together in letters forming words and the words sentences, and so forth, until you are able to express that which you feel, that which you think, that which you are, that which you desire, that towards which you move.

As creatures then, as souls containing and utilizing a mind, a body, and a spirit, you have these tools at your disposal to carry you forward into unity with the One Creator eventually, for this is the goal of all seekers of truth: to become again One with that from which it has sprung, for each portion of the One Creator, made by the One Creator, yearns to return home to the One Creator. The Creator itself yearns for each portion to do just that—to bring to it, the fruits of its journey, the fruits which the One Creator then may use to discover more about its own nature, for the Creator has given you a great gift my friends—the gift of your free will—to choose what you do, how you do it, when you do it. You direct your own journey.

So how is this journey able to allow the mind, the body and the spirit to become smoothly functioning? This is indeed a large question my friends. We shall begin it. Each of you has lived through many, many incarnations within this third-density illusion, and many of you who are wanderers have lived through many, many more incarnations in other densities as well. Each incarnation, and of which we speak thousands exist, has as its purpose to learn two, or three, or perhaps four major lessons within the span of the time of your life.

Thus, if you are successful in one incarnation after another, you begin to accumulate a body of knowledge, a reservoir of information upon which



you may draw, either consciously or subconsciously, as you continue to utilize the incarnational process and learn more about your own nature as the Creator, and how you have been able to express it previously: whether you have been able to love effectively, fully, appropriately; whether you have been able to give and receive love; whether you have been able to take the larger point of view or have honed in on specific points with a laser-like beam discovering the minutest of details in one area of endeavor or another.

My friends, the entire Creation lies at your feet, awaiting your discovery of it, and as you move through each incarnation you set about doing just this: you learn all you can of the Creation about you which is indeed a reflection of your own self as you are a reflection of it, for you are One with it and the Creator. Thus, your incarnations provide you avenues through which, and by which, you may learn a multitude of lessons, almost an infinity, shall we say, of nuances, refinements, changes of direction, and balances of opposites.

This is where the process becomes quite, quite involved, for you are quite complex beings. Indeed, that is why you are called the mind/body/spirit complex, for you have, not only these three basic qualities of your beingness available to you, each of them may have various aspects that can be enhanced by the learning you accomplish in each incarnation.

Some incarnations may be more successful in the learning than others. When there are setbacks, shall we say, when that lesson which has desired to be learned is not completely learned, or other lessons come along with it, then there are what you may call, the blockages of the free energy flowing through you, for each of you, my friends, receives, as a gift from the One Creator, what may be called “energy of intelligence” or “intelligent energy” each day that moves through your feet and lower chakras and moves as it will and as it can through each chakra. However, if there are blockages for one kind of energy or another in one chakra or another, then it is that there is a bumpy flow, it is not smooth, it is not continuous, it is not able to move forward in the desired fashion. Thus there is more work that must be done, and this is the indication to the student that there are other lessons to learn in order to remove these blockages.

Each of your complexes, the mind, the body, and the spirit, is able to process catalyst that comes to it and when it is able to successfully process catalyst, that which is within your daily round of activities—as every imaginable event that you can experience in an incarnation—then this processed catalyst becomes experience. The experience then is that which can be counted upon in the future to guide you in a reliable fashion upon your journey of seeking.

Oftentimes there are many incarnations necessary to provide the unblocking of one blockage in one energy center. The process of evolution is that which takes a great deal of what you would call time, energy, effort, and incarnations.

When each of the mind, the body, and the spirit complexes have been able to express themselves in a clear delineated fashion, a fashion whereby energy moves through the chakras or the energy system of your body, of your energy body, then the energy is smoothed, or directly flowing through less impeded, until it becomes unimpeded. At this point you may consider the mind/body/spirit complex to have become fully activated or smooth in its allowance of energy to move through it.

The fully activated mind/body/spirit complex is quite rare, my friends. It does not usually occur within the third-density illusion. There is, however, a lower limit or threshold, shall we say, for the mind, the body, and the spirit to function in order to move into the indigo-ray energy center and begin the experience of what you may call joy. The indigo-ray center contains the ability of the entity to experience its true beingness, which is a being of unity made by the One Creator from the power of the Creator’s love which has condensed into light and formed the Creation as it is known, and that which is unknown as well, for the Creation, my friends, is infinite.

When contact is made with the indigo-ray energy center, then, this sense of unity begins to color the entity’s experience until it is full of the quality you may call “joy.” Various opportunities are offered for the seeker of truth to experience the joy-filled condition. When there is the opportunity presented to feel that the incarnation has been successful in its goals and intentions, there is often the momentary experience of joy knowing that the past is firmly set upon and all is unfolding as it should. This is an

inner signal to the conscious self that all is, indeed, well.

All is indeed well at all times, my friends, however, within the third-density illusion this is not often experienced as a truth, the truth of that which truly is. From time to time the subconscious mind will send the signal to the conscious mind that it is, indeed, shall we say, on the beam, hitting the mark, traveling the path successfully. There is further work that may be done for such a seeker, for if this seeker, which has begun to experience the opening of the indigo ray, can balance that energy center with the lower energy centers, over a period of what you would call time and the processing of catalyst into experience, then it is possible to release the experience as a shuttle through the violet ray energy center that makes contact with the One Creator and the entity then is able to have the fully experienced presence of the One Infinite Creator, with its attendant joy and feeling of wholeness or unity at which time the entity becomes aware in a full sense of the nature of its own being and the nature of all that is within the Creation of the Creator.

At this point, the entity desires to be of service to others by carrying out the will of the Creator in all words, thoughts and actions. This is the enlightenment experience, as you have called it, the Samadhi, the Kencho, the Nirvana. Such a being seldom, in the positive sense, desires to leave the illusion and go forward as it could well do, but wishes to return to be with those of its kind to share that which it has found after having been able to cause the energy flow through the chakra system to be smooth and free in its flowing directly from the base chakra through the violet to the One Creator.

At this time we would ask if there is a follow query to this question.

**Gary:** Not to the main question, Q'uo. Thank you so much for that.

I am Q'uo and we thank you, my brother and friends gathered here. We would ask if there might be another query at this time to which we may speak?

**Gary:** Ra describes the time/space environment as the inverse to space/time. Whereas we in space/time are immobile in time, but can travel in space in all direction; those in time/space are immobile in space, but can travel in time. Our question is: how do the

entities in time/space experience the passage of space? Is it similar to the way that we in space/time experience the movement of time?

I am Q'uo and am aware of your query, my brother.

We will attempt to make understandable that which is somewhat difficult within your illusion, for the words to describe that which is beyond this illusion are not always available in your language. However, upon the cessation of the physical body in the third density, the spiritual nature of the entity—which is the enlivening nature which is now leaving the physical body—moves into that realm of the spirit world which many have called time/space, that which is immaterial, that which is metaphysical; beyond the physical. This world has its own reality, shall we say—it's set of natural laws and qualities which are immutable. It is as rich an environment as is the one which the third density experiences at this time.

As you mentioned, within your third density you must move very slowly, as you would see it, in the river of time, accumulating a past, existing within your present, anticipating a future. Within the time/space realms, entities therein residing are able to move only, shall we say, slowly about in a spacious environment. However, they have at their disposal the eternal present, which would contain all of the times of which you are aware—the past, the present and the future, existing as villages, shall we say, upon your planetary sphere. They may be easily traveled to. The time then is quite flexible.

The space, however, contains a kind of, we give this instrument a word suggesting stiffness or rigidity, which prohibits the equally easy movement in space as is able to be accomplished in time. However, there is the ability to move, what you might call great distances by thought, if travel is desired. However, most entities feel less need for that which you would call travel to distant locations, for all that is needed for the experience of the time/space nature can be created by the mind in cooperation with others of like mind. Thus, there is no need to move from space to space when what one might seek in another place, one can create here, now, in the eternal present. Is there another query, my brother?

**Gary:** Q'uo, we, in the space/time environment, experience what we call aging as we “move” through

time. Is there a corollary to that for entities in the time/space environment?

I am Q'uo, and am aware of your query, my brother.

There is that which you call aging, however, it is much diminished in comparison to what you experience here within your third-density illusion. Indeed, within your own illusion your aging has been speeded up so greatly, because of the difficulty of utilizing catalyst, that you live but what would be considered the lifetime of a child compared to what is available to most third-density entities, that being a time period close to your millennium.

As the master cycle has moved through its experience, the population of this planet has had difficulty utilizing catalyst, for most of the population of this planet has found the need to repeat third density here as graduation was not achieved in the home planet. If you move beyond this density's illusion into the fourth density, then fifth and sixth, you may see lifetimes that are much much longer in what you would call the years. Ninety thousand years being considered the average lifespan within the fourth density shall we say. This, to you, sounds like a great span of time, but you must remember that the time moves in a different fashion within the succeeding densities to your own.

However, as each density offers catalyst of some kind to each entity within it, the processing of catalyst does take its toll, shall we say. There is a wearing or an eroding of the physical, mental and spiritual vehicles, for there is a kind of friction that occurs in the processing of catalyst. Be it ever so slow, it is inexorable and there is the need to move into other incarnations, shall we say, but which is much more easily done in succeeding densities, as there is no veil of forgetting with which to deal.

We have energy remaining for one final query at this time.

F: I wouldn't mind asking a follow-up to that. Is third density the only density that exists in space/time? And are the other densities time/space, or are there other conditions in the other densities?

I am Q'uo and am aware of your query.

Each density beyond your own third density has both the space/time and time/space qualities. It is the time/space quality within each density that allows the entities of each density to be able to

connect in a more fully functioning fashion with the One Creator to achieve a unity which allows an overview of time and space and the purpose of the entity moving through time and space so that when there is the desire to enter into the space/time realms, then there is more of a, shall we say, solidity or practicality or usability of the density that is then made available to the entity to pursue its learning and its service.

This allows the inter mixing or intermingling of that which is closer to the Creator, and that which is seemingly not as close to the Creator, a condition which allows learning to occur; for if all entities knew, without a single doubt of any kind whatsoever, that unity with all was their true nature, there would be little motivation to move forward in the learning process. Thus is the value of the space/time portion of each density.

The seventh density, however, is the density that those of Ra have called the "density of foreverness." Within this density there is the movement back to unity with the Creator and there is only the time/space quality within the seventh density.

I am Q'uo. We have apparently utilized this instrument's energy to its completion for the nonce. We would therefore suggest the closing of this particular session of working. We are most grateful to each for having called us to your session. We are most gratified to join you in your love and in your light, that which you produce by your very beings in your daily round of activities; that which, when you join in a circle of seeking such as this one, produces a great brilliance of light that reaches far into the heavens and is noticed by many who are appreciative also of being able to see this love and light emanating from this weary world of yours which seeks so diligently to become able to move into the fourth-density illusion which beckons.

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



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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 6, 2016

**Group question:** Q'uo, since this contact resumed after a four-year hiatus, we at L&L Research have received questions from readers abroad regarding the transition from third to fourth density that is purported to be occurring now. As you and the Confederation have made a recurring feature of this topic in your message, both in your narrow- and wide-band channelings, we presume that you want spiritual seekers on the ground to know about the density change.

Today, therefore, we have two simple questions for the main portion of this channeling:

- 1) Where in the process are we with respect to the transition from third to fourth density, or as you call it, harvest? And as an extension of that question, how does this harvest relate to or how do we relate to it in terms of our spiritual evolution?
- 2) As precisely as you are capable of speaking within the limits of this contact and the limits of free will, how will this transition into fourth density manifest in the collective space/time experience we call everyday life?

*(Jim channeling)*

I am Q'uo and greet each of you in the love and in the light of the One Infinite Creator. It is our great privilege this afternoon to greet each of you, for we have been called to your group by your seeking, each of you as an individual entity and together, as a group of entities, all seeking the light of the One Creator to shine upon the path upon which you

walk, to bring more clarity to that path, while understanding as much as can be had in your density of experience, for there is so little that is clearly known there, and yet love reigns supreme, and light leads the way, and unity is the foundation upon which you stand.

We will ask you, as we always do, to use your own discrimination for those words and concepts which we offer to you, taking those that have meaning, leaving those that do not. We do not wish to be a stumbling block for you; we wish to aid your journey, and if you would do this for us it would be a great help to us in sharing what we have to share with you, for we are not to be seen as the ultimate authorities. We, as you, seek the One with every fiber of our being and are happy to share what we have learned upon our journey with those such as yourselves.

This afternoon you asked about the harvest upon your planet earth, that great time when souls are able to be graduated from the third density, that density of conscious choice-making, into the density of love and understanding, as many have called it. Those here, of course, are interested in what might be termed "the positive harvest," that harvest described by serving others more than serving the self, for that is all that is necessary my friends, is that you serve others more than you serve yourself. With that simple choice made, much study and learning is possible, within the great reaches of the fourth density that is now surrounding and imbuing your planet and its population with the energies of all

compassionate love. Those entities who are able to experience and express this love in their lives are those which are making themselves available for this harvest, and indeed the planet itself shall be harvested into the fourth density, for it, as an entity, is progressing as well.

You ask what is the progress of the harvest for this planet and its population at this time, for many have been the predictions of this great event throughout the history of your planet. Indeed, the one known as Jesus the Christ said that there were those among his group that would see the harvest. The harvest is that which begins first in those minds and especially in those hearts that are prepared to welcome and enjoy the vibrations of love and understanding. Thus, there are many who have been able to harvest themselves into the fourth density positive over the last few thousand of your years, and they, at this time, are preparing to welcome their brothers and sisters of the greater population of planet earth that will be harvested at the, shall we say, striking of the hour, on the infinite clock of destiny.

Your harvest is that which has begun. Those entities now passing from your illusion, through the door that you call death, are walking the steps of light to see if they have the ability to walk and enjoy the brighter light that is a significant portion of the fourth density experience. As these entities move into this light, they move as far as is possible without the light becoming too glaring. When it is too glaring to continue, they step aside, and notice whether they have passed the boundary, shall we say, of the third density into the fourth density. And those who have become as the gathering choir that sings the glorious "Hallelujah" to the One Creator welcome others who also pass through the doors of death only to be reborn into the love and light of the One in another illusion, a grander illusion more densely packed with light, with love, with understanding, with cooperation, with community, with a joint effort towards further seeking of the One Creator.

Thus, in this sense your harvest has begun, but we realize that you mean, when shall it be complete? This, my friends, is that which is the question for all entities who observe now the little planet earth upon which you dwell, for there is much confusion within the populations of your planet at this time, and there is the free will of so many entities, cultures and

nationalities, creeds, religions, sects and so forth, that see this great time, each through individual eyes, though all share the feeling, the desire, the promise of the One Creator to welcome the children home to a grander home, a more loving home, where all are welcome eventually.

We are aware that you have information that suggests there is a great span of time in your measure that may be the potential experience of the last of the third density and the complete experience of the fourth density. This time measurement, reaching upwards to six and seven hundred of your years, is still a possibility, though there are factors of free will of the great masses of peoples upon your planet to consider.

There are, at this time, many entities and group such as this group that work to increase the harvest in a geometric fashion. You are aware of the concept of the doubling which those of Ra spoke of. When there is one who seeks, that is enough to be the cornerstone; when there are two that seek the One in a successful manner approaching harvestability, there is the doubling; and the third continues to double and so forth, until there is what you may call a "critical mass" reached for your planetary population.

This mass is that which approaches in time/space and its analog of space/time so that there are many who will find that they are able to partake in this harvest, if not in the current incarnation, then in the one succeeding, for it appears now that with the best efforts of all of those teachers and guides, students and helpers, with the birth of this planet that there shall not be more than two additional incarnations necessary for the completion of this harvest.

Realize my friends that the free will of your planet is most difficult to predict for there are forces moving from ancient of days that would work against such harvest, those entities of a darker variety which seek in their own manner to be harvested by controlling the light of this harvest. And yet they shall fail, for the legions of the service-to-self entities will have only a short day where they shall reign supreme and then their day shall be over, and the light shall shine, and the harvest shall be complete. And those who seek service to others shall find a new fourth density home upon this planet, for this planet shall be a fourth-density positive planet, even with all the seeming darkness, strife, wars, control and negativity

that have plagued this planet for thousands of your years.

Thus you may see that though there are difficulties ahead, the difficulties shall be surmounted. All compassionate love shall find not only its day, but its cycle upon this planet, and this planet shall be as bright as a star in the heavens of a new creation.

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

*(Steve channeling)*

I am Q'uo and am with this instrument. We would, at this time, speak to the question of the meaning of the harvest, by asking you to begin by taking a step back and to inquire into who it is and what it is that will be the subject of the harvest.

In one sense, the question of the who is very easy, for it shall be you. But who are you? If we use the term in its collective sense, it includes not only the individual mind/body/spirit complex, but also a great many other mind/body/spirit complexes who have come together in the unity of a one seeking, and who together comprise a kind of energy configuration which expresses what we might call a certain signature of being.

Now this signature is a product of the unique evolution of mind/body/spirit complexes in their union that takes place over the course of long periods of time and, in fact, upon this planet, we would say that it is a period which has begun far earlier than your third-density experience, and will continue far after the third-density portion of the experience has been completed. Thus, we might speak of a destiny of evolution which it is the function of each individual planet to carry forth that this destiny might become an adornment to the Creator, and an honestation to the creation.

Therefore, you can see how it is that it is not simply a case of each individual becoming harvestable—for those friends and associates of yours which you might hope will become harvested with you—but there is a certain responsibility which all share to the redemption, if you will, the salvation or perhaps a better word is simply the completion of an evolutionary cycle upon your sphere.

It is of great interest to all of those around your sphere who, have for a great many of your

generations, looked on and encouraged those upon your sphere to continue their evolutionary striving. The interest is in having a portion of the creation come into the fullness of its realization. And those who monitor and aid the progress of your incarnative cycles from a standpoint in the time/space portion of your space/time continuum, have encouraged this process to the very limit of their ability, recognizing at all times that evolution is indeed, as we have said, a function of free will.

Now it happens that upon your planet there will be some who do not make the harvest and, in fact, the total is likely to be substantial. We say this with some degree of sorrow because, in fact, it is the hope of all who begin an incarnational cycle that they will be able, at some point during the process, to reach a level of spiritual development which permits them to go to a further stage, and those who have had to repeat the third density, and in some cases to repeat it more than once, and find themselves looking at a very real prospect of repeating it yet again, can begin to feel a certain despair in recognizing that the final reach into the fourth density is still a little bit beyond their reach, a little bit more of a stretch than they can, at this time, accomplish.

Now it does happen that sometimes advancement can take place rather quickly, and the guides that ward the process are very much aware of this, and are in attunement with any prospect which gives hope that larger numbers may indeed achieve the harvest.

The reason that it is important to aid every last soul whose yearning merits hope that harvest may be nigh, is that every soul who has participated in this planetary experience is a portion of the destiny that this experience strives to achieve. [Each soul] carries with it a portion of the secret of creation itself, and has the promise of bringing to the Creator information which can be got in no other way.

This planet, my friends, is unique, and it is unique in ways that not every planet at the point of its movement from third to fourth density has been unique. In particular, it has featured a certain set of balances between the forces of positivity, as we might call them, and the forces of negativity. This is one of the reasons why your planet has been of great interest to both sides of the evolutionary process, the positive and the negative, and why what you might

call a contest, or tug-of-war in the heavens, has unfolded for many of your eons in the past.

Those who have been through the trial by ordeal, as we might call it, where they have been required to sift through a significant portion of their experience that is seemingly tinted with the signature of negative energy in an attempt to turn and allow the negativity to feed into a system in which positivity arises as a result. Those who have been through this process, we say, will have to offer to the creation a particular kind of view, the particular strength of spiritual being, that those who have evolved in a more harmonious context can but little appreciate, but are learning more and more to understand the significance of.

And so it is that the creation itself is at present divided amongst those in the higher densities which are still seeking along a path of the negative and those which are still seeking along the path of the positive, and between these two there is a struggle, a contest, but at some point this contest will need to be resolved. It is our conviction, and the conviction of all those who have sought their seeking along the lines of positivity, of love, of compassion, that it is love and it is compassion which in the end will embrace even its opposite, and that the polarities will inevitably be recombined in a glorious union which will speak in the most eloquent and the most searching ways to the Creator of the nature of that Creator, which nature is continually being plumbed, which nature is continually being queried by the Creator itself.

Now, your planet stands at a crossroad. It is quite clear that the largest number of those who have come to the cusp of the harvest and who look to be able to cross over the threshold into fourth density experience will be of the positive vibration.

Therefore we can say that this planet, in fact, will be a fourth-density positive planet. There will, however, be a certain number of entities which will be harvested from this planetary experience into the negative register of the creation, and these, not finding a home to their liking, so to speak, on this planet, will have the opportunity to pursue their further evolutionary development upon planetary spheres which have already as a group, polarized to the negative.

What is interesting about those souls, those complexes of mind, body, and spirit, who grow

upon this plane, is that they will have had experiences in relation to the negative focus of energy which is what we might call “up close and personal.” They will have had intimate experience in transmuting negative energies in some cases of a rather high order into a positive manifestation, and it is this experience which will give them a certain strength, a certain insight, a certain vibratory character which will be very gladly received by their brothers and sisters of other planets, of other densities, which will be then given the opportunity to explore dimensions of the creation that have previously not been available for close inspection, shall we say.

It is for this reason that it is a rather significant point to consider that your planet has a destiny and a continuity of development from the past which it has experienced in third density, to the present and to a future which most assuredly will be fourth density positive. Those souls who will be invited to come into your planetary experience from other sources—and will be so invited because there will be the availability of “slots,” shall we say, in your population which will not be able to be filled by the native third-density population, there being a lack of those harvested to fill these “slots”—these new souls will be given the honor and the duty to fill out a destiny which will involve a trajectory, or a momentum, and will involve cultural forms which have been in the process of being developed over a long period of your years.

Now to be sure, once fourth density is in full flower, the transition to new cultural forms will be rather dramatic, and it will be as the difference between night and day with regard to many of your institutions, many of your cultural traditions which will undergo such transition that they will be hardly recognizable. But we do call your attention to that word “hardly” or “almost,” for it is important that there is a reach back into your past, even as there will be a reach forward into your future, and that it will be this planet, it will be this population which gives the intimate, the secret focus to a pattern of development which will flow into your future. It will be earth energy which moves into earth fourth density and that energy will not be started anew in fourth density, rather it will be continued, even as it is the case that your third density continued from the second density experience of the higher animals upon your earth plane.

Now this continuity is something that does not simply happen by itself. It is the function and responsibility of those upon your planet that are currently incarnate to make every effort to engage in the most eloquent way possible with the cultural forms currently alive on your planet so that these forms may have a life moving into a fuller destiny, that they may have a future experience that brings them into a condition allowing fourth density to grow on a soil which has been prepared.

The principle reason that wanderers have been allowed to incarnate is undoubtedly to raise the number of those which might meaningfully aspire to be harvested. But of almost equal importance is this preservation, continuation and further flowering of the planetary consciousness, if we might call it that, which also constitutes a kind of unity, and which also expresses many of the difficulties and vexations that you, as individual mind/body/spirit complexes experience each in your own way.

When you gather together in groups such as this, you are doing more work than simply the work of your own destiny as an individual; you are doing work which aids in the planet and in its aspiration to a future which will be fourth density, will be positive, will be an ambiance of love in which the veil of consciousness will, little by little, fall away. And souls which have, for a considerable period of your time, found themselves groping in the dark, will now find themselves standing in the light.

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 lain in darkness that we commend you. We commend you, my brothers and sisters, to the effort to give birth to the earth that is not yet been but is very soon to come.

We are those of Q'uo and we leave you in the love and in the light of the One Infinite Creator and return from this instrument to the one known as Jim, to discover whether we may address ourselves to further queries. I am Q'uo. Adonai, my friends, adonai.

*(Jim channeling)*

I am Q'uo and am again with this instrument. It is our pleasure to offer ourselves at this time for any further queries which those present may have for us. Is there another query at this time?

**Gary:** Q'uo, I have a query for you. It is regarding the discrete boundary between densities. Prior to asking the query I am going to make four references to The Law of One material where Ra describes the sort of boundary:

1) In 9.4 Ra is discussing how the intelligent energy cycles the densities, and they say:

“This intelligent energy offers a type of clock. The cycles move as precisely as a clock strikes your hour, thusly the gateway from intelligent energy to intelligent infinity opens regardless of circumstance on the striking of the hour.”

I read that as them saying regardless of what is happening on the ground on earth that door opens due to the striking of the clock.

2) In the second reference, 13.23 Ra says: “The fourth density is, as we have said, as regularized in its approach as the striking of a clock upon the hour.”

3) In 40.11 they say: “The nature of quanta is such that the movement over the boundary is that of discrete placement of vibratory level . . . .”

4) And then finally in 63.24, the questioner is asking about the fourth density, and says: “Then as the fourth density sphere is activated, there is heat generated. I assume that this heat energy is generated in the third density sphere only. Is this correct?”

Ra says: “This is quite correct. The experiential distortions of each dimension are discrete.”

So here are four different instances where they talk about this “discrete boundary.”

My question is in two parts: 1) Is that discrete boundary ahead of us or behind us; and 2) if ahead of us, what happens on earth in our space/time environment when we reach that moment of a discrete boundary?

I am Q'uo and I am aware of your query, my brother. The time of the passing of the earth into the fourth density cycle of experience occurred in that time period that many were speaking of for a great period of your time before hand, that is, the year 2012. In this year the time/space beingness of your planet became completely of fourth density nature, however, the space/time portion of your planet has been somewhat, shall we say, confused and laggardly



in the collection of entities and their ability to make what you would call, the graduation, to point the needle of the compass in a solid and discrete fashion.

Thus, our suggestion that it would take approximately two additional incarnational periods, that incarnational period each being somewhere between 70 and 80 of your years, before the space/time continua was able match that of the time/space graduation into fourth density. Thus, you will see that there is some period of, shall we say, cleaning up of the mess that has been made upon your planet by the cultures that cannot seem to find a way home. This is the group of entities that will, in all likelihood, find it necessary to repeat the third density space/time master cycle of 75,000 years upon another third density planet.

Is there a further query, my brother?

**Gary:** It sounds to me, Q'uo, as if you're saying that we crossed that boundary moment. According to what Ra said, the gateway to intelligent infinity opens at that moment, but you went on to say, however, that we're essentially slow to catch up, and/or our energies, our collective vibratory situation is not matching the opening that was made available at the boundary line.

So what would happen then—it's a puzzle to me because it seems that door opens regardless of what's happening on the ground in space/time. So what would happen if we, in space/time, did not, as you just said, clean up the mess at the opening?

I am Q'uo and am aware of your query, my brother. There are those entities who are available for the assisting of your planetary population in the movement across the boundary in the space/time vicinity of your third-density experience which is now been in movement, shall we say, for at least 70 of your years. The precision of the striking of the clock upon the hour is somewhat difficult to describe to you in the ultimate sense of the time/space qualities of your illusion, for what seems to you to be a great portion of time, be it, 50, 60 or 100 of your years, is, in the larger perspective, but the eye blink of a moment. The striking of the clock upon the hour cannot be taken as literally as it is taken within your third-density illusion, for as you see, upon the microscopic level. The third density moves into fourth density upon a grander

perspective, a level of experience in which time is expanded and space does not play such a great role.

Thus, there is the opportunity that shall be taken by all entities upon your planetary sphere to, as we mentioned, clean up the mess. There shall be those guides that will make themselves apparent to the third-density population in one fashion or another—perhaps as incarnated entities, perhaps as a movement within various portions of your third-density sphere within various cultures, religions, sects or nation states, so that there shall be efforts made too, as you now attempt to clean up the environment, to clean up the metaphysical environment as well.

In other words, there are great strides being made at all levels of your planetary experience. There are evidences of various kinds of fourth-density manifestations each day within your illusion. The indigo children, for example, are those entities who have incarnated within the third-density plane at this time who have been able to successfully graduate other third-density planets, and who have found it a great opportunity and privilege to be incarnated here at this time to aid in this transition and to become what we shall call “systems busters,” as we have heard them described, that are able to make new arrangements to deal with the various problems that are seen upon your planet to be retarding the process of the movement into fourth density in the space/time portion of your planetary experience. These entities shall find their ways into various places of what you would call “social, political, economic power” to be able to have their influence and effect after the great dragon of negativity has met its match and its tail will thrash no longer.

Is there another query, my brother?

**Gary:** That clarified things for me, thank you so much, Q'uo. I do have one final brief query. At the moment that the discrete boundary is crossed in our space/time experience, and the opportunity for harvesting is no more upon the planet, and third-density life is no longer available, (at least for a short time upon this planet), at that moment, what happens to those entities still incarnate within third density.

I am Q'uo, and am aware of your query, my brother.

In our former response we were attempting to suggest that these entities shall have been able to

make the movement through the, shall we say, process of graduation, and shall determine for themselves the need to repeat the third density cycle upon another third density planet.

We have energy enough left for one or two short queries.

F: As a follow-up to the explanation of the time lag where fourth density has entered, we've entered fourth density in time/space, but there's the time lag of space/time catching up. Will those of us living in this time period—are we able to see the manifestation of the light and the energy of fourth density in ways, not only just in social changes and other changes, but like in earth changes and things like that?

I am Q'uo and am aware of your query, my sister. This is correct. There are many changes occurring upon your planetary surface at this time which are obvious to the beholders of the experience—those changes of the tectonic plates, the planetary surface releasing heat, the abilities of entities within various portions of your planet to perceive the movement of energies and to use these energies for the benefit of those about them and for the planet itself. These are a portion of that which shall be experienced and is, indeed, being experienced at this time, for within your third density there is a great deal of the movement of entities, of energies, of ideas and concepts so that it seems like this is a world in turmoil.

And from an outer point of view it may indeed seem such, but we would suggest that upon the metaphysical level of the inner planes of your planet, this type of turmoil is seen as that which is the bubbling of the yeasty fruitful mixture of various entities and ideas so that from this cauldron of experience will be brought forth that which you would see as light, that which you would see as a direction for energies to be experienced, a direction for the intelligent energy of the Creator to move in discrete patterns, in patterns of organization, in patterns of inspiration, in patterns of ability to excite the imagination of entities to look beyond that which is now present in their conscious minds to bring forth that which is within the subconscious mind, to have a birth of a new kind within each entity; for you will see that there are many upon your plane now who seek spiritually in a sense which has not been experienced in times past. There are

many who are seeking diligently and passionately for an experience of the One Infinite Creator.

When these entities are able to bring forth this intelligent energy and intelligent infinity into manifestation within the third density, you will see more of what you would call the miracles, the changes of consciousness, the transformations of people, of places, of events; there shall be that which is momentous within your earth spheres. This time is here now; this time shall continue—there is much happening that is not reported for it is not that which bleeds, thus it does not lead.

You will find within your illusion, much of inspiration if you but seek for it within your meditative state. We would encourage, as always, that all entities engage in the meditative period as often as is possible, for there is nothing more helpful or hopeful in your incarnations—and for this planetary surface and future as it transforms into fourth density—than the connection in the metaphysical state and the meditative state to that One Creator which resides within all things. That is the core of the belief of all entities who seek now to aid this planetary entity in its transformation and its population in the same. Is there another query, my sister?

F: No, I'm so grateful, thank you.

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

*(Long pause)*

I am Q'uo. As we perceive the silence we shall assume that the queries are exhausted for the night.

We would thank you my friends, once again, for calling for our assistance this day. When you do so, you pay us a great honor, for it is the way we serve those about us to answer the calls of sorrow from our brothers and sisters upon this planet. We know that you all wish with all of your hearts, souls, minds, and being, to be a part of the great change that is occurring upon this planet, and we assure you that you are, indeed, part of that change. This is a change which is becoming available to the eye of the beholder yet it is already available to the heart and to the soul, to the spirit of that which exists in the metaphysical levels. It is becoming that which is physical.

We encourage you in your meditations to send light and love to the planet itself, and to all who are in need of such, for it is the call of sorrow that brings us here—the call of that which is in distress, for it is much liken unto a part of our own being that calls for assistance. We answer that call as we would take care of a stubbed toe, a sprained wrist, a blackened eye, for all of these are signs of a battle well fought, a battle that is indeed within each heart and mind, and can be shared with those about each, for you are one with all about you, are you not? The One Creator exists in each and is making itself manifest in each in some fashion. The eye of the beholder is within the mind of the meditator. When your eye is single, your light shall be filling your body, and shall be that which leads you to the One Creator.

Again, we thank you for inviting our presence this day. We are those known to you as Q'uo. We leave each of you in the love and the light of the One Creator in which we found you and hope to find you again, my friends. Adonai vasu boragus.



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## SATURDAY MEDITATION FEBRUARY 20, 2016

**Group question:** Our question today has to do with the Creator's will and individual free will. How do we reconcile the idea that we are individual portions of the Creator, imbued with free will when, as crystallized beings of positive polarity, we are said to be performing the Creator's will?

*(Jim channeling)*

I am Q'uo, and we greet you in love and in light this day. As always, it is our great honor and privilege to be able to join your circle of seeking. We thank you for inviting our presence. We would, as always, ask that you use your discrimination for each word that we speak so that we may speak freely without worry that we shall infringe upon your free will, for indeed free will is that which we are here to discuss today, and we wish that your free will remain intact.

As you consider the concept of the One Creator, before creation was begun, before it was, you have neither light nor dark, shape nor shadow, time or space, you have infinity. This infinity is all that there is—there is nothing else.

Within this infinity—a vastness in every respect that you could consider describing infinity—there is somehow that first movement into a state of beingness which you could describe as being aware. This infinity then has begun to differentiate itself in a manner which is beyond understanding.

However, it is impressed upon us by our teachers that this infinity became aware of what you would call a desire, or a will. A concept was born then, that

became what you would call a paradox or a distortion; a movement away from the completely unified nature of intelligent infinity. This concept of the will, that is exercised freely, then became interested in what it would be like to become more than it was. This was a contemplation of self; a determination by an intelligence within this infinity that there could be more than there was at this moment; that there could be an exploration of the nature of this infinity that is aware, that has a will, and may exercise it freely.

Thus, there was the creation of what you would call the one infinite creation; a reflection of the Creator, and yet different from the Creator in that there was *many*, an infinity of many; because of the Creator's ability to consider the many, and to create the many, and to imbue each portion of the many with the same will, freely given and able to be freely exercised; that each portion of this Infinite Creator, this intelligent infinity, thus the creation, in its most primal form, was born; so that throughout what you would call the infinity of universes or creations, there were those entities that reflected the nature of the Creator.

These entities were what you would call stars or Logoi. Each Logos then had the ability to reflect the Creator's infinite nature, and to pursue an investigation of the nature of the Creator as being infinite, as being intelligent, and as exercising that intelligence to discover more about itself—more than it was.

Each Logos then was also free in a similar fashion to create further extensions of the nature of intelligent infinity, and further extensions of each Logos' self. The quality of being contained the unity of all within each portion of itself, so that throughout this infinite universe of Logoi there continued the exercise of free will to discover more and more the nature of the one creation, so that each Logos was able to create about it the equivalent or analog of itself in the form of what you would call planets revolving about each Logos in a certain circumscribed orbit—or relationship to the Logos and to each other planet, and in a less discernable fashion to all other Logoi and planets, and indeed the One Infinite Creator, or intelligent infinity, for we are still in an unified creation.

Further individualization of creation occurred. There were, upon each planetary sphere, the entities of earth, wind, fire and water, imbued with similar consciousness of self and the accompanying freedom of will. These being foundation characteristics of each portion of the one creation in its individualization to what you would call smaller and smaller reproductions of intelligent infinity. Thus, the process of evolution began to take place as the consciousness of the smallest amount of earth, wind, fire and water began to teach each other how to become sea, river, mountain, land, air that blows and burns incandescently in an untimed or timeless state. Thus the creation has begun, and within this creation, then, there is the movement of consciousness along an upward spiraling line of light from one level of vibration to the next.

At this time we would 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. We would begin our communication through this instrument by asking this instrument and those here in attendance to place themselves within this upwardly spiraling light and to ask themselves who it is that is the one thus spiraling, and also to whom the spiral tends or goes.

My friends, the answer to the question in both instances is that it is you. It is you whose seeking enlivens the spiral with its livingness, its intention, its desire; and it is you who receives this intention, this desire as a gift. It is the gift of that which you

call life, it is the gift of that primal movement which, coming through you, has its origin at a point beyond you, and has its destination at a point that also seems to be beyond you.

But you are constituted, both as whence and whither, within this bifurcated beyond. So it is true to say that you are both the created and the Creator. It is true to say that as the created you bear that which is your own, and if you wish you may call this your will. But it is also true that as the Creator you participate in that unlimited condition we have referred to as infinity, and infinity has to it intrinsically no limit that one would call a specific will. Yet, will that constitutes itself in the vast complexity of the creation, and that sees itself in distinction from other wills beyond count, wants always something more, wants always something unified, wants always something beyond limit, beyond count: wants infinity.

The point of difficulty for creatures aspiring to advance along the line of spiritual evolution is the question of discernment in which a determination must be made concerning: what of the desire to evolve belongs to mere creatureliness, the mere circumstances of the seeking of the individual, and what belongs to that which calls *to* the seeking creature, that which calls forth from the seeking creature, that which will fulfill the terms of the seeking.

Now, to put the matter in this way seems at first glance to be not very helpful because one does, after all, want to seek better, and one cannot begin to conceive what "seeking better" would be without a clearer conception of the criteria according to which better may be discriminated from worse. That would seem to imply a judgment about what is worse, and dependent upon that judgment a conception of what might be, by contrast, the better. Lacking any clear conception of what the better would be, one is merely left with a sense of the inadequacy of the present state of one's being. Thus, the great spiritual aspiration continues and, my friends, we would say that it continues well beyond the level of third-density seeking into fourth, into fifth, into sixth, and, we are increasingly aware, beyond.

One does not have a perfectly clear conception of the destination of spiritual seeking. And lacking that one cannot say what it would mean to satisfy the criterion of clarity in seeking such that one could put

a concept to the notion of what the Creator's will in itself might be.

However, when you reflect upon all those many desires you have experienced in your lives, and when you have come to realize that desire upon desire has issued in more desire and more desire yet—and in such a way that it sometimes becomes clear to you that there is within the life of desire a distinction that emerges, cloudy at first but clearer as it goes, that some desires are more capable of eloquently expressing your beingness, more capable of finding pathways to creative expressions of that beingness—you can feel the beingness you are learning to express is less and less limited, more and more inclusive. You can begin to think of a trajectory of seeking that allows the will you are learning to channel from those root sources of your being to find a home or a destination that seems to converge with more eloquent expressions of what it means to be will.

And one finds joy when will learns to converge with other strands of will it finds in its immediate proximity. And one finds in this joy that one is spurred on to higher and higher aspiration. At some point it becomes possible to think a thought that seems to suggest a will that would embrace all possible wills: that is a thought, we would suggest to you, that one may call the Creator's will, or, if you prefer, creative will itself, or perfect creativity in will.

And so one may then reflect back on all of the loose strands of willing—all of the stray and often lost desires that collectively mark out the life experience as you live it in this particular opportunity for living that has been afforded you in the incarnation—and you may give to yourself the gift of realizing that there is unity possible.

There is, my friends, in desire itself, a *nisus*<sup>1</sup>, or an instinctual striving for unity. Love may enjoy the name of this unity at the point at which desire has found its direction. In many cases it would seem as if this direction takes the form of a specific object of that love, takes the form of the beloved. There are many things to love, and it is easy for the soul which is learning to find its way, to flit from flower to flower, so to speak, somewhat harder to discover that there is within a single flower enough reflection of the infinite to occupy a lifetime. One looks into the

eyes of the beloved and what does one see but the Creator looking back at one. When the Creator looks back at the creature, the creature may begin to look creatively back at the Creator.

My friends, we would suggest to you that this is the golden moment. To the best of our ability to state the matter, this is the purpose of the creation: that the Creator be given the opportunity to gaze upon itself from a point of view that seems to be not originally present to the self. There is in this thought a depth that we have not plumbed, but there is in this thought a profundity that we have found most inspiring. Therefore, we will say to you that the question that you have posed today is one which is inexhaustible and which must be seen as relevant to the mystery to its very core.

The will of the Creator, the will of the creature, are, from the standpoint of the creation, ultimately not just two, but one; not just one, but two. We are aware that this is likely to be not a completely satisfactory answer, but we are also aware that when it comes to explaining the mystery of the creation, no answer can be completely satisfactory.

We are those of Q'uo and we would return to the one known as Jim in order to further address any queries that may remain upon the minds of those here. Adonai, my friends, Adonai.

*(Jim channeling)*

I am Q'uo and am with this instrument once again. We thank the one known as Steve for his fine service this afternoon and we would ask those gathered here if there might be a further query to which we might speak.

**Gary:** Q'uo, you said of infinity that it discerned a concept which included the notion that there was more than it was, or that it could explore more than it was, and that it could engage in a contemplation of self. Thus was born through free will the creation.

A metaphor struck me that might help this situation make sense to our third-density minds and I would like you to comment on that metaphor. It's almost as if creation is a daydream, or an act of imagination in the mind, so to speak, of infinity. Not precisely imagination or daydream as we might perceive it, but a self-animated daydream where each part within the daydream is invested with free will to choose its manner of exploration of many-ness, and

<sup>1</sup> *nisus* (noun): an effort or striving toward a particular goal or attainment; impulse.

its manner of awakening from the daydream to the truth.

In other words infinity initiates the daydream, and the daydream itself runs its own show, with each of its parts ending the daydream when it is ready and able to do so. Maybe similar to authors who write fiction where their characters kind of come alive and take on their own personality and their own course within the imagination of the author writing the fiction. Can you comment on this metaphor?

**Q'uo:** I am Q'uo and we can, my brother, and would be glad to do so. We find it is an apt metaphor that indeed the creation can be seen as a kind of dream. However, it is not that which fades or dissolves with the coming of the day and the night in the cycles of both. For there is within all the creation—whether the entities of which we speak are large, such as the Logoi; smaller, such as yourselves; or even microscopic in your reality—each energy essence has not only free will, but has a duration of, shall we say, time through which the energy it has been invested with may be expended upon its own particular journey of seeking the One Creator from which it sprang.

Thus, each portion of the infinite creation moves in a cyclical fashion, a kind of rhythm, if you will, so that there is the ability and opportunity to expend the given energies in the process of expressing its own individuality, and then in blending that individuality ultimately with the One Creator once again, so that it is offered the opportunity to exercise its free will in any fashion which it chooses.

However, it is also the case that as an infinity of expressions are created by the infinity of entities in the creation, there is a pattern that is traveled through the densities so that when the spirit complex is added to the mind and the body in the third density experience, it is at this point that what you have called the giving up of the freewill of the small self to do the will of the Creator becomes a possibility.

And each entity which moves beyond the third density has, in some fashion, made this, shall we call it a trade, or an exchange, or an amplification, or a differentiation of the individual will given to it by the One Creator to once again then travel back to the Creator in a fashion which could be seen as an exercise of the will of the Creator.

Paradoxically, is there any other will to exercise? Thus all does begin and end in mystery.

Is there a further query, my brother?

**Gary:** That was excellent, thank you, there is a further query, probably one of the single-most impossible questions to answer, and that's the question of *why*.

There is this infinity which can't be defined because it is everything, there is nothing outside of this infinity against which to compare it. This infinity discerns a concept and decides to create this vast illusion—intricate beyond our understanding, with its own internal systems and rules and illusions of space and time and entities, and yet it is an illusion; the infinity is [in actuality] whole, complete and perfect. It cannot be enhanced; it cannot be diminished; yet it creates this dream.

Mystics say of the reason for the dream is that it is sort of play, or pretend, even. Ra says that the Creator desires to know itself. Can we plumb any more deeply into the why of creation?

**Q'uo:** I am Q'uo and am aware of your query, my brother, and we appreciate the thoughtfulness which has gone into it, for you are, indeed, delving deeply into the very fiber of the One Creator, and the creation. We would take somewhat of a small issue with you, however, in that when the creation was made, it was made in order that the Creator could know itself, could have an enjoyment in doing such, being playful as it is, but also with the hope that it could be enhanced, for this is the great desire of the free will within the Creator and within all of its portion in the Infinite creation. It wishes to know what free will can be able to produce, shall we say, by each of the portions it has created.

How can it become more differentiated when free will is given to an infinite array of entities? For if there were no creation, and only the intelligent infinity remained, and it was unwilling to do more than be, perhaps it would be infinitely bored. But, being playful and curious and intelligent, the One Creator made that which we call the infinite creation in order that there might be, as you say, the Maya, the game, the play; and in this play, all would be actors upon the stage at all times, and there would be many storylines, many experiences beyond imagination; and thus the Creator would learn, being the curious being as it is.

Is there a further query to which we may speak, my brother?

**Gary:** When one attempts to think about intelligent infinity, there aren't really positive concepts that can be applied; one runs up [against] the need to speak in negative terms about intelligent infinity. Intelligent infinity has no space to it, it is nowhere; it has no time to it, it is not young or old, it is no when; has no boundaries, it has no limits; it has no beginning, no end; it has no qualities; it has no subject and object. There is thusly no way to know it, for to know something is to compare it against something else.<sup>2</sup>

Is there anything meaningful that can be said about what this thing, this intelligent infinity, is; what it was doing, so to speak, prior to its discerning of a concept of free will?

**Q'uo:** I am Q'uo and am aware of your query, my brother. It is true, as you say, that the Creator, the One intelligent infinity has none of those qualities, but, paradoxically, it is also true that it has all of those qualities, for it creates them, and what was it doing before it created them? Nothing but being.

Is there a further query, my brother?

**Gary:** A final query, Q'uo. This has been most illuminating, thank you. About being, you said: "What was it doing? It was being."

Of what Ra calls intelligent infinity, mystics say that it is the I AM, and that is really all that can [ultimately] be said about it: it is *is-ness*, it is *being-ness*. Is there anything more meaningful that might be said about what beingness and isness *is*?

**Q'uo:** I am Q'uo, my brother, and we would suggest that each entity, be it the mystic or the simple seeker within third density that has yet to expand its mind to include such queries of which you ask, may at some point approach an understanding of the One Infinite Creator. At some point, each individualized portion of creation shall experience the sacrament of the fully experienced presence of the One Infinite Creator and then shall be able to answer all of these questions for itself. That is the mysterious journey upon which each of you, and all entities, are engaged at all times, whether consciously or subconsciously. This is the play, this is the game, this is the one

seeking the One through infinity and finding the One within the self.

Is there a final query at this time?

**Gary:** Q'uo, I will take this opportunity then and ask: is it possible that the intelligent infinity may end, or conclude this particular experiment that started with three distortions—free will, love and light—and move on, so to speak, to a new experiment with new distortions that may be beyond any possible conceptualization of our minds?

**Q'uo:** I am Q'uo and am aware of your query, my brother. Indeed, there are portions of the One Creator, various Logoi throughout the Infinite creation which, as the various densities or octave of densities condense into what you would call the "black hole" have done just as you have supposed would be possible, and further creations differing from your own are in motion, shall we say, at this time, and are enough at variance from what you've experienced that the intellect and the imagination would be staggered at their experience.

We thank each entity here within this circle for partaking in this wonderfully robust and exciting series of queries and questioning, and sharing and extending the self beyond the normal limits which has occurred this afternoon. We are most grateful to you for requesting our presence. We find these times of joining our energies with yours to be most exhilarating and meaningful for us, for this is our way of being of service to the One Creator in each of you.

At this time, we shall take our leave of this instrument. We greet each of you in the love and in the light of the One Infinite Creator. Adonai, my friends, Adonai Vasu Borragus.

<sup>2</sup> The questioner recognizes that speaking of the One in negative terms only is still a subtle form of dualism.





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## SATURDAY MEDITATION MARCH 5, 2016

**Group question:** Our question today deals with the idea of pre-incarnative planning and people experiencing the catalyst they need to learn their personal lessons. How can we reconcile the idea that people experience what they need for their personal growth with our desire to serve and relieve other souls of their suffering? Is there a line between allowing people to learn their lessons versus attempting to relieve a person of their suffering?

*(Jim channeling)*

I am Hatonn and come in the name of Jesus, the Christ, to speak through this instrument and we are most grateful to be invited by your group this afternoon.

We have been chosen to respond to this query, for it is one which deals with our specialty, which is the quality that you call love—unconditional and all compassionate love. We feel that this is a most salient query, for it is one which each of you deals in a daily fashion with all those about you; for, my friends, each of you is one which has pre-incarnative choices, and which has made these choices in order to learn certain lessons within the life experience.

There are, for all entities, confusions that occur during the life experience that make the perception of the pre-incarnative choices a difficult feat, for there is much that distracts even the serious seeker from the seeking, much which seems at odds with previous experience, much which needs to be processed in a conscious fashion and then taken to the meditative state in order that it might be seated

there as an experience which has been learned and is now available for future use.

Many entities have programed situations which are most difficult to consider experiencing in a conscious fashion in the third-density illusion. There are various reasons why entities may choose to suffer, as you would say, to place themselves in a situation which seems to cause excessive pain physically, emotionally, mentally, and perhaps even spiritually.

Why would entities do such a thing as this—to bring upon themselves that which one would wish to avoid? Is not happiness the goal of your illusion? No, my friends, happiness is not the goal of your illusion. Learning to love under all possible circumstances is indeed the goal which each of you seeks. This is not to say that one cannot feel happy, or joy, and still be upon the spiritual path. It is that the happiness is not that which you seek primarily. Happiness may be an outgrowth of your seeking.

So when you look upon those entities about you who experience what you would call the suffering, you know, within your own being (if you are conscious of the process of pre-incarnative choices) that there is a reason for such suffering. Perhaps the entity wishes to learn endurance. Perhaps the entity wishes to learn strength. Perhaps the entity wishes to empathize with others about it who suffer that it might partake in the strengthening of the inner resolve to continue forward into the light in spite of the suffering, the pain, the discomfort, the confusion. Thus, when you look at an entity that is

suffering and you see yourself desiring to be of service to it, it is most appropriate to add that which you can to the relieving of the suffering, for that is your part in this situation. Your part is not to try to figure out why the entity suffers, what the lessons could be. Your part is to look upon this entity as one which you may be able to aid, that may play a part in your own growth in providing the service that you feel is potentially helpful in relieving the suffering.

There are many, many entities upon your planet who suffer. It was mentioned that many groups suffer, that many of the, as you say, immigrants to the western worlds now are suffering on a level that is almost unimaginable to any individual who would carefully consider their plight.

At this time we would transfer this contact to the one known as Steve for further elaboration upon this point. We are those of Hatonn.

*(Steve channeling)*

I am Hatonn, and am with this instrument. We would begin by thanking this instrument for first of all challenging us as is its wont, and secondly for being receptive to our energies which are, to this instrument, something unexpected and, we might say, not entirely comfortable, as this instrument has in the past struggled somewhat to find a level of comfort in bringing forth our words, and bringing forth the energy that resides within these words, for we are of a vibratory signature, shall we say, which is challenging for this instrument to carry. The ability, however, to open the heart to an energy which is not of a great deal of comfort is, in fact, a part of the process of learning to be a channel to sources of information, and sources of love offering that are a portion of the vast and diverse creation.

We come, therefore, unexpectedly to this channel, as indeed there are many events, many experiences which come to you unexpectedly and, we might say, in a fashion that is less than entirely welcome. When this kind of experience is at hand, it can be the source of what you call suffering.

Each here has learned over the course of a lifetime to deal with personal suffering, and to find a place within the system of processing of personal experience to deal with that suffering which is of a personal nature. However, it can be also a part of the life experience and, we would say, the life programming, to be confronted with a form of

suffering which is not one's own; and one can find oneself in relation to this suffering to be quite without the sort of resources that one has learned to develop in dealing with the suffering that is one's own.

It is particularly heartbreaking to gaze upon the suffering of another when one feels that one cannot do anything in relation to that suffering; when one cannot take upon one's self the full burden of the suffering as one might be inclined to do. All that one can do is to look on in sympathy and compassion, and to open one's heart in such a way that if an opportunity to serve should afford itself, one is at the ready.

Now, this can be a tricky matter because the ability to discern when it is appropriate to come forth with an offer that one perceives might help to alleviate the suffering of another can be deceptive; it can be deceptive to feel one is called to serve where no actual service can be meaningfully offered. One can attempt to serve in such a way that it seems to the other that one is forcing the self upon them.

Now, in many of your religious systems there is an acknowledgement of the centrality of suffering to the human condition, and in these systems there can be behaviors or activities or patterns of assistance that are taught as a portion of the dogma, shall we say, which the religion has embraced; and it can seem—even to a matter of great certainty to the one who attempts to aid—that the solution to suffering is quite clear and merely requires the application of known remedies. A similar circumstance not in your religious teachings but in the allopathic healing professions can be found when a doctor, a nurse, a pharmacist knows just the right specific to apply to just the right ailment.

These applications are recommended without full awareness of the spiritual circumstances of the one to be aided. That is to say, these healing protocols or sources of alleviation or sources of comfort can very easily reflect more the expectations of the one who desires to serve than the one in need of service.

Now it can also happen that the one in need of service can be so much at their wit's end, shall we say, that any port in the storm seems to be welcome, or, to invoke another metaphor, the apparently helpless suffering self can be prepared to grasp at straws.

So, straws are indeed offered and prove again and again to be of little avail, at which point one might ask, “What is it all about? Has it all been worth the effort?” How is one ever to know what service befits a circumstance which very likely is so complicated, which very likely is so deeply resonant at levels unseen, that no remedy one has ready can suffice in supplying what is needed. Under these conditions it is very easy to step back and to say, “Well, perhaps after all, the suffering is needed; perhaps after all, the suffering is precisely what the doctor ordered,” so to speak, and that the one who suffers must have done something or been something such that the suffering befits the personal circumstance.

That, too, however, might well be an over-reaction, and so one finds that one is torn between the perpetual give-and-take between the too much of what one already knows, and the too little of one cannot possibly know.

And, my friends, we would say that this is the dilemma of all those who have sought to help those who call for help throughout the whole length and breadth of the creation from time immemorial. We, too, find that when we are called to help that it is most difficult to discern exactly where the help might be most optimally offered. It is difficult to discern exactly what the nature of the help needs to be. Is it help which would alleviate the difficulties of an immediate circumstance? If the circumstance is sufficiently obvious in the character of its need, we would suggest that the answer must be yes. To the hungry it is appropriate to offer food; to the cold it is appropriate to offer shelter; to the agonizing one who finds no spiritual sustenance on hand, it is appropriate to offer what spiritual substance one finds available to be offered. And yet, one never really knows what the one who needs, the one who reaches out, is in need of, or is reaching for.

At this point, it is useful for the one who would offer aid to take a small step back, shall we say, and to ask whether in the innermost heart of the one proposing to aid, there are resources previously unknown but which, in the circumstance at hand, seem to bubble up to the surface, seem to announce themselves in those tender places of the heart where the heartstrings may be tugged; where there is an actual experience of the creation in its creative moment of reaching out in love to one who asks simply for love. For in truth it has been our experience that love is

the greatest gift that one may give, and that love is the most healing energy abroad in this universe, and that where love abounds, no error truly can be made.

Now, having said that, we will say also, that the mere act of opening the heart in love to another will not automatically override all suffering. What it does do, however, is to allow one who wishes to offer service to share in that suffering, to let a little bit of that suffering to be one's own; to feel within one's own person the drawing inward of these energies of the other self that are distraught, that are in a disorganized condition; and to feel within one's own heart the ability to absorb this tidbit of chaos, if you will, to absorb this pain, to let the pain have its sway in an alternate frame of reference [which is], if you will, capable of absorbing it, capable of drawing it inward, capable of digesting it, capable of transmuting it to that which is no longer pain, that which is no longer distraught, that which is no longer chaotic but rather is of the order of love.

One finds at that moment that love itself is not what one thought it was, but more. That within the heart of love there is to be found a resource resonant with the deepest sorrow, a resource in relation to which the deepest sorrow may find its joy.

Now, one does well, my friends, to be open to the sorrows of others to the extent that one is able to absorb these sorrows without being overwhelmed. One does well to know the limits of one's capacity to absorb the pain of another. Secondly, we would say that one does well to acknowledge that the freewill of the other is never something to be abrogated, and thus, if the other does not wish to share that suffering—which you, in your love, would so gladly absorb—that this too must be respected, that it must be allowed to follow its own course, its own destiny to that conclusion which feels right to the one whose suffering it is.

We find that many times in your life experience and in the history of the interactions among your peoples that there have been well meaning souls who earnestly and honestly have devised systems of remediation for the suffering of others, and made these available to others only to discover that these gifts are not welcome. All too often it has occurred that those who have sincerely made great efforts on behalf of their fellow human beings only to discover that these efforts are not welcome, have therefore recoiled in hurt, recoiled in anger, recoiled in

despair, and have felt that if their gifts are thus to be despised, that they will simply withhold their gifts altogether and withdraw and allow the suffering, allow the weeping, the wailing, and the gnashing of teeth to be the order of the day. "They must then deserve their fate," it is said in the heart, "since they have not been able to recognize the great gift of the love which I have made available for them."

This, my friends, if it should come to pass, should be an indication to you that it is you that has overstepped the mark. Very often the mark is overstepped with the greatest of intention, but that intention, my friends, is something that is not set once and for all time, but must be continually revisited with respect to its efficacy, with respect to the core resonance of its meaning, with respect to the bridge that it sets up with regard to the other to whom one is reaching out.

That is a most precarious bridge, my friends. It is a bridge that is here today and gone tomorrow, and so one finds that the patterns of aid one has put on offer for the young is no longer welcome for the old, that what one has discovered works for some, does not work for others. Sometimes one is asked for something today that tomorrow will be thrown back in anger in one's face. The challenge under these circumstances is to find a place within the desire to be of service that is sufficient unto itself to the point that one does not take a rejection too much to heart, but in all humility allows one's service to adapt to the changing circumstances that call it forth from one.

Sometimes one is outgoing, other times one does well to withdraw; the forthcoming; the withdrawing; the forthcoming again, are part of a rhythm in which one who seeks to help is at the ready to be of help, and in the next moment finds perhaps one's self to be the one in need of help. To have the humility to allow one's self to be the one who is helped is the other side of the coin, so to speak, of the same energy exchange protocol that is in play when one reaches out to others to be helpful to them. Just as one does not wish to be seen as one utterly needy, one can well suppose that the one perceived to be in need also does not wish to be perceived as utterly needy. There needs to be a kind of equivalence in the service on offer, and so, when one reaches out the hand in generous offering of one's own energy, one does well to understand that the outreached

hand is also there to receive. To give, to receive, are two sides of the same gesture, and the more that the one to whom proposes to give is given to understand that, and can see the reciprocity of the giving, the more likely it is that the gift will be gladly received.

We thank those here for the opportunity you have afforded us to give you this gift and to give us the gift of that service of your seeking which we find greatly inspirational. We are those of Hatonn, and would, at this time leave this instrument and return to the one known as Jim to find if there are further questions upon the minds of those here present. We leave you in love and light. Adonai, my friends, Adonai.

*(Jim channeling)*

I am Hatonn and greet each again in love and light through this instrument. At this time we would ask if there might be any further queries to which we may speak.

**F:** I have a question about the healing of the physical body. I'm wondering if it is one of the following options, or a combination of these options. Does the healing of the physical body take place primarily on a metaphysical level after the catalyst that we are processing has been dealt with? Or do the medicines and other physical interventions that we use help heal the physical body, help heal the body physically? Or are these physical interventions symbols of our desire to heal? Or is it perhaps a combination of these processes?

**Hatonn:** I am Hatonn and am aware of your query, my sister. We find that in the healing process we look upon the body as the creature of the mind that has expressed symptoms that you may call disease or distortions that exist because the mind itself has not been able to successfully process catalyst. When the mind has not achieved this processing of catalyst, then it is that the catalyst is given to the body complex in a symbolic form with the hope that this form of dis-ease, as you would call it, may attract the attention of the mind to notice this catalyst in another form because it was missed the first time around, shall we say.

Thus, when there is the attempt at the healing that is, what you would call, successful, it may be seen that this is a metaphysical phenomenon in which the one offering the healing service aids the one to be healed by interrupting what you would call the red-

violet ray of the combination of these energy centers which holds in place whatever degree of disease or health is extant for this entity.

When this red/violet ray is interrupted, then the entity itself, in cooperation with its higher self, provides the healing so that this new configuration of mind, body and spirit may then be reflected in the reinsertion, shall we say, of the red/violet ray which holds the new configuration as firmly in place as was the old one held. Thus, when the one known as Jesus would accomplish the healing of those brought before it, he would say that they had been healed by their faith. This is another way of saying the same thing.<sup>1</sup>

Is there another query, my sister?

**F:** Well I'd like to follow up on that. As an example in a situation where there is not a healer and a person needing healing, but just, for instance, myself, if I'm feeling a need for healing and I take vitamins, or I do something on the physical level that results in healing, has that happened on a physical level and a metaphysical level, or did that happen in the physical part of my body?

**Hatonn:** I am Hatonn, and am aware of your query, my sister. The healing in all cases occurs first within the metaphysical realms, for these have, shall we say, influence over the lower representations of the entity, that being the physical body. So when there is a healing to be experienced, it would then first occur upon the metaphysical level, then would be reflected upon the physical level so that one could accurately say that the healing had occurred upon both levels.

Is there a further query, my sister?

**F:** So do the things that a person would do such as taking a medicine or some sort of action on the physical level—are those symbolic to that person that then is reflected in the metaphysical healing?

<sup>1</sup> Ra describes this protective “violet/red-ray” vibratory shield or shell in [57.12](#), and in:

[57.6](#) Ra: This entity requesting such healing will then open the armor of the overall violet/red-ray protective vibratory shield. Thus the inner vibratory fields, from center to center in mind, body, and spirit, may be interrupted and adjusted momentarily, thus offering the one to be healed the opportunity to choose a less distorted inner complex of energy fields and vibratory relationships.

**Hatonn:** I am Hatonn and am aware of your query, my sister. There is a symbolism involved, however, we must also clarify by suggesting that there are various substances that can be used in the healing of the physical body that would work on the physical body, whereas other substances would not work, even if there was the metaphysical healing first. However, the metaphysical healing is that which must come first. It is most helpful to use substances that when this metaphysical healing has occurred are also helpful to the physical body.

Is there another query, my sister?

**F:** I think I'm just going to have to think on that. Thank you for your help.

**Hatonn:** I am Hatonn. We thank you, my sister. Is there another query at this time?

**Gary:** We had a query sent in from a good friend, Misha. She was reading a novel and in this novel there was a person on his way to being tortured to death, but his life was spared by a merciful co-entity who killed him on his way to being tortured to death, thus sparing him that undesirable fate. So a question sprung from that: What effect does it have upon the polarity of an entity to euthanize another? Presuming that the other self has willingly and clear-headedly requested this service?

**Hatonn:** I am Hatonn, and am aware of your query my brother. The intention of the action is that which is of most importance with any action. When there is the attempt to serve, as you have mentioned, in a manner which removes the life force from the entity who is about to be tortured and suffer a great deal until it meets its own end, shall we say, that is a service to provide as requested the euthanization of the entity; for there is more to such an experience than is easily observed within the incarnational experience, for most entities have programmed before the incarnation the exact means by which the passing through the doors of death shall be experienced. There are agreements made with those who may be the torturers, with those who may be the euthanizers, with those who may be, shall we say, standing in the shadows observing. There are lessons to be learned in each instance so that it is almost impossible to say without knowledge of pre-incarnative choices what exactly is occurring when one observes an entity helping another entity by actually killing that entity. The actual act of the

killing is not what is of most importance—it is the intention and the cooperation upon a subconscious level with those choices made pre-incarnatively.

Is there another query, my brother?

Steve: I have one, if I may. I wonder if you could speak to most effective way of dealing with the frustration or the sense of helplessness that comes when confronted with the suffering of another whom one cannot help?

**Hatonn:** I am Hatonn, and am aware of your query, my brother. In this situation we must again suggest that the choices are not made just within the incarnation, and are not made usually upon the conscious level, but are those which echo from before the incarnation and have their effect at the time of the experience as was hoped before the incarnation.

Perhaps the entity seeing such suffering without the ability to affect it wished to empathize with one who suffered, as this is yet an unexperienced phenomenon to the one who witnessed the suffering. Perhaps the desire is to so feel the pain of another—that there is a greater degree of love for that other and perhaps for all others in general—generated within the heart, the mind, and the spirit of the one witnessing the suffering. Perhaps there is for the one suffering a certain kind of relief or sense of being appreciated and loved when it knows that another loves it enough to witness the suffering and to be with it in the suffering and to provide companionship.

Though the suffering cannot be ameliorated, the companionship can be offered, the love can be given, and the experience of a comradeship which has known great trials is shared; and upon the deeper level of both entities there is the satisfaction of knowing that there was a united effort put forward in that experience which had no hope of physical third-dimensional resolution in any convenient sense, shall we say, in any final triumph of suffering being vanquished.

Is there another query, my brother?

Steve: No, thank you. That was really helpful.

**Hatonn:** I am Hatonn, and we thank you, my brother.

Is there another query at this time?

**Gary:** A question comes in from a fellow named S who writes: “My question is about the practice of sun gazing and the way I feel inspired to practice this for longer periods. What is the mechanism of sun gazing and why or how does sun gazing help us to become more open as a channel for universal love?”

**Hatonn:** I am Hatonn and we must admit that we do not know the answer to this question, for we are unaware of the benefit of such an experience. We apologize for our lack of information but we would not suggest such a practice.

Is there a further query, my brother?

**Gary:** No, thank you.

**Hatonn:** I am Hatonn and we thank you. Is there a further query at this time?

**F:** I wouldn’t mind asking one more question as a follow-up to my earlier question. Is physical healing sometimes a delay to the metaphysical healing, and is that maybe where the physical interventions come in to manifest the metaphysical healing?

**Hatonn:** I am Hatonn, and we believe that we understand your query. If we are incorrect, please inform us of such. The physical healing not occurring when there is a metaphysical healing seems to us to be that which would suggest the metaphysical healing was not completely successful, for when there is the healing upon the higher levels of the entity’s being, the lower levels of the entity are usually quite readily able to respond in kind and reflect that healing. When there is no physical healing, and the one observing the healing or the one experiencing the hoped-for healing still exhibits the diseased or deformation, one may consider the possibilities of further lessons to be learned, for all movement away from total healing and total health are examples or symbols of the healing which yet remains to be accomplished.

Is there a further query that you would care to offer us upon this topic.

**F:** I guess I’m wondering what the physical interventions that we might have the medicines or food, exercise, things like that, for our healing, what purpose that serves if the healing takes place both on physical and metaphysical levels at the same time.

**Hatonn:** I am Hatonn and we believe that we have a better grasp of your query and we shall attempt again to respond. The physical medicines or foods or

applications of remedies may be seen as symbolic for the metaphysical healing, however, the choice of the medicines or foods is one which must be made with the knowledge of how the body may be aided by these applications of physical materials when there is a healing that is desired. For example, one would not give water, shall we say, to a body which needed physical foodstuffs as a portion of the healing. There is the choice of the physical materials, the medicines or the foods that is also helpful to promote the representation of the healing in the body that has occurred upon the metaphysical level. Is there a further query, my sister?

**F:** No, no, thank you very much.

**Hatonn:** I am Hatonn, and we thank you once again, my sister.

Is there another query at this time?

**Gary:** Yes, Hatonn. The instrument, the one known as Austin, and myself convene on a bi-weekly basis to offer a podcast we call *In the Now*. We do our best to consider questions from spiritual seekers, questions that might appear in a venue such as the one we now experience. We [dig in], organize and synthesize our thoughts, and probably rely a bit on intuition as well. The answers, or rather, replies we generate sometimes surprise us. We, of course, run up against our own limitations but we do our best to share the fruit of our personal study and our journey. What is the difference, in terms of content, between what we do in the podcast and this channeling that we undertake now?

**Hatonn:** I am Hatonn and am aware of your query, my brother. The difference is that though you are channeling yourself in that situation, it is a portion of your subconscious mind which gives you information of which you were previously not aware and felt that you had made a discovery as you were responding to a query which was the, shall we say, initiator of the search into both the conscious and the subconscious levels of your own mind. In these channelings in which we now partake, we are not portions of your subconscious mind, but may be considered external to it through we are all one in truth.

Is there another query?

**Gary:** So did you just say that when we generate replies in the podcast venue, that we are limited by

the limitations of our own knowledge and understanding, even if that is subconscious knowledge and understanding?

**Hatonn:** I am Hatonn, and am again willing to respond to this query by suggesting that you have stated a correct perception, however, we would add one portion to it. You are not necessarily limited by your own subconscious mind; you have connections to many sources of information which you have across in your previous experiences which may lay, shall we say, unused or unnoticed until there is a reason for them to have a light shined upon them. That light is your conscious mind seeking within as a means of responding to queries which you have entertained in a conscious fashion. Yet, if you are dedicated to being of service to those who ask the queries, you reach within your own self that which is conscious and that which is subconscious for whatever information might be helpful in response to the queries asked. This level of your own being is, itself, without limit, however, it is a portion of your own self and not a portion of any other entity such as are we.

Is there another query, my brother?

**Gary:** That helps clarify it and makes sense. Thank you very much. The follow-up query is then, does the instrument or the group who undertakes the channeling, experience an equivalent or similar limitation in knowledge, or is the channeling group or instrument able to, and open to, receive a broader scope of information that may be unknown to the instrument or the group by virtue of the channeling?

**Hatonn:** I am Hatonn and am aware of your query, my brother. The instrument partaking in the channeling process begins at a certain level of experience, shall we say. As the experience is gained, there is more and more of that which comes through the instrument that is unknown in a conscious fashion, in some cases, even the subconscious fashion, to the instrument. It is a matter of the experience plus, shall we say, the foolhardiness or willingness of the instrument to make a fool of itself by opening to information which it is unaware of, and allowing that information to move through it without analysis as to where it came from or whether it makes sense.

Is there a further query, my brother?

**Gary:** So the instrument may receive or channel information which is unknown to it, and that happens as a function of its ability to be foolhardy, as it were, or as Carla would say, “put one’s ass over the line”?

The genesis of this series of questions began because of the question about sun gazing. It confounded me that you, Hatonn, a social memory complex, could not speak on that question, and my supposition was that it was due to the limitations of the instrument and not so much your own limitation of knowledge. If you could speak to that question, please.

**Hatonn:** I am Hatonn and am aware of your query, my brother. Our reluctance to speak and to suggest that we did not know the answer to the query was because we do not know of any real value to such an experience and would not recommend it.

Is there a final query at this time?

**Gary:** Not from me, thank you so much, Hatonn.

**Hatonn:** I am Hatonn and as it appears that we have exhausted the queries for this session of working, we would offer our thanks to each entity present for you offer us a great service in asking us to join you in your circle of seeking. We hope that you will look at those words that we have given, consider them, and take those which have value to you, and leave behind those which do not. We do not wish to be a stumbling block to any. We wish to be of service to those who ask our service and we offer it humbly. We know that each present is a serious seeker of truth, and can make evaluations for him or herself as necessary. We rejoice at your own seeking. We appreciate the opportunity to offer ourselves this afternoon in your circle of seeking. We have not spoken to this group for a great period of time. It was our desire to be able to exercise both instruments as a member of the principle of those of Q’uo. We are of the fourth-density vibration of love, and always are present in that vibration and those of Q’uo offer themselves from the fifth density of wisdom.<sup>2</sup> We thank you for your patience with us, for your invitation to us, and at this time we shall leave each in the love and in the light of the One Infinite Creator. Go in peace, my friends, Adonai.

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<sup>2</sup>Q’uo is a principle which is a blending of the vibrations of Hatonn of the fourth density, Latwii of the fifth, and Ra of the sixth, with Latwii serving as the spokesperson, you might say, for the group.





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## SATURDAY MEDITATION MARCH 26, 2016

**Group question:** Our question today comes from N. in Moscow and concerns the relationship between love and wisdom, specifically, can wisdom suppress or impede in some way an opening of the green energy center? On one hand, Ra says that love and wisdom not oppose each other, but rather constitute two sides of the same coin. On the other hand, Ra says that on the negative path, wisdom is accumulated much earlier than on the positive path.

*(Jim channeling)*

I am Q'uo and we greet each of you in love and in light this afternoon. It is our great privilege to be able to speak to you upon your topic of love and wisdom, however, we would first ask that you use your own discrimination for each word that we may utter, for we do not wish to place any stumbling block before you. We do not offer authority, we offer our opinion. We hope that you will find some use in what we have to say. We offer it with love and, indeed, with light; with both the love and the light, or the wisdom, about which the query deals this day.

We are aware that each here pursues a path of seeking the opening of the green-ray energy center as the primary portion of your journey through the third-density illusion. To be able to open the heart in what is called "unconditional love" in more than 51% of your thoughts, words, and deeds is considered an harvestable quality or quantity for entities to express love for those about them.

My friends, this sounds like a very easy procedure and qualifying level which to meet., however, it takes a certain kind of consciousness and concentration to be able to do this reliably in your daily round of activities, for as you move through the schedules, appointments, and lists that comprise your lives on a day-to-day basis, it is easy to forget the foundation upon which you have built your journey for this life.

The mind, in its attempt to order and organize your various lists and appointments, oftentimes seeks efficiency rather than the type of attitude which allows for a room to express the heart, the emotions in general, and to relate in a fashion which is, indeed, of an open-hearted nature. Too easy is it to move rapidly from one item to another, feeling the satisfaction of checking off each item upon the list and, at day's end, congratulating the self for having done so.

And yet, if you look at the lists of your spiritual journey, you will find it is a simpler list, for primary amongst each of your priorities, we feel, is the expression of the heart chakra in a way which embraces the unity of the moment, shall we say.

This unity of the moment may involve your spending a good deal of time and honestly sharing emotions with those who may be a portion of your round of lists. You may find it inconvenient, often in the extreme, to take the time that another entity may need in any particular moment of your day. Life is often a messy business. There are hurt feelings, painful memories, doubtful futures, difficult moments in the present that intrude upon the

smoothly functioning checking off of lists. In this case, you see what could be described as a battle between love and wisdom; the wisdom of accomplishing your task as you define it within your third-density illusion, versus the compassion that is a part of your spiritual journey and which requires reminders throughout the day, much as your list reminds you of your appointments and your schedule.

Thus, we would suggest that your third-density illusion provides you with a, shall we say, degree of difficulty in accomplishing the activation of the green-ray energy center, for more and more your mechanized, computerized, digitized society requires you to move at increasing speeds in the physical sense, as well as the mental and the emotional senses as well—speeds which oftentimes necessitate, or would seem to, the omitting of what may become extraneous details in dealing with others' needs for your listening heart.

At this time we shall transfer this contact to the one known as Steve and continue our thoughts there. We are known to you as those of Q'uo.

*(Steve Channeling)*

I am Q'uo and am with this instrument. We would begin our communication through this instrument by thanking this instrument for the challenge which it has offered us, for it is our understanding that we must reassure those who seek our service about our intentions; that is to say, that we come in the name of love, that we come in the name of serving others, and that we do so in all humility.

Now, the reason that is appropriate and important for us to pass this challenge is that in your third-density illusion, it is not possible to ascertain, self-evidently, the intention of those with whom you communicate, for it is rather easy to conceal one's intention in this illusory experience, and you have all developed, over the course of your lifetimes, powers of discernment by which you judge the quality of the communications which you receive, the quality of the interactions which are offered to you, and make an estimate of the best way to respond. This is all part of a process which may be called wisdom.

And yet, the wisest among you may be deceived, and this deception can go very, very deep because those factors which you use to sort out one intention from an other, a good intention from a bad, an open-

hearted intention from one which is closed off and selfish . . . These criteria, we say, can be easily mimicked, and if you allow yourself to judge based upon factors which do not go to the heart of a communication, which do not go to the heart of an offering of an other-self, then you can very, very easily discover that you are well on the way to a path that does not lead to the open heart, but rather to a way of serving the self.

These ways of serving the self are, in fact, very many, and very clever in the manner in which they are offered to the self. You may see them as temptations, but they are temptations which are wrapped, very frequently, in an envelope of good intentions, shall we say, such that it can appear to one who engages with others that they are in a fine place with respect to the offering of service, when in reality, the service offered is already of the nature of that which primarily seeks to promote hidden interests of the self.

Now, over the course of time, interests of these sorts have typically accumulated, and collectively go to the makeup of what you think of as yourself, and this functions as a kind of motivator. In fact, in many ways it is essential to have this motivator—and we almost would say—this filtering mechanism in place, as a survival mechanism essential for dealing with the complexities of your daily lives. However, the very mechanism which it can seem to be the better part of wisdom to perpetuate and routinely employ, is a mechanism which can block your access to open-hearted communication, and therefore, when upon one occasion or another, it seems sometimes quite suddenly possible for you to communicate in a way that is unexpected, in a way that is even perhaps unwanted, but as you perceive, needed; that it is possible to open your heart to another. This can seem a little bit dangerous. It can seem so far off the expected pattern of interaction that, on the whole, it would be wiser not to go there, it would be wiser to remain within the protective parameters of a well-traveled and well-understood way of being a self in your social structures, shall we say.

If, however, there has been enough work done by the self upon the self in its effort to open the heart, it will begin to seem more and more possible that a little bit of foolishness can be allowed; a little bit of risk can be taken; a little bit of opening can be given

to another who seems to be calling for, crying out for, this opening, that the salve of heart love may be offered, may be received by the other.

It seems like foolishness to open the heart, and therefore it can seem that open-hearted love is in a state of tension with those factors of wisdom which are essential for self-maintenance and self-preservation. The more you learn to loosen the bounds of wisdom, the more you learn not to limit your conception of who you are by acts of preserving what you have come to think you must preserve in order to be a viable self in the society you enjoy, the more you learn that you do not need to be who you have been trained to think you must be, the less you will be inhibited in the opening of the heart to the other.

It seems then that the opening of the heart is a great act of folly and indeed, my friends, we would suggest to you that it can be precisely this, that when you do open the heart, you do find yourself vulnerable, when you do open the heart, you do put yourself in a position where another may act in such a way as to cause you pain, and when you do open the heart and get catalyst that is of a particularly strong nature, you can find yourself in a position of recoiling back upon yourself which makes any future opportunity to open the heart all that much more difficult to avail yourself of. So the opening of the heart may well be seen to have a kind of wisdom of its own built into its process, built into its nature.

One is like the springtime flower opening on the first days of bright sunshine and warmth, but doing so in a manner which is tentative, which tests the air to see whether there is, after all, a hint of frost, a hint a danger lurking. But the flower must open to fulfill its destiny, and it must do so without full realization of what the day will bring, and when it finally comes to see that its glory will lie in being fully opened, even if this glory subjects it to the possibility of damage, then it realizes that destiny which is uniquely its own.

We cannot tell you, my friends, that you will be safe in every effort you make to engage with those around you from a standpoint of love. We cannot say that your offering of love will be accepted and well received. We cannot say that you will emerge from every interaction you enter with the intention of love in a manner which celebrates the love that has been there offered, for you may find that your

love is rejected; you may find that those that you have sought to love will not give you love in return.

You have a saying among your peoples that “it is better to have loved and lost than not to have loved at all,” and we find that this is indeed true, but its truth does not neglect the fact that to have loved and lost is to have lost indeed. And so, it remains true that it is well to exercise some judgment in guiding your interactions among those around you. It is well to allow this judgment to be imbued with that wisdom which has accumulated as a result of your many past interactions, for it is possible, to quote another of your sayings, “to throw your pearls before swine.” It is possible to unwisely enter into an interaction with the best of intentions in a way and in a circumstance that in truth, offers little opportunity for positive engagement.

And so, you do well to be aware of those limitations, both within your own person and within your group interactions that can put a limit to the possible efficacy of open-hearted communication. Even there, however, we would say that it is still always a possibility for you to keep the heart open, even where it is not fully exposed; to keep the heart open, even where you have taken up a posture in relation to those around you such that those around you will be known not to be able to see that you are being open-hearted in relation to them. There simply are many circumstances in your daily lives where you will be dealing with those who have no intention and no present capacity to engage with you heart to heart, and it is well then to privately wish well these that need to go their own way, to hope that they find what they need to find in order to find their way to the spiritual advancement which they too inevitably seek.

Thus, we find that it is always a very, very great gift when you are able to address your energies to those of others who do have an interest in engaging with those energies as a part of a process of mutual heart opening. It is always a great gift to find another who can resonate on the same wavelength that you enjoy, and here it is, indeed, not only possible, but highly desirable to open yourself in ways that can seem tremendously foolish. It is desirable when the circumstances offers the promise of sufficient safety for you to avail yourself of this safety and take a chance, and take a chance that you may love freely without stint of reservation, that you may love freely

without fear, that you may love freely without holding back in the concern that your love will intrude upon the subjective life of the beloved, for only when your love is offered in this uninhibited way, does another have the full advantage of the catalyst which this moment can uniquely provide. It is a very great joy which you sometimes are able to discover in the sexual life. It is a very great joy which you are sometimes able to discover in the simple gaiety of friendship. It is a great joy when you are allowed to be of some service to another whose pain, or whose suffering, or whose sorrow asks for healing, for that healing that can only come through love.

Every offering of love is a risk. A risk, on the face of it, can seem unwise. Wisdom, however, that has taken account of itself, will eventually come to realize that perfect wisdom is itself an imperfect thing, for perfect wisdom would counsel that no risk ever be taken. Perfect wisdom would counsel that the odds militate against the possible fruition of open-hearted interaction. And yet, if perfect wisdom always prevailed, that spiritual sustenance, which is the very life blood of soul, would be denied, and so to return to our metaphor, the flower must open, the bud must bloom despite the risk of frost, despite the rough winds that may soon blow, despite the hungry animal which may happen by and be attracted to the blossom.

Folly is not the same thing as love, but in a world which is defined too much by wisdom, it can seem folly to love at all. Therefore, we might say that it is indeed the greater act of wisdom to allow wisdom itself to be curtailed in the face of love. It is never wrong to inquire about the modes in which love may reasonably be expected to have sway in particular kinds of circumstances. It is never an untoward question to ask whether the loved one feels in one's heart would be well received, but there is a moment in which the bubbling up of love from within will not be denied, and a wisdom that counsels it is better not to take a chance, which refuses to allow that expression, is not the greater part of wisdom.

Life itself, however, is a chance, and love is its main chance. And so even those who have become wise with the passing of years, with the passing of generations, must realize in the end that the greatest gift that life has to offer is the gift that surpasses understanding, is the gift that puts one in relation to

the mystery of being, and the more open the heart is, the more that mystery can be plumbed. It is a mystery that perpetually confounds the understanding. It is a mystery that cannot be made the subject of any wisdom.

We would say that wisdom has its place; we would say that sound judgment is never to be despised, but if judgment is given full and sole sway, that is precisely the first step on the path to a mode of service which contracts itself merely to the parameters of the serving self. That self which seeks to serve, not solely, its thus-contracted self, must be the blossom that opens itself in love to the creation, and must therefore be foolish precisely to that extent.

We are those of Q'uo and we would at this time return to the one known as Jim to finish our final thoughts, and then to ask if there are any questions remaining on the minds of those here present. I am Q'uo, Adonai, my friends, Adonai.

*(Jim Channeling)*

I am Q'uo and am again with this instrument. We are happy to have been able to address the query which we feel is central to the experience each of you enjoys at this time in your life pattern, for the concept of love rising in ascendancy over the mundane matters of your earthly world is that which now takes flight around your weary world in the hearts and minds of those that have taken time to think with more than the mind, but with the mind of the heart, shall we say.

It is a time of graduation upon your planet. Those who now pass through the doors of death are offered the steps of light to measure their success at making this choice toward the path of love and service to others, or love and service to self. Few there are who take the latter path. Unfortunately we find that the positive path also has far less than we have hoped, for it has been some time that the Confederation of Planets in the Service of the One Infinite Creator have been attempting to seed the concept of love within those hearts which are open to it. The gardens upon your planet are few, yet there are places upon your planet's surface that, when seen in the metaphysical realm, shine with the brilliance of the love that has been let loose, and shines freely from each open heart.

At this time we would ask if there might be any further queries to which we might speak?

**Gary:** Q'uo before I ask our first query, N. also asks that we pass on this message to you. He writes in personal gratitude saying that he will never find the right words to say enough how grateful he is to Ra and those of Q'uo and Carla for their service for the information that they made available to us that changed the whole vector of his life and gave it direction and meaning.

I will move on to the first follow-up. Ra describes a rate of 51% service to others and 95% service to self which needs be achieved in order to graduate from the third-density illusion. I understand that one's overall violet ray is that which is being measured, but what does the 51% mean? Is it the quantity of intentions and feelings and thoughts and words and deeds? Is it the amount of time one spends oriented toward service to others? Or is it the strength of the service to others behind intentions and thoughts and deeds? What does the 51% mean?

**Q'uo:** I am Q'uo and am aware of your query, my brother. Before we address the query, may we thank the one known as N. for his kind comments, and may we note that this entity is one of which we spoke in suggesting that there are those around this planetary surface which indeed open their hearts in shining love to others.

Now, to your query. You may look at each mind, body, spirit complex within the third-density illusion as a source of energy—energies that are expended either in service to others or in service to self. If you could look at the metaphysical nature of the metaphysical expenditure of energies by each entity, this would provide you with a measure, shall we say, of the efficiency of the energy expenditures, even into the areas of the quantification of percentages.

The entity who is able to express 51% of its energies by intention in its life pattern, then will find itself available for the harvest in the positive sense. The entity who expends 95% of its energies in directing that love quality to the self, will similarly find itself in the opportunity to be harvested in the negative sense, for the negative entity will find it is much more necessary to be consciously aware of each expenditure of energy, for it is much more difficult to contact intelligent infinity using the lower

chakras, red through yellow, leaving out the green and making contact with intelligent infinity by communicating through the blue chakra and the indigo. Thus the requirement for the negatively oriented entity is somewhat higher, shall we say, for it travels the path of that which is not, the path of separation. This is a viable path to the one Creator but requires a greater degree of accuracy in the expenditure of energy.

Is there a further query, my brother?

**Gary:** Would you say that it's fair to say that one can achieve that 51% measure by being simply kind, compassionate, and oriented towards concern and care for other people?

**Q'uo:** I am Q'uo and am aware of your query, my brother. And to simply do this would indeed meet the requirement, but we find that such a simple expression of kindness and love is difficult to find upon your planetary service.

Is there another query, my brother?

**Gary:** I have some more that I can ask. Is there any query from the group?

*(Pause)*

**Gary:** In which case, Q'uo, our dear friend Misha lives just a couple miles from the Metro line in Brussels that received an attack recently, a line that she takes frequently. She reported the day of exhaustion from shock and tears and wrote in an email afterwards:

“This morning I was wondering if the prayers and thoughts of compassion sent were reaching the wounded and also the departed ones. When you know that somebody is praying for you, you can feel the action of the prayer, but when you are not aware of that fact, then what happens? Can some comfort be perceived? I only hope so. I wanted to help the deceased victims find their way to light and love.”

**Q'uo:** I am Q'uo and am aware of your query, my brother, and of the query known to the one known as Misha. We find that the entities that are sending the love and light to those who have deceased from the action of the terrorists are in a, what you might call, “state of shock.” The loving energies that are surrounding them are available to them as a kind of pool or resource that can be used by these entities. We find that there are guides for each entity that await the entity's ability to determine what has

occurred in their life pattern, for when the death occurs in such a sudden fashion, there is the disorientation of the mind/body/spirit complex that requires a certain amount of healing. Those entities upon the inner planes of your planetary surface in charge of such are tending to these entities at this time. Those of the ones known as Ra have, in the past, as has been spoken in the Law of One material, attended to such entities as were passing through the doors of death due to the dropping of the atomic bomb in Hiroshima and Nagasaki, and were able to offer to these entities the reintegration of the mind/body/spirit complex. Thus these entities of Ra and other entities as well, offered themselves at this time in service to those who passed through death's doors at the attack on Brussels at the previous mention.

Is there a further query, my brother?

**Gary:** Yes, there is Q'uo, thank you so much. This one comes from our friend L., who writes: "I'm thinking of the phrase 'the road to hell is paved with good intentions.' This got me thinking. Many of the channelings say if our intentions are pure then there really isn't much to worry about, so all of us New Age type folks doing all we can with the best intentions and still witnessing supposed failure about us, I'm wondering if you could speak to that phrase and its validity."

**Q'uo:** I am Q'uo and am aware of your query, my brother. We find that this instrument itself has wondered about that query, for it is aware that the intention is that which is the foundation of each action. We would suggest that the statement itself, that "the road to hell is paved with good intentions," is an inaccurate estimation of what actually occurs within your third-density illusion when entities offer themselves in service to another, and that service seems to go awry, and the one receiving the service is, by receiving the service, finding itself in a situation that is perhaps worse than the one in which it was in before the intention was offered to assist.

The shortness of perception here is that which is the problem. The viewpoint must be somewhat wider in order to see that the entity receiving the attention of service from another may find itself in what seems to be a worse situation. There must be the recognition that each situation teaches that which is needed by the entity within the situation. Thus, the desire of most third-density entities to be within a

comfortable situation is that which biases most entities when they see another entity in a situation in which they would not choose themselves to be. But if they would remain with that entity long enough to see the lessons learned within that situation, they would see the value of that situation. Thus, the road to hell is that which is a short road; the road to the heaven worlds is that which passes through the road to hell.

Is there another query, my brother?

**Gary:** I'm sure L. will very much appreciate that, Q'uo. There is a query, and it is about a particularly ugly way of distorting the Creator on this planet, called "female genital mutilation," and a seeker in Germany named J. writes and asks if Q'uo could speak on the origins in the mind complex of this particular distortion.

**Q'uo:** I am Q'uo and am aware of your query, my brother. We find that this is one of many practices that some cultures upon your planetary surface practice in regards to the female of your species. We find that in general there are various cultures who have, shall we say, throwbacks to primitive times when the female was feared because it was the female who bore the children, and obviously the female through which the life force flowed. For the life force to flow obviously through the female rather than the male was a cause of concern and some fear for the male toward the female. [The energies are somewhat low but this instrument persists in attempting to go forward.] Thus, the female has been the object of this fear for many millennia upon your planet. Only in this day and age where mass communication puts the spotlight upon various practices of this kind is it possible to hope that such practices might be put to an end by the enlightening of those who practice such primitive rituals.

We find that this instrument is now willing to admit it is running out of energy and would address the query in its ending by suggesting that there is no particular place or time or event which caused this action or practice of the mutilation of the female genitals other than the continued momentum of the male dominance of most cultures and the ignorance of the male species in its relation to the female.

We would thank each here for inviting our presence this day in your circle of seeking which is full of light and which brings us great joy to joy, as always. We

are known to you as those of Q'uo and we leave this  
weary instrument and this loving group in the love  
and in the light of the One Infinite Creator. Adonai  
vasu borragus.

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## SATURDAY MEDITATION

APRIL 2, 2016

**Group question:** As seekers who wish to be of service to others at this time of transition where there are increasing energies and our lives seem to be increasingly busy, often to the point that we feel profoundly overwhelmed, we have difficulty in finding the time and space to work upon ourselves so that we may, in turn, serve others. Can you please help us understand how we may manage in these times to best integrate parts of ourselves and become complete beings in order to offer ourselves in service to others?

*(Jim channeling)*

I am Q'uo and we greet each of you in love and in light this afternoon. It is our great privilege to be here with you, to be called by you, to have the opportunity to attempt to be of service to you. In this attempt we would ask you to help us by using your own discrimination for each word that we utter and taking only those which have meaning for you, leaving behind all that do not. In this way we may speak freely without worry as to infringing upon your free will, for we are not authority figures that are without error. We are much as are you—your brothers and sisters who have moved somewhat further along the path of evolution that you, also, are upon. We have more experience in seeking the One Creator and in dealing with the catalyst that brings us closer to that One within us all, and we are happy to share this with you at this time.

You asked how to deal with the increasing energies of your third density vibration as it nears

completion, and how to find those portions of yourself that seem lost from time to time, and bring them forth, and aid your total effort of processing catalyst seeking the one Creator and serving others. As you know, my friends, this is a large task, but you are those doughty seekers who have been upon this path of seeking, not only for a great portion of this life, but for many lives previously. You have been faithful seekers of truth and servers of the One within.

And oftentimes upon this path there are more difficult places, bends in the road, shall we say, rougher places in the terrain which offer more challenges. These are the increasing energies of which you speak. How to find the time to deal with that which is placed before you, how to find those portions of yourself that can help you process all of the catalyst, all of the experiences that now are making themselves more apparent in your life pattern. These are most important questions, my friends. The fact that you are asking them means that you have the possibility and the opportunity of being able to answer them for yourself—with perhaps a little help from your friends. It is that little help that we hope to offer you today.

In order to find time when your day is fixed with only 24 hours within it, oftentimes one must prioritize the expenditures of energies that one is making. This is made more easy by reevaluating how you spend your days, for there are, within each seeker's pattern of experience, various ways in which there is the possibility of expanding your



concentration upon your spiritual journey by removing some focus upon other areas that are perhaps more extraneous.

Thus, within your meditations, we would suggest that you look at your daily round of activities—that which has become a pattern for you, a ritual or a rule of life, shall we say—looking for those places where perhaps there is an indulgence of energy which is excessive, is unnecessary, is perhaps that which can be replaced by a focus made more clear by your intention to become clearer channels for the One Creator, more pure seekers of truth, more economical in your energy expenditures.

We would suggest that as you look at your schedule of energy expenditures, you find a place, perhaps one or two more within each day, that there is extra time and opportunity and desire to focus within, to take, shall we say, a survey or a temperature of your spiritual progress for the day, your focus for the day, that which seems to be a theme for any particular day.

The beginning of the day is an excellent time for looking at that which lies before you within your meditative times. After those periods of silence that are so nourishing as means by which you listen to the one within, then take some of that inspiration and focus it upon the upcoming day, looking for ways to find just a few minutes to refocus yourself upon that which is truly important in your life—the seeking of truth, the finding of the One, the serving of all, and see if there might be a way to do this in your normal activity, shall we say. Can you imbue the business of your being with a certain kind of love and compassion that is as, shall we say, the atmosphere that you breathe? And share with those who are your co-workers, the clerks in stores, the friends upon the street, all whom you meet? Can you find a way to open your heart in all of your endeavors of the day, so that the love and compassion that exists there might color and make whole that which you are engaged in with all those around you?

If you feel yourself frazzled by the tensions of completing your tasks, can you take a few deep breaths, close your eyes for a few moments, re-focus your inner field of vision to refresh your outer field of vision? Can you make it a practice to find ways to share the love that is within you with all those that are about you?

Perhaps this is the way to make up for the time that you do not have, by increasing the focus that you do have. If you can find time for an extra meditation, an extra contemplation, an extra consideration of some kind that will refocus you, that is also a great assistance, but if the time is truly so short that you feel it is not possible to do anything worthwhile in the time that you have, then look upon the possibility of using your refocused conscious intention to open your heart and share what is there, so that what you do in your daily round of activities is, shall we say, marinated in this loving vibration that each of you has.

Ask for assistance, you have guides, friends, teachers . . . there is the Holy Spirit, there is the One Creator . . . you are surrounded by entities who are willing to help, but they must be asked. Ask, and then let that energy of love and acceptance of compassion flow through you so that you may imbue all that you do with it.

At this time, we would transfer this contact to the one known as Steve, and continue with our thoughts on the question upon the day. We are those of Q'uo.

*(Steve channeling)*

I am Q'uo and am with this instrument. We would like to begin our communication through this instrument by thanking this instrument and the group for the dedication it has put into this seeking. This instrument has requested a wall of light be placed around this group that it might feel the freedom and the safety of blending open hearts in a mutual seeking and, shall we say, celebration of the love of the open heart. This group is well aware that not all of the creation resonates with the open heart, and in your experiential nexus it remains true that there are some who seek in ways which, at your level of seeking, seem antithetical to your own; and you have also found that within your own persons there are elements of your being that are increasingly coming to light as the energies of your planet have begun noticeably to accelerate to the point that aspects of your being that have long lain concealed from you now no longer can remain concealed.

Therefore, as you seek to be about the business of opening your hearts, you will find that there are elements, you might say, of your past catalyst that have not been able to be processed, still residing within you in such a way that they are like

impediments or blockages to the energy which in the open heart you would gladly dedicate in service to others and in praise and thanksgiving to the One Infinite Creator. These residuals of difficult catalyst not yet processed can be very challenging for the seeker who finds that it is like opening old wounds to allow these to come forth into present experience for purposes of healing.

Indeed, my friends, we will tell you that the pain involved in this process can be very real, and the difficulties that you face can be quite challenging. Now, it is also true that you face challenges not only of your own making, but of the making of those around you; and at a time in which repressed energies are being loosed right and left, so to speak, you can easily find yourself overwhelmed, and think yourself to be without resources sufficient for managing these diverse, and very often disharmonious, energies.

We would invite you to begin by recollecting a simple point, but one which, in our estimation, bears consideration: you are all things. You, my friends, are the One Infinite Creator in one of its infinite faces. And as such, you have the full resources of this infinite Creator upon which you may draw. We would put to the deepest of these resources a simple word, and that is love, and we would say that as you turn your attention to the effort to process catalyst which can come upon you as apparently unprocessable, that you begin by recognizing that it is you, my friends, you who are all things, and the disturbance in your force field, shall we say, is your disturbance, and as your disturbance, it is subject to that wee small will to heal, which arises within you as your innermost desire, your innermost aspiration.

Now, we are not saying that finding this desire to heal within yourself will immediately issue in a result which will affect the whole of your planetary experience, but it can affect that portion of your planetary experience which is immediately present to you, and by attending to that which is within the intimacy of your personal reach, you are performing a service to the creation which, we would suggest, should not be underestimated. By loving that little bit of energy which is present to you as unlovable, you subtly begin a process whereby that energy is transformed [so] that catalyst may be moved to a higher plane of encounter, shall we say.

And in this way, slowly but surely, you can begin to create for yourself—and, we would add, for those around you—a safer and safer place of encounter where more and more of the distraught energies of unprocessed past catalyst can be allowed to announce themselves, and to present themselves for healing and for blessing.

It is also true that as you begin to make headway in the processing of those energies which have lodged themselves within secreted<sup>1</sup> portions of your own being, you may more and more allow unprocessed energies, secreted within portions of your social energy complex, to come within range of your healing touch. And when you do this, when you allow a person with whom you are in close contact, to be a little fragile, to be a little stubborn, to be a little oppositional without reflecting back a like negativity of response, you give this energy—which is, in itself, seeking liberation—an opportunity to move past its constrained condition, and to find life in a new and more welcoming form, in a new and more welcoming expression.

You may well be surprised by the suddenness of transformation that thereby becomes possible. And just as when your own difficulties and your own traumas are given the opportunity to be expressed, to be felt, to be loved, you can find also that those that have entered the general admixture of energies which constitute your social matrix<sup>2</sup> can find themselves also healed, and sometimes in a rather abrupt way. To be sure, not always is the healing so sudden, and it can be the case that one layer of trauma merely conceals another, and another yet again, so that you have maybe worked assiduously in order to make progress only to discover that the progress that you have made opens the door to much more progress still in need of being made, and you can find yourself utterly overwhelmed at that moment of first recognition.

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<sup>1</sup> secrete (verb): Meaning both "to release" and "to hide."

From Vocabulary.com: "When you squeeze a lemon, it secretes juice. When you stuff your money in a mattress, you secrete it there."

<sup>2</sup> "the general admixture of energies which constitute your social matrix": presumably referring to the relationships of your life, from family, friends, loved ones, colleagues, neighbors, frenemies, etc.

Then, my friends, it is sometimes well to step back and to admit to yourself that you cannot do everything all at once, that you cannot heal all difficult energies, all troubled emotions, all traumatic fragments of personality that seem to be so utterly dis-integrated. Each here is a work in progress. Each here has volunteered to take on, shall we say, a certain portion of the processing of the planetary energies.

This will not be work that is done in a day—this is work that you have undertaken with some degree of ambition. And what that means is that you need to be able to work over a long period of time, and during this period of time there will be periods in which you must be able to step back and rest; you must be able to withdraw long enough to regenerate your strength, long enough to recollect yourself, long enough to recreate yourself so that you have again the strength, the enthusiasm, the joy for the undertaking. And if you find that you are in a period in which rest is required it is well that you should be forgiving of yourself; it is well that you should allow yourself that room for regeneration that you need, so that when you do come back to the task you will come back with your full resources available and restored to their more optimal strength.

Now, it is the case that you will very often find that there is some confusion with respect to where your efforts might be best applied. We would say that these efforts, when there is not an obvious circumstance standing before you requiring your full attention, are well situated in the activity of working the remoter corner, shall we say, of your own heart where you feel that it is not fully available to you, or not fully open to your experience, or somewhat numb, which is a rather common experience in your stage of development. The numbness of the heart is a rather difficult circumstance to address, and it is very frequently the indication that there is a blockage of sorts, a personal difficulty relating to past issues not fully taken up, not allowed to be fully experienced. The acceleration of your planetary energies has brought many of these to the fore in such a way that it can seem to be overwhelming, and sometimes that, too, can cause a certain numbing effect so that you can feel quite paralyzed in relation to what seems to be required of you.

Now, this is an area which we have ourselves studied carefully over long generations of observing your

planetary struggles, for it seems as if there is a good deal of *stuck energy*, shall we say, that it is difficult to move, and the slightest provocation can thrust those upon your planet who seek back into a kind of catatonic state where it is difficult to discover within the self the energy and the inspiration to continue to work to clear this energy, to continue to work to open the heart. There are the sacred songs which you may sing, there are the group encounters which you may undergo, there are the public sessions of worship that feed some of your peoples. These are activities which we find can be very helpful because they give reassurance to the solitary seeker that help is available, and that the problems which each faces alone, are problems which are not unique to any in a context of group seeking such as the one you enjoy here today.

You can find encouragement, you can find hope, you can find support such that the impossible can begin to seem just a little bit possible and, my friends, the first break in the wall that has been forming the blockage in place for many a long season, can begin a process whereby the wall begins more and more steadily to crumble, allowing energies of a freer flowing nature to come through.

This, my friends, is what you need, for the healing energies that come through you from the earth itself will do a great deal of the work that needs to be done if you but let it. If you but let it, we say, while recognizing that this simple letting go, the simplicity of the open heart is, in fact, the most difficult work that you are called upon to do. The simple fact of allowing that which needs to be allowed—which, in many cases, comes to you with a tincture of pain needs only to be accepted, needs only to be allowed a part in that drama which is your life. When this does begin to happen with less and less obstruction, you will find that the pain that you need to experience in order to process those repressed portions of the self will become less and less over time, for the less that you resist that which pushes through for expression, the less that pain will build upon itself.

A trauma is an event which is so overwhelming that at its inception it presents too much catalyst to be taken in and processed, and while it is always more efficient to process catalyst just as it comes, there are very few who are able to process all catalyst in the immediacy of its presentation. And, therefore, the ability to find some means of address for energies

that have become repressed is a skill which it serves you well to acquire.

There is an additional act that must be invoked in order to achieve a productive relation to repressed energy, and that is, in addition to the difficulty of the initial experience, one must find a way to forgive the self for not having been able to process that experience, so there is a second moment or a second element overlaid upon the first that now has to be part of the processing.

What is true at the level of the individual is also true at the level of your social complex. We find that there will be those upon your planet who act out in ways that seem most unacceptable to you, and it is one thing for you to recognize that in doing so they are merely attempting to free up energies within themselves that also have been long repressed, and that within these energies there is a great deal of pain, and that this pain, in being expressed, seeks to mirror itself back to itself once again in the modality of pain, and you can have thereby great pain released into the world. My pain then becomes your pain and I see in your pain a reflection of that pain which has been mine, and which I have given you as a gift as a part of my process of exploring what lies secreted within.

Now, as one gazes upon this kind of event, it is difficult not to recoil in horror when one encounters troublemakers, shall we say. It is difficult not to lay a heavy judgment upon those who perpetrate difficulties and create pain in those around, and this difficulty remains even when one comes to understand the nature of what is afoot, that is to say, that there are these troubled energies which seek to be unbound from their dark strictures.

The first act, therefore, in addressing a situation in which trouble has been made, in which pain has been inflicted, is the act of forgiveness. This involves forgiving one who has stirred up the reservoirs of pain within one's own self, and within the body politic, shall we say, so that one does not build judgment upon judgment, pain upon pain; one does not, in short, make the situation worse. It is well to keep in mind, however, that while complete forgiveness is the access to complete acceptance, and complete acceptance is the first step towards complete healing, that each is dealing with a capacity which is not fully developed in this regard, and, therefore, one has to understand that there are,

indeed, limits to one's ability to process difficult catalyst.

Hence, it is well to see oneself as a participant in a dance which, at some points, is quite energetic, but that allows its participants the opportunity to recede into a more quiet mode, a less energetic expression for a portion of the dance, and in such a way that there may be, during these periods of rest, a regeneration. We would invite you, however, during these periods of regeneration, to engage in one simple exercise, and that is the exercise of non-judgment. When you recreate, let the waters of the earth speak to you, let the fragrance of the air surround you, let the warmth of the sun warm your bones and simply allow yourself to regenerate. When you feel that you may once again step up the pace, shall we say, at that point you may task yourself with those energetic acts of forgiveness, those energetic acts of engagement, both of self and of other, and once again, participate in the great drama that is unfolding upon your planet at this time.

We are those of Q'uo and we thank you, my friends, for joining us and for inviting us to join you upon this occasion of your seeking which shines a beacon into the very heavens and is a source of joy for many. At this time we would return to the one known as Jim to open ourselves for those further questions that may still be on your minds. I am Q'uo. Adonai

*(Jim channeling)*

I am Q'uo, and am once again with this instrument. At this time we would offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

**Gary:** Q'uo, several in the circle have reported an experience within the past week of feeling either the recipient of strong psychic greeting, or becoming aware of a negative energy approaching the group, or other strange phenomena. Seeing a pattern of this sort emerge is very unusual for us, so we're prompted to ask: can Q'uo comment on whether what we experienced has a common source, and if so, is there anything that can be said regarding the underlying purpose of such experiences?

**Q'uo:** I am Q'uo, and am aware of your query, my brother. The experience which you have described are those which may be expected when entities of a positive nature have made significant progress upon the path of seeking. Those entities of the negative

nature are aware of such progress, for it is a kind of power seen upon the metaphysical realm, and is that which is desired by the negative oriented entity to be either controlled by them, or to be stopped by them, for those entities within this group have been successful in many areas of their own personal and shared endeavors of serving others, of renewing and reviving and reenergizing their own spiritual journeys.

There is at this time a great deal of both positive and negative oriented energy in action upon this planetary sphere, for there are many opportunities now that entities have presented to them to take steps in a, shall we say, accelerated manner in their own process of seeking. The vibrations of the planetary sphere itself are well within the fourth density, in both time/space and in space/time. This presents an energy of transformation that is offered to all those who are available for it or to it.

These entities of a positive nature, then, are offered the chance to use the stepped-up vibrations of the planet itself in continuing in whatever direction of service to others, and of renewing the seeking for the self which may be presented to them or by them.

Thus, as you are more and more successful in your seeking and your serving, these energies that allow that must also be balanced by the opportunity to be, shall we say, challenged, or nullified, or tempted, thereby bringing again the positive polarity to a more neutral level. However, we find that those entities within the circle have refused to be tempted, to be stopped, or to be swayed in their journeys forward, thus they are able to send love and light energy to the negative oriented entities and thus blunt their attempt at stopping positive movement forward.

Is there a further query, my brother?

**Gary:** A somewhat related query. In our seeking we sometimes encounter a situation that becomes difficult or problematic or strewn with obstacles, and we can be of two minds about these difficulties. We can say to ourselves “Ah, this must mean that I should not pursue this particular path.” Or, we can say, “This must mean that I should redouble my resolve and push forward and overcome this obstacles.” Is there anything that can be said about how to discern between the two?

**Q'uo:** We are those of Q'uo and are aware of your query, my brother. We are afraid that our answer may be that which you have heard from us before, however we shall state it again. The meditative state is that place wherein you tabernacle with the most high, the holy of holies within your holy ground. Go, therefore, you to this ground and seek the answers that are most important to you. Do not attempt to decide with your mental faculties important questions of spiritual nature. Go there within to the heart of your being to find those answers there in the meditative state. Is there a further query, my brother?

**Gary:** Though repeated before, that is always good advice, Q'uo, thank you for that and the previous answer. No further query from me.

**Q'uo:** We are those of Q'uo. We thank you my brother for your queries. Is there another query at this time?

**F:** Q'uo, I wonder if you could speak to whether there is an advantage to seek out unremembered and sometimes perhaps traumatic catalyst from our childhood?

**Q'uo:** I am Q'uo and am aware of your query, my sister. If you, in your path of seeking, find that there is indication that such exists, that it is indeed a hindrance upon your path, taking journeys aside that are best spent remaining focused forward, then we would suggest that you look into those areas that you have mentioned—those earlier areas of your childhood or earlier years when there were measures taken to, shall we say, form you in such and such a way which may or may not have been harmonious with you or for you. It is salubrious to take such investigative measures.

But we would suggest that you look again with both mind and heart to see of the indication of such, if they exist within you. To simply go back to those earlier times and look for a nebulous possible occurrence that has had influence to you, and has continued to have influence for you today, may not be worth your effort. Thus we turn the question back to you to ask if you have clear indication of such experiences which might yield further clarification of your present frame of mine, shall we say, or openness of heart.

Is there a further query at this time, my sister?

F: No, thank you, I'll think about that.

Q'uo: We are those of Q'uo and we thank you my sister. Is there a final query at this time?

Gary: Q'uo, I'll take the opportunity. The grouping of social memory complexes and other members in your group refer to themselves as The Confederation of Planets. Why the word "Confederation"? What does that say about the way you arrange and ally your services and work with power?

Q'uo: We are Q'uo and we are aware of your query, my brother. As you look upon the word "Confederation," the beginning of the word is that which means in the Latin "together." Together we are a grouping of entities that seek to be of service to the One Creator. However, we are federated in a certain fashion so that each of us has, you might say, particular abilities or specialties so that some may be those who offer energies of healing to planetary entities, some may be those who offer energies of assistance to individuals, to wanderers, to particular efforts of a, shall we say, philosophical nature to which many entities may be dedicated themselves and in need of assistance clarifying the means by which such efforts are offered. Thus, we together, seek to serve the One in the many. Does this answer your query, my brother?

Gary: Yes, thank you Q'uo.

Q'uo: We are Q'uo and again we thank you, my brother, for the blessing of your queries. We would at this time take our leave of this group, rejoicing greatly in the opportunity to have blended our energies with yours for a short portion of your time/space and space/time.

Your efforts at seeking and of serving are a great inspiration to us, for you seek within a difficult circumstance, and you serve in the same. The third-density experience is one which is most difficult to navigate, for you must begin in some fashion to penetrate the veil of the forgetting that is ever with you, and ever blocking you from the full knowledge of your nature as the One Infinite Creator yourself. Thus a portion of that One Creator in your personality moves in the murky waters of the third-density experience and does a great service to all of us who observe this movement as you ask for our assistance, as you continue your own movement, and as you are so carefully focused in your efforts to seek

love and light within all that you see, within all that you are, and with all that you serve.

At this time we shall take our leave of this group, thanking each again for inviting our presence. We are known to you as those of Q'uo. Adonai vasu borragus.



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## SATURDAY MEDITATION

APRIL 16, 2016

**Group question:** In our question today, we are looking to learn more about the metaphysical dynamics behind love. Ra mentions love in many contexts, including saying things such as “the great healer of distortions is love” [62.26] and “love is the great protector.” [63.5] We’d like to know, metaphysically speaking, how love can do these things such as protect and heal.

And how does our experience of love, which may be described as a vibration, relate to the concept of time/space and our experience of time/space. When we vibrate closer to love, our experience of time seems to change. Is there a merging of space/time and time/space in this experience similar to that of higher densities and how does this relate to the dynamic of love in the time/space realm?

*(Jim channeling)*

I am Q’uo and we greet each of you in love and in light this day. We thank you for inviting our presence within your circle of seeking. It is a great honor and privilege for us to be able to join you here, for as you join your hearts together in seeking the nature of truth, you create a light which is most bright and easily noticeable within the spiritual realms. Many there are who rejoice at your gathering, your questioning, your seeking, your sharing, your very being of who you are, each a portion of the One Creator venturing out into the illusion of third density to find there the love and the light that are everywhere, and yet within your density seem to be so well hidden that many doubt

their existence. We assure you, my friends, that when you gather together as you do today, you bring that love and light to the fore that all may see and share in its sharing of love, of healing, of protection, and of those qualities that you may call the intuitive perception of the nature of reality, for love has made all that there is. If you look upon love as being the primary energizing creative force of the One Creator, and that love is that which is the fabric of creation, and you see that unity that is reflected everywhere outside and inside of yourself for in all places is the One Creator.

Therefore, you asked this afternoon a number of queries concerning the qualities of love to be able to heal, to protect, to be able to express itself in both your third-density illusion of space/time, and in the spiritual or metaphysical realms of time/space. My friends, it is possible for you to look upon love and see a force which can do all things and not just those which you have mentioned, for there are no limits upon love in its basic nature. Love may be seen as the concept of what you may call the Logos, the primary energy or mover of the Creation in various portions that you would see as star systems and galaxies, for there are infinite Logoi scattered throughout the one creation that are themselves the creation of the One Creator. And these entities that you see as the stars in your sky at night and the sun in your sky in the day are doing the work of the One Creator in making it possible for the many portions of the One Creator to discover not only their own nature as individualized entities, but in the process

of evolution to discover themselves as being a holographic image of the One Creator itself. Thus, the One Creator is able to discover more about itself through the free will action of each of those entities in whose care the various Logoi have been placed.

So how can the concept of love, then, that which you see as the open-hearted sharing of compassion and understanding, of acceptance, be able to protect one, shall we say, to heal one? In essence, these are two facets of one ability of the concept of love that moves from the green-ray energy center within each being who has opened the heart in the giving and receiving of love. When you love, you are awakening this same quality in entities around you, in the forces of nature, shall we say, that also surround you. If you can open your heart in the ability to love those entities, those experiences, and those qualities of yourself that you see reflected to you by all around you, then you are creating a vibration not only in your own heart and your own being, but a vibration which moves outward to those that are in your vicinity, those that are in the direction of your will, of your being, of the nature of who you are. There is a sympathetic vibration then set up so that the love that you feel for others is reflected back to you from them, for love speaks to itself, your love and their love is one love. This love, then, if you direct it to do so, may provide you with a kind of vibratory shield, shall we say, that allows in only other qualities of love that you may be desirous of experiencing in the form of protection or of healing. For each of you has chosen those experiences within your incarnation, and have chosen them previous to the incarnation in order that you might be able to discover more of the nature of love as it exists within your being, and as it can exist as you move further and further into the spiritual journey, into the reunification with the One Creator that you see all about you.

The love then, that moves out from you as a function of your free will to offer it to others, then sets up this sympathetic vibration that is able to vibrate in this quality of understanding, this quality of wholeness, this quality of healing, so that it moves back to you, and offers to you a sense of well-being, reawakens in you the sense of knowing that all is truly well, that if it does not seem to be so in your perceptions, then there is the necessity for reassessing, perhaps, your own perceptions within the meditative state. For you are indeed a portion of the One Creator. You have accepted various

distortions within your being in order to work those out in a balancing fashion. If these distortions cause you seeming harm, disease, or lack of the feeling of well-being then there is work that you may do, profitably, in the process of furthering your own evolution as you come more and more into harmony with the basic quality of love that exists everywhere, my friends, most especially within each heart that seeks it.

At this time, we would 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. We would begin our communication through this instrument by thanking all here present, as well as this instrument, for the love expressed in the intent that caused each to arrive at this place of seeking, for in this convergence, we feel a love reaching out into the heavens, and this gives us a kind of carrier wave into your dimension that we may perform that service which it is our lot to be able to give for your peoples. This love, we would say, is a transdimensional kind of energy that is able to cross barriers or thresholds, shall we say, of light that otherwise maintain an existence which is discrete so that experiences may unfold within separate domains without being encumbered or overridden by experiences which, if they were taken on, would be a source of great confusion to those who are attempting to find their way. It is an unusual or extraordinary circumstance to engage in communications of this nature which cross dimensions, and we would suggest to you that the possibility of this kind of contact is one which is supplied by love itself.

When you reflect on the nature of love, then, you may say that it is an energy of a high nature which precedes those distinctions which make individual experiences possible. And in this regard you may say that love is a concept which has more than one meaning. In that experience which you enjoy, love can be seen as an activity which engages you and in which you engage. You love another, you feel loved by another, and in this kind of mutual engagement you are able to participate in a dance which enables you to discover moment by moment, day by day, year by year, incarnation by incarnation, that you are more and more fully that which you love, more and more fully that which loves you.



Now, the kind of love which is expressed and experienced by those who are individuated—those who are enjoying lifetimes in dimensions which have been ordered, as you say, by time and space—are those who participate in a kind of being which has its roots prior to time and space having arisen in the first place. It is for that very reason that love itself can be seen as a sort of transport from one domain or dimension to another, and it can also be seen as that characteristic which most clearly and most deeply defines the one original thought within the one original Creator. Now that Creator has undergone down through the ages an infinitely large number of distortions or divisions of itself—separations of itself from itself—and these separations are what we have given the name “free will” to. For each individual spark, or facet, or scintilla<sup>1</sup> of the one great original thought is charged in such a way that it will seek again its source, and so seeking, will bring back to that source a refined intelligence of itself. As far as we understand, my friends, that is the purpose of the creation. The creation is a continuous event placed within love, such that love goes out from itself with the express intent of returning to itself. But as this process has been reiterated time upon time upon time upon time, there has been created a system of illusions by means of which it has been possible for these scintillas of love gone out from the source to articulate themselves, to refine their balances inwardly so that the intelligence of the original love they bring back to that source may be more eloquent, may be more refined, and in that sense may be more informative.

As it happens, the very structures, according to which the individual source points of love may be further and further articulated, also give the possibility that each of these source points, each of these little Logoi such as you are, shall discover themselves to be without love, to be abandoned as entities floating on a vast sea surrounded on all sides by strangeness. And when each of these lost scintilla of love/light begin to find within themselves those resources which enable them to make a beginning of a journey back to the Creator, they can learn to give the name “love” to that energy which fuels them along the way, starting from this beginning and looking toward the end. Now, as a matter of fact, love is of such a nature that it can find itself directed

in many different ways, and can find itself caught up in many different configurations, and can find itself frustrated because in the very many-ness of its directions, it can discover confusion; it can lose its way; it can feel that it has no way home. And in this extremity, love—and searching within for the end for that resource which can be its only healing, which can be its only sense of direction—can feel like, for the first time, it is sounding out depths in the nature of love that have lain long concealed, that have, in fact, in a way, never yet been revealed. And it is true, my friends, that each here has a secret love that is unique to it alone, and a secret love, shall we say, that the Creator, the one original source of all love, longs to have returned to itself as revealed.

Now, as you reflect upon this process, it can be staggering to realize that it takes place over eons upon eons of what you call your time. And yet we would suggest to you that there is a sense in which all of these vast eons of time that you undergo [through] your various incarnational cycles—moving from one density to the next, and to the next—that all of these eons of time are, in fact, as of one instant. For there is a sense, grounded in the nature of love itself, in which all time is always all together. That points to a quality of love which is rather difficult to grasp, particularly for one whose experience is measured out moment by moment, particularly for one who carries a sense of past time as memory and dwells in relation to future time as anticipation, and situates the self between past and future in such a way as to suggest that time itself is a fleeting phenomenon, an ever-moving phenomenon. Movement is an expression of energy that itself takes on structure, and these structures have proven to be rather useful in giving context for those intrepid souls who venture forth into the Creation, having lost the sense of where they came from, having willingly yielded the primary sense of connectedness to all that is, so that the particular features of being an individual center of love could be more distinctly explored, could be more distinctly refined, could be more distinctly related to other points of distinct loving.

You enjoy, at present, an experience in which the sense of remove from the great original thought is just about as strong as it ever will be, for you all have undertaken a series of lifetimes that have involved the veil of forgetting. The first effect of forgetting is the loss of the sense of who you are as a being

<sup>1</sup> scintilla (noun): A small spark or flash; a small or trace amount.

connected in love to the whole. And it is for that reason that, for you, the experience of love itself generally involves an overcoming of a feeling of being unloved, and it often involves a feeling of engaging in activities that are not themselves of a loving nature. But, we would assure you that in the broader sense, in the sense which many of you are now remembering, love is all that is, and that is what is entailed in the realization you come to as you open your hearts—as you open your hearts to one another, as you open your hearts to the entire Creation around you, as you open your hearts to your innermost being—and find there that subtle whisper of a greeting from the one original source, that subtle whisper of “hello” from the Infinite Creator, reaching down through the illusory frameworks of space/time and time/space. Why, you might ask, are these illusory frameworks even in place? Why, you might ask, is there a distinction between what you have called space/time and what might be called time/space? And we would answer in this way: we would suggest to you that space/time is a framework in which you are able to achieve a great deal of focus in working with energies of a very finely developed nature, and by working in this focused way, you are able to gain a kind of penetration into what we would call the unknown frontier of the Creation.

The forgetting has been particularly useful in this regard for there are elements or features of the Creator that have come to light only in view of what has transpired in the realms in which the veil has been operative. You will note that prior to the advent of the veiling—which was itself a possibility that had to be discovered—there were no entities which had undertaken to polarize to the negative; there was no concept of being able to serve exclusively the self, for there was enough of a residual awareness of being connected in the primary energy of love that the complete sense of separation was not even felt as a possibility. So to have not only the possibility but the actualization of a way of expressing the Creator’s love as love of self exclusively was a piece of news, shall we say, brought to the Creator reflecting on a sense of itself that it had not previously had.

Now, it is our understanding that that love which confines itself to love of self is a love which is, in fact, self limiting, and which must, at some point in its development, learn to move past that configuration, and in doing so, acquires again, the

polarity of other love primarily. But something in the meantime has been learned, something in the meantime of the nature of the Creation, of the nature of the Creator, of the nature of love has been learned, and will be learned more and more as the Creator itself expands in its awareness of what it means to be a source of love capable of differentiating itself into loved and loving, capable of being the one who loves, the one who is loved. And since that capability is grounded in the original creative act of freewill, it gives also the possibility of being the one who is not loved or the one who does not love. In the ultimate sense, love has no opposite, and yet when love is conceived as an activity, it does exist in a world of possible opposition. And so, love, rediscovering itself as unity, finds that it is through the overcoming of opposition, through the overcoming of displacement, through the overcoming of a sense of being lost, that love finds a depth previously unreachable within its very self. So it can easily seem to be a paradox that love, in order to be love, has needed to traverse the realms of the unloving, has needed to lose itself in order to find itself, but we find that this is precisely the nature of the Creation, as best we have been able to understand.

What you call your realm of time/space is a realm in which the sense of unity is more prevalent, the sense of being surrounded by love is more prevalent, and it is a place where those who have ventured forth into those domains of space/time in which they work in a more focused fashion, may find respite and restoration.

We are those of Q’uo, and at this time we would return to Jim to inquire whether there are questions still on the minds of those present. I am Q’uo. Adonai.

*(Jim channeling)*

I am Q’uo and am again with this instrument and we ask if there are any further queries at this time?

**Austin:** I have short one, Q’uo. There are many in this group who are avid gardeners and I was wondering if you could just give us a few words of the metaphysical dynamics behind gardening and sharing love and communion with second-density plants?

**Q’uo:** I am Q’uo and am aware of your query, my brother. Indeed the second density is as aware of love

as is the third density though perhaps able only to express it in certain limited functions and fashions. As you partake in the gardening experience, the tending of the plants, the planting, the weeding, the tilling and the sending of your own love to these entities, they are aware upon a very basic level of the nature of love itself, and are able to connect this reception of love with your presence, and are able to then shine forth this love in their production of the flowers, the fruits, and the very quality of their own being that is a beauty of balance and of the second-density approximation of the One Creator. There are also those spirits about that you may call the nature spirits, the devas, each of which has a certain kind of, shall we say, mentorship or relationship to the second-density creatures, so when you are gardening, you are not only interacting with the second-density plants, you are also interacting with those devas and nature spirits that are in charge of certain portions of the plant and animal kingdoms. These also contain the One Creator in abundance as the One Creator is everywhere at all times expressing itself in various ways to those who have ears to hear, eyes to see and hearts to understand.

Is there a further query, my brother?

**Austin:** No, thank you.

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

**F:** I'm not quite sure if I'm going to say this right, but when we are in our gardens, or when we're feeling love for a person, or having these types of experiences, there's a spaciousness, an openness, that we sense and which also happens in meditation sometimes. I wondered if we're touching on the metaphysical space when these events happen—when these experiences happen?

**Q'uo:** I am Q'uo and am aware of your query, my sister. In the experiences of which you speak there is a common denominator, shall we say, of the removing of the intellectual barrier that seems for most of those in third density to separate them from the inner qualities of the spiritual world, the sense of the spaciousness of which you speak, the sense of the metaphysical nature of the reality in which you move and live and have your being. When you are able to reach this state, whether it be through the gardening, through the exercising, through the meditating, through contemplating, through prayer—

however you reach this state— you are indeed touching upon the truer nature of reality as you are able to experience it. For you have then reached a point within your own being where this being can reverberate in its natural interconnection with all that this. You no longer have the need or ability at that time to cut yourself off, shall we say, from the world about you, from the Creator that exists at all times in all places. So, if you are able to reach this state in the gardening it is most helpful, not only to you as an individual entity, but also to those beings with which you move in the gardening experience, the second-density plants, and as we previously spoke to the one known as Austin, the devas and the nature spirits as well.

Is there a further query, my sister?

**F:** Will these types of experiences be more common and easier to obtain when we are in higher densities, especially as we're approaching fourth-density experience here on earth?

**Q'uo:** I am Q'uo and am aware of your query, my sister. Indeed this is so, for in the higher densities you no longer must deal with the veil of forgetting. The veil of forgetting is very helpful for the third-density entity, for it allows you to have experiences that would not be as likely to have in the higher densities, for in the higher densities you are quite aware of the unity of all Creation, of the love that is the energizing force of all Creation, but in that particular type of environment, it is oftentimes more difficult to find a reason to move from the perfection in which you exist into new expressions of your own being. Thus, the third density, where you forget that perfection offers you the opportunity to move into more intense polarization, shall we say, more intense expressions of the love vibration as you respond to the difficulties in your own life experience. The problems and the challenges of your life experience are those gifts that allow you to call upon the spiritual nature of your own being in order to solve them, to balance them, and to internalize the love and light that you find all about you. Yes, you shall find the higher densities offer you more experience within the spiritual realms, in the metaphysical realms, but forget not the great offering and treasure of the third density, for it allows you to find that which is the pearl of great price within an illusion which seems to contain very little of beauty for many at this time.

Is there a further query, my sister?

F: No, that was very helpful. Thank you to both the instruments today, this has been really good. Thank you.

Q'uo: I am Q'uo and we thank you, my sister. By calling upon us to serve as you do, you allow us to progress further along this same trail which we share with you.

Is there another query at this time?

*(Pause)*

Q'uo: I am Q'uo. As we appear to have exhausted the queries for the nonce. We shall take this opportunity to once again thank each present for inviting us to join your circle of seeking. It is a great honor and privilege to be here with you. Only by your inviting our presence do we have a beingness within your third-density illusion. Though much of the treasures and the pleasures of the One Creator are covered within this illusion, indeed those which show through your very being are a true pleasure for us to witness. Your calling upon the One Creator in everyday life experiences is that which is a true calling to the source of all being that is here, and which wishes to express itself through you as you are moving along your path of the incarnational journey, the spiritual journey of the doughty seeker.

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



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## SATURDAY MEDITATION MAY 7, 2016

**Group question:** Spiritual information often suggests that our spiritual growth is a consequence of the suffering we go through and that we should not avoid it by running away, but rather it should be embraced, and we should always try to bolster our faith and patience as a catalyst runs its course, especially as much catalyst as pre-incarnationally chosen. Another school of thought states that our experiences are due to our thinking and feeling and that it is our duty to create better conditions for ourselves. The implication is that if we don't like an experience, say, poverty, sickness, etc. we can change it by concentrated and focused thinking and feeling. We figure that both positions are probably accurate but there seems to be something of a contradiction between the two, and we would like Q'uo to shed some light on the subject.\*

*(Jim channeling)*

I am Q'uo and am grateful to be able to speak through this instrument and greet you all in love and in light this day. It is our great privilege to be called to your group for by this means, speaking to entities such as yourselves, are we able to provide our service to the One Creator. We would ask you, as always, to use your own discrimination as you listen to our words, and use those words which ring of truth to you, and leave behind any that do not, for in this way we will feel free to be able to offer our opinions without feeling the possibility of infringing upon your free will, for we are not what you would call the ultimate authority upon any matter but share that which has been our experience as we have moved

along this same spiritual path upon which you find yourselves this day and all days. Though we may have moved a bit further than have you, still we walk the same dusty path with, what you may call "the clay feet."<sup>1</sup> We can make mistakes and have done so.

To begin you have asked us whether or not it is more appropriate to embrace the traumas that come your way upon this spiritual path and to attempt to learn from them, rejoicing in them, and moving on from them having learned what they have to teach. Or if, perhaps, it is your obligation as a seeker of truth to bring more harmony into your life, to let your life exemplify those qualities of the truth, the peace, the love, and the power of the One Creator. Or if perhaps there is a third path which is a blending of the two. My friends, we can tell you that there is a certain kind of emphasis or primary quality to the learning of lessons through what you call "the difficulties," and indeed many have programmed these into their lives for this very purpose. You can find that there are abilities that are brought forth from you, [from] the very depths of your being, that quality of your soul which is so valuable yet inestimably and seemingly distant from you. These can be called forth by the necessity of meeting the challenges that are yours as you move through each day's round of activities, and perhaps discover that there is a certain loss that you must bear, a certain problem you must solve, a certain wound that you

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<sup>1</sup> From [Wikipedia](https://en.wikipedia.org/wiki/Feet_of_clay): "Feet of clay is an expression now commonly used to refer to a weakness or character flaw, especially in people of prominence."

must heal; all of these are the stuff, shall we say, of your third-density illusion.

You see all about you the opportunity to witness not only the One Creator who is actively offering you these opportunities for learning, yet you also see that there is, perhaps, that which is required of you, that you do not know whether or not you have within you to put forth as a means by which to bring healing where healing is needed, to bring understanding where difficulty and hurt feelings are in existence, to do that which seems to make one uncomfortable. For the disharmonies can be great within one's mind and heart and even into the soul of one's own being as you wrestle with the various means by which difficulties may be offered within your third-density illusion; and these, as you know, my friends, are many. Each of you has suffered greatly at one point or another or perhaps at many points within your life pattern. Perhaps it has often seemed to you that there is an abundance of suffering, and why should there be more suffering? Why should you have to endure once again what you felt was completed?

When these patterns move around in the spiral of endlessness that is your incarnation, into and through and beyond the third-density illusion, you may rest assured, my friends, that you have found a pattern that was put in place previous to the incarnation and that this pattern has within it the opportunity for you to be more than you thought you were; to exhibit those qualities that you were not that sure you had; to find love where there seems to be none; to find harmony where there is disharmony; to find healing of wounds that are deep; to make clear the communication which has been stifled and muffled and distorted. Yes, my friends, there is much to recommend the learning by the traumatic experience in confronting that experience, shall we say in your colloquialism, head-on—not running from it at all, not attempting to avoid it at all, welcoming it as a precious treasure that you will be able to learn from, and to, as you may say, blossom as the seed that is cracked open rather violently by the expanding of its own inner nature, but brings forth the flower that is of great beauty, the scent that is sweet, giving pleasure to the eye, purpose to the mind, and a means by which one may see that there is growth possible in the most difficult of circumstances.

However, my friends, this is not the only path to growth, and not the only means by which you may approach a situation which seems difficult beyond measure.

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. We greet you in the love and in the light of the One Infinite Creator upon a day that has special meaning to those in this part of the country<sup>2</sup>, and upon a time of year when there is abroad in the land a rebirthing of all of the forces of life, finding new ways to express the old ways of the Infinite Creator.

We would like, at this time, to call your attention to the character of the experience which you currently enjoy, which is that it is an opportunity; it is an occasion for engaging in creative activities that permit mind, body, and spirit complexes such as yourselves to recreate themselves and to enter upon that great adventure that is the creation itself. This entails an active doing, and doing is essential to the nature of the kind of experience which you now enjoy, and in that regard it is to be seen as distinct from the kind of experience which you enjoy between incarnations. We have expressed this difference as the difference between space/time and time/space. And in time/space which is that portion of your experience you undergo when you are not incarnate, you are given ample opportunity to reflect upon who you are, what you have become, and to discover intimations of what you wish to be. There are, in time/space, few limitations upon these processes of contemplation and self-reflection, but there are also few opportunities for the realization of the plan, shall we say, or the preferences that are beginning to take root in the depths of your being. For these changes to take place, space/time, which is what you experience while you are in the incarnate space, is a useful set of conditions for undergoing the transformations to which you have learned to aspire.

Now, as a portion of the experience which you now appreciate, there is a kind of programming in place. And that programming, we would say, has primarily to do with the set of limitations which you have set

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<sup>2</sup> The date of this channeling coincided with the 2016 Kentucky Derby horse race, a festive event which is generally treated as a true holiday by those local to Louisville.

yourself and which, coming into this experience, begins from the moment you are born to attract a certain kind of experience which you will then have the honor and the duty to process. We would suggest to you that it is a significant portion of the character of the experience which you enjoy while incarnate to actively engage in the catalyst, in the response to catalyst, and in the circumstances which permit you to change the parameters in which catalyst may be received. So we would commend you to the activity of engaging with the world around in such a way that you may transform the world for the better, even as you seek to transform your response to the world for the better, and thereby to transform yourself and that little portion of the being of others which has joined you in your experience of your selfhood in this life.

So, to the extent that transformation is the order of the day, it is not fully and entirely a question merely of acceptance of the status quo, acceptance of the catalyst as given. However, there will inevitably be the need for such acceptance, at least insofar as the catalyst which you are given is indeed that which you face. And we find that it is a significant portion of the failure to process catalyst that the catalyst is deemed inaccessible from the start, and so that it can be the case that one resists what is given and this, we may say, is catalyst gone awry. And yet one may and does well to, as the poet says, “take arms against a sea of troubles and by opposing, end them.”<sup>3</sup> For we can assure you that the point of the catalyst as given is never simply to suffer it, but rather to engage with it so that the suffering is, to the extent that it is necessary, seen not as part of the intent of the catalyst, but as by-product of the difficult process of self-transformation that the catalyst is there to promote. The sense of destiny that arises when you begin to recognize a kind of pattern in the catalyst that you experience is an indication of the progress that you are beginning to make in learning that there is secret intent impressed within the very fiber of the

catalyst you receive. And this intent can, when you reflect upon it in your meditative state, be a clue for how the catalyst might be successfully processed and how the catalyst might find its way to future catalyst that continues your growth upon a desired trajectory.

The more you are able to discover within even those situations which give difficulty, even those situations which tend to elicit from you a rejection—a feeling of being hurt, a feeling of anger, a feeling of hate—even these we say, can, if allowed to develop into a deeper sense of love which one does achieve through acceptance, suggest that the catalyst that has been on offer is indeed serving its function well. We would say to you that catalyst that is allowed its play in such a way that it inspires you to response is catalyst that is properly received, and you should not despise your inspiration in the response that you come to in relation to your catalyst, which can often take the form of seeking to improve the circumstances of your life, in seeking to improve the circumstances of the lives around you, and in seeking to improve the conditions of the social complex of which you are a part. All of those activities which reflect the inspiration to betterment, the inspiration to expression of love, the inspiration to a resolve to heal—all of these are indications of a good and proper use of catalyst.

Now, it is true that catalyst comes very often in forms that are harsh. It is true that catalyst comes very often in forms that do not suggest an immediate way forward, and that for all the world looks as if it simply is something about which one can do nothing, about which there is nothing to do but to accept what is given and suffer through its givenness. And we will not deny that there are days and days upon days which will have this aspect in which the Creation shows a somber face to the seeker, and that the intrepid seeker can but put one foot in front of the other, day after laborious day in the quiet faith that at the end of this day—and if not this day, then the next, or the next—there will come a time in which the sun again will shine, in which the birds again will sing, in which the heart again will leap up in joy. In the meantime, there can be the memory of these experiences; there can be a slowly forming resolve to allow this memory, this inextinguishable joy, this ineluctable aspiration, to have a place, even in those experiences which reflect catalyst at its most harsh, at its most difficult, at its most confusing.

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<sup>3</sup> From Shakespeare's *Hamlet*, Act III, Scene i:

To be or not to be—that is the question:  
Whether 'tis nobler in the mind to suffer  
The slings and arrows of outrageous fortune,  
Or to take arms against a sea of troubles,  
And, by opposing, end them.

If you are confused, that, too, is something upon which you may reflect, and as surely as the day follows the night, there is significance lurking even in the most scattered and confusing kinds of experience. You might reflect upon the elements at play within the confusion and you might ask yourself how each individual element feels to you, how each individual element feels in relation to other individual elements, and how the totality of the experience which you undergo as confusion feels to you. And even confusion, if that is the feeling with which you come away, has to it a kind of unity, has to it a kind of intelligibility. For it is, after all, *this* confusion and not another; it is after all, *this* pain and not another.

What is it about this pain, you might ask yourself? What is it about this circumstance in which I have felt myself to be torn out of my zone of comfort, to be thrust into a world that seems unwelcoming, to be faced with other faces glaring back at me in hostility or judgment or disappointed expectation? And I, who have few resources apparently at the ready seem asked to respond in a way that is appropriate and yet without having a sense of where that appropriation would lie. Even this situation has to it an integrity. Even a situation such as this is the bearer of a secret message. A situation such as this is catalyst in a form most raw and calls for a response. One cannot be simply passive in the face of catalyst but must take it up actively in some way. It is *this* catalyst one must decide, or it is *that* catalyst one decides. It has *this* meaning for my life going forward; it has *that* meaning for the service I may offer. That is an active process—that is a process of taking in, interpreting, and accepting what is given, but doing so actively. Doing so in such a way that one feels thereby actuated, that one feels thereby that one has agency in the process of transformation one is undergoing.

And so, there is, indeed, a difference between acceptance and self-activation in relation to catalyst. But we would suggest they are two sides of a single process, and that process is the very process you have incarnated to see through. You have incarnated to carry forth and you have incarnated to participate in the furtherance of that process. The more consciously you are able to participate in relating yourself to your catalyst, the more that catalyst begins to resonant to the inner harmonics of your being, and thereby the more you become author of

your own catalyst. But catalyst is a subtle thing, my friends, more subtle than a faint aroma on a summer breeze. Now you see it, now you feel it, now you get its scent, and now you don't. And so it is of such a nature that just when you think you are the master of that catalyst which is yours to process, you find that once again you are not; once again, it has left you bereft of your sense of authority, bereft of your sense of being in control of your situation, bereft of your very sense of who you are. And there you are again, confronting the mystery of the Creation in the moment, but you are doing so in possession of the greatest gift the Creation has to offer, which is the gift of your capacity to be a portion of its self-transformation, its creative happening. And if you allow that creativity into your process of activating your own innermost resources, you are closest to the catalyst that you can possibly become. And so we find that this is a paradox that does have a resolution. This paradox of catalyst which seems to come from outside, but in such a way that it resonates with something within. It has, as we say, a resolution, but it is a resolution which ever and anon will once again unresolve itself and appear to you in the form of a paradox.

That is the nature of catalyst, my friends, and it is a very significant portion of the reason you have incarnated: to undergo catalyst in the strongest possible sense and to have, as a portion of your inner resources for dealing with this catalyst, a mere fraction of your whole being—and a distorted fraction at that—so that what you are working upon at any given point in time is something of your being which you have determined is perhaps not quite yet in balance. And while it may seem that you are overbalanced in your reaction to individual events that catalyze you into response, this too is greatly informative when you are able to step back from it and to reflect upon it and to begin a process of assimilating both the event and your response to that event into a sense of the wholeness of your life experience. That wholeness of life experience is something in which you may dwell in the meditative state, in which you may dwell when you gather together in events such as this with others and co-mingle your meditative states in a way that provides healing catalyst for all here present. You offer us similar catalyst, though this may not be known to you, and it is a great gift to us when you invite us to participate in this meditation, in this practice of



group seeking, for it catalyzes our growth as well as your own. We are grateful to you, my friends.

We are those of Q'uo, and we would at this time leave this instrument in the love and in the light of the One Infinite Creator and return to the one known as Jim to ask if there are further questions upon your minds. I am Q'uo. Adonai, adonai, adonai.

*(Jim channeling)*

I am Q'uo and am once again with this instrument. We are happy to be able to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there a query at this time?

**Gary:** Q'uo, Todd asks: "When loved ones of ours have passed on, is it possible for them to hear our thoughts and sense our feelings for them? For example, if we visit the grave of a grandparent or parent and we focus our thoughts and feelings upon them, if we then 'talk' to them in our mind, is there any chance they will receive our messages of love?"

**Q'uo:** I am Q'uo and am aware of your query, my brother. It is indeed so that those who have made their transition from the third-density illusion into the world of the spirit remain in contact with those they have left behind, for those times which, as you have said, there is a concern, a worry, a sense of love wishing to be communicated, or the like, for their ties are with entities of their own kind, not only within the world of the third-density illusion, but within the world of the spirit where there are also families and grouping of entities that move in harmony together, learning the various lessons of this density in which the choice is made to serve others or the self. If one is concerned to make such a contact, simply speaking from the heart, perhaps in a place familiar to both, or significant to both, is a good means by which to establish this contact.

Is there another query, my brother?

**Gary:** George asks: "Can Q'uo comment on the topic of addiction to pornography. It is a problem that I and many others of my generation struggle with."

**Q'uo:** I am Q'uo and am aware of your query, my brother. Within your society there is what might be called a mass of mixed messages concerning this very basic level of experience. The red ray energy center is that which is concerned with both the survival of the

entity and with the sexual activities of the entity—the reproduction and the raising of the young, shall we say. Within your culture the sexual activities are also used most frequently in the advertising realms, seeking to sell whatever the product might be by the expression and experience of the sexual activities. The entities that are aware of such experiences, observing the programming of the parents, shall we say, that activity of a sexual nature is to be avoided, is to be put off, is to be ignored because it has a certain stigma attached to it, shall we say, often causes those who have a natural curiosity to be distorted in their own view of this activity. For the opportunity to work with this distortion we would recommend the meditative state and also the, shall we say, gaining of information of a healthy nature from those sources who provide such information, for there are many within your culture who have a very healthy view of such activities and who have shared them in the form of videos, in the form of books, in the form of lectures. We would suggest the informing of the mind, and the informing of the heart and soul of the healthy nature of such activities so that there is no need to engage in the secret viewing of sordid representations of these very healthy and necessary experiences.

Is there a further query, my brother?

**Gary:** Not from me, thank you Q'uo.

**Q'uo:** I am Q'uo. Is there a further query from anyone within this circle of seeking today?

*(long pause)*

I am Q'uo and we would again offer the chance for a final query at this time.

**C:** I have a question. A number of the individuals that I work with are labeled in our culture as "anti-social personalities," are called "sociopaths," and they're often regarded as having no conscience and that there isn't much to be done with them as far as rehabilitation and making them productive members of our society. And I wonder if you could comment at all on this classification of people, and if it reflects any spiritual principle, if it's service-to-self individuals, or anything else?

**Q'uo:** I am Q'uo and am aware of your query, my sister. The situation which you describe is one quite difficult to respond to in a sense which might bring clarity to a situation that is most muddled within the

mind/body/spirit complex of such an entity as that which you describe as the sociopath. We are aware that there are entities who have this separation of self all about them in the sense of the negatively oriented entity, and in many cases this is the situation for such a sociopathic entity. There is the desire to be of dominance and control of those about one.

However, we find in most instances, there is, shall we say, a mental configuration that is constructed in order that a certain opportunity be presented to the entity to deal with the reactions of those about one, in a sense which would be, shall we say, supported in a nature which is strong in its reliance upon discipline, the acceptance of certain boundaries, and the expression of the self in a manner which does not infringe upon the free will of others. There is the difficulty with such an entity in, shall we say, observing these requirements for its own treatment, as you may call it.

We find that it is most often helpful for such an entity to have a relationship with one other entity that is of a bonded nature, that kind of nature which such entities usually are not able to experience in the earlier years, or indeed throughout the entire incarnation. The ability to reveal oneself in full to another in the honest representation of the emotions, the thoughts, and the desires, is what is often helpful to such an entity. And yet when this entity is in the situation in which an other-self approaches it in this manner, without the ability to observe the previous necessity of boundaries, of clarity, and so forth, we find that oftentimes the entity described as a sociopath will take advantage of the situation and further express its own sociopathic nature upon the one seeking to serve it. Thus we find that the entity expressing these qualities is oftentimes looking for the overall, shall we say, corraling or dividing itself from others so that it must be in the institution and experience the treatment of the self as being so far out of bounds that it must be able to redefine itself, or exist within the narrow boundaries of the institutionalized situation. We are sorry not to be able to offer more concrete examples or how such an entity may be approached in a loving manner, but entities program such experiences in order to see how they may exist without that quality which you would call love, and how they will be able to bring forth other qualities within themselves that may perhaps compensate in such a manner [as] to offer them a substitute.

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

C: No, that is very, very helpful. Thank you so much.

Q'uo: We are those of Q'uo and we are grateful to you as well, my sister. We shall offer a final-final query to those who may be hesitant to query.

Steve: Thank you Q'uo, thank you.

Q'uo: We are those of Q'uo and we are most grateful to each of you my friends. As we mentioned at the outset of this meeting, we are able to provide our services only because you invite us to do so. Without your invitation, we would have no beingness within this circle of seeking and no opportunity to serve the One Creator. We are aware that each within the circle has a great many concerns that are heavy upon the mind, perhaps heavy as well upon the heart. We would remind each of you that you are much more than you believe you are, that when you call upon the spirit of the Holy Spirit, the One Creator, upon that entity known as the Son, Jesus the Christ, whatever your preference might be, there is aid available, that sustenance may be given within your meditative state, within your contemplative state, within your prayer-filled state. Ask for this assistance; ask and ye shall receive. Again, we thank you, my friends. We are known to you as those of Q'uo. At this time we shall take our leave of this instrument and of this group, leaving all as we have found you in love and in light, for there is nothing but love and light, my friends, in truth. We are those of Q'uo, Adonai, adonai vasu borragus.

*\*Thanks to Scott T. for sending in this question.*



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## HOMECOMING 2016 MEDITATION

SEPTEMBER 4, 2016

**Group question:** The Confederation sources stress the importance of seeing the love in the moment, any moment. Can you help us by suggesting approaches or strategies for making a positive identification of love when it's not readily apparent?

*(Jim channeling)*

I am Q'uo. I greet each of you in the love and in the light of the One Infinite Creator. It is our great privilege and pleasure this day to greet each of you through this instrument with the hopes of being of service to you in that way which would help each of you to grasp more of the nature of that quality which you call love: that quality which the Creator has used to make this infinite creation, that quality which resides in each of your hearts, that quality which draws each of you forward in your incarnations on a daily basis.

Before we begin, we would ask a favor of you this afternoon, and that is that each of you will listen to our words and take those that have meaning to you, and leave behind any which do not, for we would not wish to become a stumbling block to you. If you would do us this favor then we may speak freely those thoughts and feelings and concepts which we offer to you this afternoon in response to your query to us.

You ask how to make the seeking of love possible in those situations in which it is not obviously present to the outward eye. This, my friends, is a very good question for each of you and for us to consider, for most of the illusion which you inhabit does not

appear to contain much of that quality which you call love. And this is not by accident, my friends, it is by design. For each of you took part in the design of this illusion. That part of you which is the one Creator, which resides within all of the creation, has fashioned this illusion in such a way that the quality of love, of total acceptance of another, of giving the energies of your being to another freely without expectation of return, are hidden within each portion of this creation in order that in some way, and at some time, those entities such as yourselves that are taking their existence now here, in this illusion, may learn certain lessons related to love by finding it through their own efforts—those efforts which are put forward each day as you go about your daily round of activities.

It is most helpful if you are conscious that what you do in this illusion is indeed the seeking to find love and to give love at all times. There is no other activity which has value in your spiritual journey other than this seeking and finding and giving of love. Those activities with which you busy yourself as a part of your profession, your hobbies, your activities, your leisure time—all of these are vehicles through which you move in a certain fashion to discover love, whether consciously as a conscious seeker of truth, or whether in a manner which may seem to be accidental as one which moves in a less conscious fashion through the daily rounds of activities.

All have the opportunity to seek and to find love. As we have said before, this creation is made of love. It

only seems to be other than love, in order to provide you, shall we say, a challenge that allows you to increase your polarity of positive seeking to serve others by finding the love in those situations in which you find yourself engaged in your daily round of activities.

The more difficult it is to find the love, the more positively polarized in every situation in which you are able to perceive it. It is well to begin your day, shall we say, in a conscious remembrance that this is your purpose: to seek love, to find love, to give love, to be love. If you can find a manner in which this is a reminder to you—be it a period of prayer, a period of meditation, a period of reading inspirational messages—whatever manner allows you to become aware that this is your purpose for the day, it is well to begin the day that lies before you in this manner.

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

*(Steve channeling)*

I am Q'uo, and I am with this instrument.

We would sum up those words which we have had to offer through the one known as Jim by simply saying that this is a creation of love, and that you are within this creation in such a way that love is called forth from you. It's quite simple to pose the question of the purpose of the creation by suggesting that it is from love and to love that all originates and is directed. But, there is inevitably a question that will arise upon the minds of those who seek, and it is "Why should there need to be, in a creation of love, an effort made to love? Why should there need to be, in a creation of love, an experience of impediments to love? Why should there need to be—in a creation in which love is Alpha and Omega, source and destiny—an experience so bereft of love that love itself can at times seem to be the most impossible result, the most difficult task that one can be required to do?" And to ask this question is to focus on love as a particular kind of activity in which you can engage. You may engage indeed in many kinds of activities, and it is easy to list love upon a long list of things you might accomplish in the course of the day.

There is another sense of love, however, which we would invite you to consider. We have suggested that, in the nature of the creation itself, love may be counted as one of the early distortions that permit

differentiated experience, that permit individuated souls to find their way, to have experiences in a diverse creation and to bring back to the Creator the fruits of these experiences. This portion of the nature of the creation we have sometimes called the second distortion. Now, the first distortion in this creation we have called free will, so it may well seem that love is a dimension of the nature of the way things are that comes about as a result of a first innovation, shall we say, in the creation, involving the development of free will.

Now, to some extent this is true. To some extent it is true that love follows upon free will as a possible activity of those who embody free will in relation to one another, and one could say, in a larger sense, in relation to the creation as whole. In this sense it would seem then that a proper consideration of the nature of loving would require a fuller consideration of what it means to have free will. That is a story in itself, my friends, but it is useful to note [that], were it not for free will, were it not for the possibility that in creating an infinite number of, shall we say, sparks, or holograms of the creator—each of which can experience itself differently—the creator itself would have no possibility of knowing itself in any way that it did not already have prior to the event of the creation. And so there is contained in the concept of free will a potential that, strangely enough, registers as a *not being* of the creator to the creator. That already suggests the need of a return to the creator, by the creator, so that the creator may reap the harvest of the creation that has been undertaken so that the creator may know itself.

Therefore, already in the first act of creating, the distortion towards not being the creator is already at hand, and then we may say, secondly, that the need to return to the creator is also suggested and hence the second distortion, that which we have called Love, may be seen as incident to the first distortion we have called free will.

Now, we complete the picture of the major distortions simply by adding for purposes of completion the notion that there is yet a third distortion which we have called Light. The experiences which you enjoy have liberally invested themselves in light as well, insofar as the possibility of those differentiated experiences we call incarnations is predicated upon Light having

differentiated itself to a very great extent and down through many densities and many diverse creations.

To return then to the concept of Love as it is separated from the first distortion, called free will, we would say this: we would say that Love comes in a secondary position in relation to free will, only in a rather limited sense, because there is another sense of love which is prior yet to the sense of love we have suggested as the second distortion, and that sense can be used to describe a quality or a feature or a face of the One Creator conceived as completely undistorted, completely unhampered, undifferentiated, unseparated from Itself. Unseparated, we say, but therefore in a peculiar sense, unknown.

Now this quality of being unknown is what we have sometimes called the quality of mystery. And it is mystery which characterizes as best as we have been able to discern, the One Creator in its undistorted self. But we would also like to suggest that the mystery of which we speak is a mystery which resonates down through every distortion, every facet, and every iota of the creation. This mystery is available for participating in, and to our experience, limited though it may be, love is always the most eloquent, the most searching, and the most fulfilling way of participating in the one central mystery which is the Creator Itself.

And so, in the infinitesimally articulated experiences, down through all the densities, and in manner upon manner of creaturely existence, beyond the wildest imagination of any particular creature, there is available the possibility of taking up a direct relation to the one mystery of the creation, and making of this mystery a celebration of the creation itself as the Creator is given the opportunity to participate in a relation [that] the creature has made available to that Creator. The making available of that magical moment goes by the simple name of love.

And so when you are able to love your neighbor, when you are able to love yourself, when you are able to love the entirety of the creation with all of the shortcomings that you may perceive in it, with all of the difficult people that you may know, with all of the flaws which you may be able easily to see within your own self, then you have the greatest gift to give the Creator that the Creator ever could want. The Creator then becomes known to the Creator, just as when you love someone, that someone

becomes known to you in a deeper way than they ever could be if the carrier wave of that relationship was anything else but love.

Now, in truth of course, there is really nothing else but love that could be the carrier wave, and yet we may talk about love in diminished capacity, and we may talk about love in more fulsome capacity. The struggle that can characterize your daily affairs can be seen simply as an effort to move that which is diminished into a circumstance or a configuration in which it is more full, in which it is more realized, in which it is more deep.

Now, one could easily suppose that were it the case that in one bright, shining day, all were able to return fulsome love back to the Creator, that the Creator would stand fully exposed to itself, and would know itself finally in Its completeness. However, it has been our experience, (and once again we would like to iterate that our experience is limited), that no knowing ever even begins to exhaust the mystery of the Creator, or the mystery of the creation. It is truly an inexhaustible source. And that inexhaustibility is something which you may sense in a small way in your experiences of love for your fellow creatures. For when you love your beloved, when you love your wife, when you love your husband, when you love your children, when you love your friends, when you love your groups, when you love your planet, you do so in such a way that it does not diminish that which is love. In fact, strangely, it seems to augment that which is love, and once again we face a paradox or a mystery, because a mystery which is so infinite and so completely mysterious, which seemed to be something that could not become more itself, that is to say, more mysterious, by being loved, and yet, it seems to us that this is exactly what happens. It seems to us that the creation does become more, and that the concept of infinity very strangely, incomprehensibly, is susceptible of becoming more. And more than that, it is of such a nature intrinsically that the orientation to more is part of its very constitution, part of its make-up.

So the creation has the character that it is an open invitation, that every creature, at every level, in every manner of its expression, to participate in the expansion of that which is already infinite. To participate in the unfolding of that which is forever the same and eternal. For this circumstance, we can

find no better word than mystery, and for the most successful attitude in relation to this circumstance, we can find no better word than love. For it is in any that you do love, the simple mystery of their being that calls that love forth from you. And when you do love, you bring out that in your own being, which is itself of the element of love.

Having done so, do you not find it easier to be that love which we are now telling you that you are? And when you do, do you not find it easier when it comes time for you to engage in an activity to allow a little bit of that activity to include the love that you have for yourself to love yourself. To love the others around you that are able to elicit that love from you—that is as great a gift as you will ever be given.

To love those that seem to you to be unlovable is strangely enough an even greater gift, for when you are able to find in yourself that resonance of love that can reach out to that which does not solicit it, but rather seems on the contrary to reject it, you have inched, however slightly, towards a wholeness of your whole being, towards a realization of your own being as unified, and every such experience of loving the unlovable, every such experience of unifying the un-unified is an experience of the Creator finding Its lost love returning home, returning to its source. And in doing so, you give also the opportunity of that other center of being, that other incarnate individual, an opportunity, perhaps, to experience (once again however slightly), an aspect of itself, himself, herself, not previously accessible. And so love heals many a wound, love bridges many a division. Love offers itself both as a possible activity and as a condition of being which is the very stuff, the very source, the very destiny of the entire Creation.

We feel that, though this topic is inexhaustible in itself, and could be examined in many different ways, that what we have had to say up to this point is sufficient for a start in encouraging reflection, and encouraging in those who seek a resonance with a kind of energy which can feed that seeking. And so, we would like to return this contact to the one known as Jim to discover if there are further ways that we may address this gathering that may be useful to those here at present. I am Q'uo, and we leave this instrument in the love and in the light of the One Infinite Source of all Love and all Light. Adonai my friends, adonai.

*(Jim channeling)*

I am Q'uo and I am again with this instrument, and we appreciate this instrument's challenging of us in the name of that which it holds most dear, in the name of Jesus the Christ and unconditional love. At this time we would ask if there are follow up questions to which we may respond.

**Question 1:** The group does have further questions, beginning with: Please describe the circumstances in which honesty becomes a catalyst, and speak about the inner tools and awareness used to process that catalyst.

**Q'uo:** I am Q'uo, and I am aware of the query, my brother. You may say that honesty is a quality which is ripe with the opportunity for learning and for service to others, and that it allows by its very nature the response in kind for an harmonious exchange of energies. Thus, an honest query, an honest response, an honest confusion even, is a kind of invitation to catalyst to be presented, for this quality of honesty is not one which is widely utilized within your third-density illusion. It is a quality which is rarely mastered. In fact, it is difficult to find two entities that may express complete honesty towards each other in every moment. Thus when one perceives that there is a lack of honesty in any degree in the exchange of energies between another and the self, then the further querying as to the nature of the lack of honesty is brought about, necessitating the further exchange of energies with the hopeful outcome of each entity being able to process the catalyst required by the further energy exchange. And within that exchange and processing of catalyst, to be able to reach that honest expression of those feelings and thoughts within each self.

The fact that this is so difficult within your illusion guarantees that you shall find many opportunities on a daily basis to process catalyst if y- are wi- we correct this instrument, if you are willing to engage another entity in this process, and to engage until the process is complete. The ideal situation would be that the communication would be exchanged between each entity for as long as it took to reach the level of honesty that each was satisfied with. For you may find the qualities of honesty to be that which has many layers to it, for within each catalytic experience, there are various elements, various ingredients that go into the communication. Some may be mental in nature and objectively descriptive.

Others may be emotional in nature and be colored with the feelings of the entity that are themselves distorted in such and such a fashion, according to how this entity has desired to see the creation about itself.

This of course, my friends, travels the full journey back to those pre-incarnative choices that each has made that allow one to see catalyst in such-and-such a fashion, so that perhaps two entities will look at the same catalyst and see it differently because that is their nature, and that is the way in which they have programmed themselves to be able to use catalyst, to produce certain effects: perhaps the strength of will, perhaps the resilience of the self, perhaps the ability to express the feelings of the heart, perhaps the ability to open for the first time the blue ray of clear communication. The opportunities are endless, my friends. Thus, when you engage yourself in a conscious fashion to provide honest communication with another human being, you are indeed engaged in the stuff of the third-density illusion, shall we say, in making clear of that which is unclear, and making whole of that which is broken, the healing of that which is wounded.

These are noble efforts, my friends. These are not easy activities to undertake. But if you are a conscious seeker of truth, it will be your nature and desire to do this in your daily round of activities above all else, no matter what it may seem to be upon your list of activities for the day. To find harmony where there was disharmony, to find peace where there was unrest, to find wholeness where there was brokenness, this is more important than buying your groceries, than running your errands, than delivering a friend to a place or destination. That you deliver yourself and another to the heart of your own truth in an honest fashion is one of the greatest gifts that you can give to another, and indeed to yourself, and ultimately to the one Creator who resides within you and discovers more of itself through your work to discover yourself.

This is a fine effort to make, my friends, and it is one which you will find the opportunity to accomplish in every day that you find yourself upon this third density planet.

Is there another query, my brother?

**Question 2:** Thank you, Q'uo. The next query asks: In third density, we have a very heavy veil. What

advice does Q'uo have to teach us about learning to listen to our own intuition more thoroughly?

**Q'uo:** I am Q'uo, and I am aware of your query, my brother. Yes my friends, you have the veil of forgetting that separates your conscious from your subconscious mind, in order to make the unity of the creation more difficult to perceive, in order to make the love that made all things as difficult to perceive, and the light in which all things are made, again, another mystery to penetrate. This veil of forgetting is your great friend; though it hides that which is the great jewels, the treasury, the pearl of great price within your illusion, hides it from you on a daily basis, yet if you are able to utilize both that intuition which is available through your subconscious mind with the mental faculties of analyzation, and with your spiritual desire to move forward in your progression in unity with the one creator, you will find it possible to penetrate the veil, in some degree, greater or lesser according to the faith and will that you exercise in this process. You will be able to make more clear that which is not clear, you will be able to make available to you that which seems hidden from you, for there is much that is hidden in this illusion as you are aware, due to the presence of this veil.

The conscious seeker, however, has the great advantage in that it is a conscious seeker, and it is willing to put itself forth in this great quest to discover that which is hidden not only in the illusion around you, but within your very self—to find that pathway through your intuition, through that still small voice of the Creator that resides within you, to give you hints and clues and indications of directions to take; and then, if you have the faith and the will to take them, and the strength and perseverance to continue, you will find great rewards available to you.

Is there another query, my brother?

**Question 3:** Thank you, Q'uo. The next question asks: Many of us have addictive personalities, either we ingest chemical substances, or overeat, or do something else. Can Q'uo tell us more about these addictions and what we can do make these addictions fall away? And, thank you.

**Q'uo:** I am Q'uo, and I am aware of the query, my brother. My friends, that which you call addiction we understand to be a kind of a crutch which

sometimes is implemented within the incarnation in order to deal with difficult situations that have yet to yield understanding to the seeker of truth. The seeker then, somewhat despairing, and perhaps even in a state of disconsolation and sadness, wishes for some comfort, for the moment at least, to compensate for that which is felt to be lacking in the understanding of certain lessons that present themselves in a cyclical fashion, shall we say, and which, though familiar to the self, yet remain elusive to the self in its ability to understand them. Thus there is some comfort sought elsewhere.

This seeking for the comfort is understandable for one who is confused, is perhaps weary of an effort that seems to yield no results of a palpable nature, and which continues to present itself on a routine basis. We would also suggest that sometimes there are instances in which these addictive substances and behaviors are also part of that which we have called the pre-incarnative programming, again to provide the entity the opportunity to perhaps strengthen the will that has become weakened for the moment. Perhaps to guide the entity on another journey for a moment to provide lessons that offer the opportunity to open the heart to others who are similarly addicted, shall we say. Perhaps one needs to know what it is like in order to provide this aid to others, and must find a way of healing the self of such addictions before others may be aided in this same fashion.

The opportunities are endless, my friends, and to exactly know what an entity has programmed is not possible for most within the third-density illusion. However, if one wishes to face the addiction in a straightforward manner, and to attempt to free the self from its hold upon the self and the self's behaviors and abilities and potentials, it is well to seek the advice and counsel of those who are familiar with whatever substance it is to which you are addicted—to humble the self enough to offer the self to those who perhaps know a path that may be taken that will strengthen the will, that will encourage the heart, that will renew the spirit, that will set one back upon the path that one has chosen before the incarnation to travel. In this way, you might find healing for yourself and be able to share it with others.

We are aware that it is difficult for some to find assistance in such a manner, depending upon what the addictive substance is, or the addictive behavior, or the addictive thoughts. Addictions, my friends, are ever available to entities within your third-density illusion, for they become a part of a routine, and each of you is a creature of routines and rituals and practices that give a sense of security as one travels through the daily round of activities. There is a kind of reinforcement of the basic rightness and purpose of the plan and the path of the following of such routines, so, the quality of addiction can be spread further than what is normally considered the addictive nature within your reality, within your illusion.

You may become addicted to any thing, or routine, or person, or place, or thing. You may find that the best way to look at that which perhaps needs the correction of your addictions is that which gives you discomfort when you are following the addicted pattern, routine, thing, place, person. If you are uncomfortable with this pattern, with this process, then it is perhaps the time to seek the aid of those who may know more than do you in how to deal with such addictions.

Is there another query, my brother?

**Question 4:** Thank you, Q'uo. The next query asks: Kindly speak to us of the Law of One, of the poetry in motion that is the illusion around us, of the magical interplay of rhythm, and vibration and form, of wholeness of unending refinement. Tell us, please, what is at the heart of the Law of One?

**Q'uo:** I am Q'uo, and I am aware of your query, my brother. Ah, we see the desire to penetrate the illusion, to go to the heart of all that is. This is a noble journey, my friends. Each of you ve- we correct this instrument. Each of you is upon it. You can be upon no other journey for that is the only journey. The heart of your journey is to seek the Creator that is within you, the Creator that you are, the Creator that is all things. There can be no other way of looking upon an infinite creation of unity. The Creator took pleasure in making this, what you call creation, in order that it might know itself through the free will of each of its entities that it has created. From the Logos of every star within your skies, to the planet upon which you dwell, to each of your entities that you share the illusion with, each of you has free will to exercise however you wish. Each



exercise of free will teaches the Creator more of itself, and fulfills the purpose of the illusion. Each of your actions reveals more to you of yourself, and if you are conscious of the seeking process, of the Creator itself, it is a journey of lovers, the creator loving you with unending love, you seeking and loving the Creator with a growing love. At some point, you will find the Creator, there is no other outcome for the end of this journey. At some point, the creator will know all that you know and will thank you for all that you have taught it of itself. At some point every entity within this great one infinite creation will coalesce again into unity, bringing home to the Creator the fruits of this journey through the octave of densities in which you now travel. You are all upon the most noble quest, you are all upon the quixotic quest. We salute each of you, we bless each of you, we encourage each of you.

Is there another query, my brother?

**Question 5:** Q'uo, I'm sure I speak for the whole group when I say thank you for joining this circle of seeking today. The final written query says: "It's difficult for me to imagine "work past third density." It seems if the veil is lifted, things would obviously be all one. With disharmony removed, it seems the work would be dauntingly slow. And it seems you would know what lessons you should want to approach, and it seems with the veil lifted, one would be able to instantly heal, learn, etc. Can you discuss the type of work done in densities past third, and how it differs in time without the veil of forgetting?"

**Q'uo:** I am Q'uo, and I am aware of your query, my brother. Indeed, much truth has been spoken in this question. And the query is quite correct. This third-density illusion is one which provides most intense catalyst to those within in, for it hides all the treasures and jewels of the creation from each within third density. Each must seek, according to its own best efforts and lights, that which is the highest and best that it knows, and each must work its way through the darkness, the difficulties, the doubts, that constantly surround one within this illusion.

Eventually, the light begins to shine within the mind, the heart, the spirit. And the entity goes forth with more sureness and more ability to conceive of and encompass the path upon which it travels. Eventually, the entity is able to graduate itself, shall we say, in the positive or the negative sense, and to

leave the third density behind and enter the fourth density of love and understanding. And indeed, within the fourth density there is the understanding that this is a creation of love, a creation of unity made of light. So how do entities in the fourth, the fifth, the sixth, and the seventh densities learn? You are correct that the process is much slower than within the third-density illusion. Your illusion is only 75,000 years long, my friends. You may think that is a great span of time compared to the three score and ten that is your lot to exercise, and yet if you look within the fourth density, it is thirty million of your years, the fifth density is fifty million of your years, the sixth, seventy-five million of your years. The density of foreverness has no measure.

So yes, the learning is much slower there, but learning does occur, for each entity in the positive choice of service to others joins with others of its kind to form a group mind/body/spirit complex, which those of Ra have called the social memory complex, so that the experiences of each entity in the complex of all incarnations is available to the entire social memory complex. And with all of this great library of information available, the choice is made at all times to be of service to others, especially those within the third-density illusion, who yet exist within the veil of forgetting, the veil of darkness. Thus, the third density provides an opportunity and a service to those of the higher densities. By being confused, you are providing a service, my friends. Take heart; even in confusion you are of service. Thus, entities within the higher densities seek to serve others as well, those of sixth may serve fifth or fourth when they have questions concerning unity and the balancing of love and wisdom. There may be planetary entities that are difficult in their evolutionary process that have some sort of problem perhaps with a sun that is old and not functioning correctly, or the tectonic plates upon the planet that are misaligned and need some sort of assistance. There are various ways of social memory complexes to be of service, but as you correctly surmise, it is a much more patient learning, it is a much more elongated learning, it takes a great deal more of what you call time, though time is not perceived in the same sense in the higher densities. Time is more, shall we say, fixed in an eternal present so that all past present and future experiences are available in a simultaneous fashion. Thus, the experiences don't seem so, shall we say, drawn out to the higher

density mind/body/spirit complexes as they would to your own.

Since we have come to the end of the queries, we would thank each once again for inviting our presence—you have provided us a very great service by allowing us to speak to you, and to share our love for you, and our appreciation of the great light that you have created in this weekend of seeking and sharing and serving each other and the Creator. This light is quite evident to those of us within the higher densities. We gather around it to rejoice with you, to worship with you the One Creator that exists within you, and around you, and all about this one infinite creation.

We are known to you as those of Q'uo. At this time we shall take our leave of this group. We leave you as we found you, in love and in light. Peace and blessings my friends. Adonai vasu borragas.



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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 SEPTEMBER 17, 2016

**Group question:** There is a paraphrased quote from one of Rumi's poems that reads: "Live life as if everything is rigged in your favor." The Confederation seems to echo the same thought in their philosophy, especially with respect to the workings of catalyst. They say that in the earlier phases of the entity's development catalyst is initially offered to the self by the Logos, but that as the entity becomes more conscious of its evolution, catalyst is eventually created entirely by the self for the self.

Can you speak to this notion that this universe or life is working not against us, but always for us? Also, how do we use this understanding to take responsibility for our own creation, and as Ra describes, empower our progress?

*(Jim channeling)*

I am Q'uo and we greet each of you in the love and in the light of the One Infinite Creator of which we are all a part. We thank you, my friends, for inviting our presence to be with you this afternoon as you seek those questions, answers, comments and concepts that may have meaning in your own spiritual seeking. We are honored to be asked to join you and would, in return, ask our usual favor, and that is that you take those words which we say and those concepts which we share and use those that have meaning to you, and leave behind any that do not. We are not strict authorities. We are seekers, as are you, who have perhaps moved a few steps longer on the path than you have, and we wish to share that which we have to share but we do not wish to

become a stumbling block for any entity. If you would do this favor for us, we would be most grateful and would feel then able to speak freely that which we have to share.

You ask this day if the universe in which you live and move and have your being is indeed rigged in your favor, of beneficence to you, and if the catalyst is also that which is helpful in your growth. We can say quite confidently that this is indeed so, for in a universe of unity in which each portion of each part of the creation is a part of the One Creator, there is indeed nothing but support, love, encouragement and the giving of assistance from one portion to another, for in the creation of the father, each portion serves each other portion. This is the nature of unity.

But we know that you wish to know more of the details of how this expresses itself within your life pattern and within the life pattern of all those around you. How is this support given? How is it perceived? How is it possible when it seems that each of you is quite separate from each other, that you do not have a binding unity with the One Creator, an identity that cannot be dissolved by any illusion? Within the illusion that you now find yourselves, it seems so very likely that you are moving as individualized creatures who have maybe a good chance here, or not such a good chance there to make progress on your spiritual path; and yet we tell you that each step that you take—those that seem sturdy, strong, and successful, and those that seem a bit wobbly, unsure, mistaken—are all a part of one

path of seeking that each offers its fruits to, shall we say. There are no mistakes, my friends. Those experiences which you have which you would perhaps call mistake, from these do you learn, perhaps even more than those that you would call a success. You are creatures of light. You are creatures of love, for of these two qualities are you made.

Within this illusion, the third-density illusion, you have placed yourself in order to be able to make progress that would not be possible without the illusion, for you come from the world of the spirit where all is obviously one, and yet each entity there feels the great need to move in service to the Creator, to polarize the self more positively, to become a greater servant of the Creator in all portions of the creation, and yet they cannot move as they wish, for it is so obvious that all are one that there is not quite the same motivation for movement that there is within your illusion which so carefully covers all the jewels: the basic concepts of unity, love and light of the One Creator of which all are made. Because you exist within this illusion and must use your own free will and your faith to continue your movement, you reap a reward that is not possible in the higher densities of love and light, for *there* there is no illusion of separation. *Here* you grow under conditions which are most difficult for the seeker who has just begun the journey, just begun this cycle of choice of determining whether to be of service to self or of service to others, for both are viable paths to the One Creator, with the service-to-self path, of course, finding its end before it finds its goal within the sixth-density illusion.

Thus, we would say to you that you have within you an impetus to move in an organized fashion, in a dedicated fashion, and in a concentrated fashion to grow in mind and body and in spirit; and you, yourself, before incarnation, have placed certain opportunities for yourself to utilize within the incarnation in order to bring to fruition the abilities which each of you has. Each of you has provided yourself with certain qualities, certain possibilities, certain talents, certain questionings, with a desire to use all of this vast storehouse of positive possibility for growth in that very degree of growth which you seek so ardently at this time. The strength of your will and the faith that is exercised will produce results which shall guide you unerringly on your journey, for each of you have much to offer others as well as yourself in the way of enlightenment, of

instruction, of heart-felt sharing, of critical mental analysis, of physical energy to build and create. You are beings of immense potential. You have before you that which awaits your discovery. We are actually quite envious of your journey for we have been where you are and we know what you can reap as a reward for offering your service, for offering your energy, and for bringing forth that which is within you in the fashion of the One Creator who seeks to express through you.

At this time, we would 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. We would begin our communication through this instrument by thanking this instrument for the arduous challenge it has placed before us before it permitted us to speak. This, my friends, is what accounts for the delay, the pause in our communication, for this instrument was not going to allow us to speak unless we could attest that we come in love and are willing to acknowledge that Christ is Lord. We gladly do this, for we do understand ourselves to be servants of the One Creator in the light of Christ.

We would sum up the remarks that we had to give through the instrument known as Jim by reiterating that this is indeed a creation of unity, and that by acknowledging your place within this unity, you can come to see the entire creation as that which cooperates with you in your quest to bring your special gift to the centering agency of the creation, the unity itself, which is a moment for great rejoicing on the part of the One Infinite Creator. When you have learned to see those events which unfold around you as a portion of the Creator experiencing itself, you are indeed upon the path of positive polarization, and upon the path of spiritual growth of a rather high order. However, we would suggest to you that we are fully aware that not all of your experience will seem to be of a positive order of origination, and that many of the events that constitute your catalyst do indeed seem to be challenging to a degree that can throw you off balance and can leave you feeling as if you have been driven out of the Garden of Eden, so to speak, and left bereft in a cold and windswept world.

Now, these experiences too have their place and have meaning in the greater order of spirit, but they are of

a nature that forces a realization for the spiritual seeker to the effect that the self that you have imagined yourself to be must very often be abandoned as no longer sustainable in the face of the catalyst you have no choice but to confront, a catalyst that you have no choice but to find some way to assimilate.

And so we invite you to ask this simple question as a prelude to what we have to offer on this theme. And the question is: Who am I? Who am I? Now, it would be easy to say that you are a spark of the One Infinite Creator, that you are an eternal soul working your way back to the source, and this is emphatically true my friends. It is emphatically true. But that truth, to the extent that it is known only abstractly, is not a truth which has reached into the root of your being, and that root lies very deep within you, and very deeply concealed. So, a good portion of your spiritual journey is invested in the attempt to follow through the catalyst that comes into your life experience to the deepest roots that it nourishes and stimulates to further growth.

Now, the growth that you are familiar with are those productions of selfhood that, from a small child onward, you have learned to create. The net result being a sense of self, a sense of who you are that you are able to make be a sustainable vehicle for your mode of interacting with the world, your way of relating to others, and your pursuit of further spiritual development within this, what we might call, "envelope of being."

Now, it is important to have an envelope of being, for the self that you are in the process of becoming has to it many tender shoots, many vulnerable appendages, and these can be easily damaged. These can be easily torn asunder by the harsh winds of catalyst. So it is well to keep in mind that you live within an envelope of your own creation, and that this envelope serves as a kind of membrane, if you will, that allows the outside to come in and the inside to express itself by moving without: the in, the out, the out within, and in this way, this to and fro motion, you find that not only are you able to experience events which transpire as if catalyst were coming entirely from without, but are also to engage in a process of interaction that guides the catalyst, shall we say, to a place that befits the catalyst within your own being such that just those portions of your being are receiving the stimulus that they need at

that moment to unfold in the way that these portions of your being seem to need to unfold at this time. That is a process which, when it goes smoothly, is indeed blessed. And there are many, many experiences which each here in this circle of seeking have undergone that are revelant of blessings of this nature.

There are, in addition to blessed events, those events which are more difficult, more challenging for you to embrace and for you to assimilate. These forms of catalyst can range from being mild irritations, simple experiences of discomfort, to being acts or events of such disturbing nature that it shakes your entire sense of who you are to the very foundations, and leaves you with a feeling that you are completely at the mercy of external events to the point that you have no freedom of movement whatsoever. These forms of harsh catalyst, we would say, are, in your third-density illusion, far more frequently encountered than they will be in any further density that you will enjoy as your spiritual life unfolds down through the ages. Third density is an extremely intense experience, and over and over again you will find that the self that you have built to serve as the envelope for your spiritual endeavors will have to be forsaken, will have to shatter on the shoals of very hard weather, and will, in the end, be forced into new and completely unanticipated shapes, so that the self that you emerge from this life experience as will quite likely be of a seemingly very different sort than the self that you thought yourself to be in your younger years. This is all to the good, my friends, for it is precisely the process which you incarnated to undergo, and the true realization of the self that you more deeply are, and the self that you have always continued to be, is a realization that, for the most part, you will not be able to have fully in this life.

Therefore, when we speak to you of this more all-embracing unity, we speak of a dimension not only of the creation itself, but of yourself that is not visible to the incarnate eye. Still, it is of great value for you to feature, to yourself, that which is not visible as a source of inspiration and a source, shall we say, of consolation as you proceed through the affairs that mark your incarnation, as you proceed from one event to another, as you encounter one challenging individual or another, and must continually remind yourself that all is well, though you are in excruciating pain, that all is well though

you suffer great loss, great grief, great challenges in being required to come forth into a world that, to every appearance you can imagine, seems hostile to you. All of this is an illusion, yes, but it is the illusion which you face, and the challenges it presents to you are very real, and the self that founders on the shoals of difficult seas is indeed the nature of incarnate experience that you have conjured for yourself in coming into this third-density experience.

Now, there is as the quote that was read as part of the question, indeed a way to look at all the catalyst that you encounter as being weighted in your favor, as tending in the direction that leads ultimately to your development, your profit, your well-being. But the *you* that we have just invoked in this formulation is a you that must be allowed to be always in question, and again and again you will find you must release that portion of your sense of who you are that finds itself resisting the catalyst that is on offer to you, and we will say this is not easy work. We will say that some catalyst will be of such strength that it can seem to threaten not simply this life, but your spiritual well-being in your deepest capacity to understand what that involves. You do well not to yield completely to catalyst which is of such a nature that it cannot be squared with your resolve to develop in a positive manner, in a manner which we have called “service to others.”

So, those modes of being which you have learned to develop, and which have served as the envelope for your spiritual essence, and the vehicle for your moving around in the existence which you currently enjoy, this does have a protective element to it, and we do not advise the premature release of the energies constitutive of yourselves which aid in the filtering of catalyst so that you may continue to unfold in a healthy and protective atmosphere. One of the ways that you can go about promoting this healthy and protective atmosphere is through a selection of friends, associates, and fellow seekers who are of like mind and who tend to promote a response in you that resonates with the highest and best kind of being to which you aspire. There will be catalyst provided by others which is not of this encouraging nature. Some of this catalyst will be incidental. You do well to ask repeatedly “Where is the love in this situation—how might I respond in as positive a way as I can sustain?” There are some times in which you are well-advised simply to step

back and retreat into that more safe atmosphere, thriving within the envelope you have created, and allow things to settle to the point that you are able once again to open yourself to a world which is not always as welcoming as you would like it to be.

So, yes, it is well to regard the world in its totality as being such that it tends, broadly speaking, in the same direction as your spiritual development does tend, and it is well to know that the story which will be told of your whole spiritual life spanning many, many of your incarnations from density to density is a story which has a happy ending, is a story which blends in a beauty beyond your ability to imagine with all other stories. It is well, we say, to keep this vision firmly in mind, but it is also well to know that you are on a journey of very long duration with many paths and sub paths that you will encounter along the way, and that there are those who, from time to time, will challenge you in ways that force you back upon yourself, always keeping in mind that the self you think yourself to be is maybe not the self that you will be in a fuller manifestation of yourself, but that, in moving step by step to that fuller manifestation, you will be wise to mind well the circumstances that aid and promote that growth. You do well to surround yourself with those who you feel help that growth in the best possible way, and you do well—when you do encounter, as you inevitably will, catalyst that seems to stem from hostile regions—to bless this catalyst, to accept this catalyst as a portion of the One Infinite Creator suggesting to you that there are ways in which you may expand inwardly so as to absorb that which may be absorbed without harm, but recognizing too that sometimes not all may be absorbed without harm; and here we simply advise that you take care of the tender shoots of your being, for they are the very essence of the creation at work.

You are blessed ones, my friends, and with this thought, we would leave this instrument in love and light, wishing you Adonai and return to the one known as Jim. We are those of Q’uo. Adonai

*(Jim channeling)*

I am Q’uo and am again with this instrument. At this time we would ask if there might be any further queries to which we might speak?

**Questioner:** If there aren’t any other questions I would like to ask Q’uo if you would be able to help

us better understand vital energy and how it differs from physical energy? And perhaps how the types of things we might be able to do to enhance vital energy in our lives and in ourselves and things that we might be doing that deplete vital energy?

**Q'uo:** I am Q'uo and am aware of your query, my sister. Vital energy is so described as it is that energy or combination of energies within your mind, body and spirit complexes which are useful for enhancing your life vitality, your ability to recognize catalyst, to use catalyst, to glean experience from catalyst and to move further along your path of seeking the One Creator, and of serving that One Creator within all beings who you may meet in your daily round of activities. You named many sources of how one may increase vital energy as you discussed this query prior to this session's beginning. We may say that in general the energies of the mind, the body and the spirit, when combined in a useful fashion that is in a spiritually dedicated fashion, do enhance one's ability to become able to perceive the world around one in a spiritual nature, in a spiritual way, so that one may grow from this perception and may offer the perception to others as a service to them as well.

Thus, there are numerous ways one may utilize in increasing one's vital energies. However, we may preface this list by suggesting once again that it is the intention that is the most important feature of increasing the vital energies; the intention of the foodstuffs, for example. Eating a diet which is balanced in its ability to provide the body what it needs in order to provide its portion of vital energy. You may fruitfully consider the grains, the vegetables, the dairy products to the extent that they are necessary, the animal products of an high order of being when necessary to increase low vital energy. These used with the desire and intention to increase vital energy are helpful in so doing.

One may, as you also have noted, engage in the sexual energy transfer with that entity which is your mate, that entity with which you share the open heart. The heart center must be open in order for an increase in transfer in vital energy to be possible. Each within this transfer of vital energy must also dedicate the experience so shared to the One Creator in order to be able to create energies that may be transferred and enhance each the other's vital energy in sum.

The use of the pyramid, shall we say, that pyramid which one may sit within in the Queen's chamber position, or the pyramid that is small enough to place under the pallet and utilized for a period of no longer than 30 minutes per day is also quite helpful in increasing the vital energies of an entity, specifically those energies of the will, the sexual energies and the mental acuity.

One may also engage in exercise of a physical nature which may seem to be tiring in the short run to the entity so engaged, and yet, when conducted over a long portion of what you would call time, also enhances one's vital energy again, if it is done with the intention of doing so.

One may engage in social intercourse, the exchange of ideas and principles, of philosophies, of the releasing of the potential of each human being. Between you and another human being this type of discourse is quite helpful to the enhancing of one's vital energies, for each entity within the creation contains a portion of the One Creator in a unique fashion which, when shared with another, adds to that other's understanding, shall we say, or comprehension of the nature of the One Creator that exists within each and within all of the creation, for that matter.

Those activities which are deleterious to the vital energy are as one may assume the experience of the one you know of as Carla, who engaged in the taking of a certain drug, that which was called LSD, and which enriched her vital energy for a certain period of time, but then, as with all speeding up chemicals, caused a drop off of the vital energy when it was inconvenient, shall we say. Thus, the imbibing of certain spirits of the alcoholic variety, of the drug variety, and of increasing the thought patterns in a negative sense, in a sense which enhances the seeming separation of the self from all other selves, of the self from the One Creator, of the self from the environment about one, these are thought patterns which also are draining to one's vital energies in that they affect the complex of the mind most especially, but also if continued over a long period of time will have a deleterious effect in the spirit complex as well.

Is there a further query, my sister?

**Questioner:** Q'uo, would you help us understand the difference between vital energy and physical energy?

**Q'uo:** I am Q'uo and am aware of your query, my sister. Physical energy is that energy of the body complex which is produced by the ability to feed the body complex those nutrients which it requires for its maintenance and its growth and to exercise the body complex in a fashion which enables it to realize a greater potential in its physical reach, shall we say. When you take this physical complex energy that is thusly produced and add it to the complexes of the mind and of the spirit, and do so in an useful fashion—useful, that is, in the concept of the spiritual realization and the intent to speak to and share this realization with others—then you have the vital energy of the mind, the body and the spirit joined together. It is the élan, it is the ability of the entity to see the wholeness of the creation, not only within the self but within all other selves about one. It is the ability to expand this vitality and to move within the illusion that you now inhabit in a useful fashion when considered in the ability to perceive others as the Creator, to perceive all experiences as catalyst that teaches one more about the Creator, more about how to move along this path of service to others.

Is there another query, my sister?

**Questioner:** There was further discussion on this before the channeling started about second density beings—do other entities beside third-density beings that have mind, body and spirit, do they, like the first and second density, do they also experience vital energy?

**Q'uo:** I am Q'uo and am aware of your query, my sister. Those entities of first and especially the second density, have a variety of vital energy which is a given, shall we say, from the Logos, the Sun body which has, shall we say, the care of this particular solar system, or in some cases of the galaxy as well. This given is provided through the [metaphysical] rays of the Sun and those emanations from the Sun body which are not as easily perceived as are the [physical] rays of the Sun. These energy sources enliven and enrich the experience of especially the second-density creature so that it is able to move forward in its ability to become self-conscious, to use that consciousness that was begun in the first density of earth, wind, fire and water, and elaborate, shall we say, upon this consciousness, so that it becomes that which is able to individualize itself in a fashion which, toward the end of the second density

experience, allows the second-density creature to give and to receive that which you call love, that which you call compassion.

It is rare, but not unheard of, for second-density creatures to have also the spirit complex added unto them. This happens as you are aware quite frequently in the case of that creature which you would call the “pet,” that creature which is given love and affection by the third-density entity. By this giving of love and affection, the second-density entity is enhanced in its ability to give and receive love itself, to be able to develop the complex of the spirit, and thus be ennobled in a sense, so that it is perhaps harvestable within its next incarnation into the third density itself at the lowest levels of the third density.

Is there another query, my sister?

**Questioner:** To just extend that further, are we able to help first and second density entities increase their vital energy through loving them and having an intention to help them with their vital energy?

**Q'uo:** I am Q'uo and am aware of your query, my sister. Indeed it is so that such an investment may take place between a third-density entity and the second density, and in some cases even within first density places or geographical locations that are venerated and utilized as places of worship and of praising of the One Creator in a continual fashion, these places then take on a kind of quality of investment that enables them to further advance their own spiritual journeys into the second density, so that the third-density entity is indeed able to aid those beings of the first and second density by giving the attention, the love, the care, the continual contact with them on a basis of what you would say, the higher levels of the spiritual seeking and sharing.

Is there another query, my sister?

**Questioner:** No, that was very helpful. Thank you Q'uo.

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

**Gary:** Q'uo, a quick follow up on the vital energy. You described as one of the activities which would decrease vital energy the engaging in thoughts of separation. What then of the negative entity who is consciously accentuating separation? How do they



draw their energy? I assume it has something to do with taking energy from other selves.

**Q'uo:** I am Q'uo and we must pause briefly that this instrument may refresh its liquid energy.

**Q'uo:** I am Q'uo and am again with this instrument. You are correct, my brother. The negatively oriented entity will attempt to gain those energies of others about it by the enslavement of such entities either in overt or covert manners that force the entities so enslaved to relinquish, as a part of their being within a certain elite, their energies of mind, body and spirit to those who are their masters, shall we say.

We would also point out the basic difference between the two polarities. A negative polarity may also increase its vital energy by, shall we say, a kind of control of the self so that the self is seen to be in a superior relationship to those about it, not just separated from them, but in a relationship which will eventually lead to their supplying the negatively oriented entity with the vital energies or energies of any nature, be they monetary, be they physical, be they geo-physical, be they possessions, be they position, be they whatever they may be, so that the negatively oriented entity is able to achieve its enhancement of vital energies by the control of others, and by the dealing of the self as being superior to others.

So that this is a dual-pronged approach, shall we say, to the enhancing of the negatively oriented entity's vital energies. The negative entity travels a path that has been called by those of Ra *that which is not*, for it is a path of separation; and in truth, separation is not possible within an illusion or the reality of a creation of unity, for all is, indeed, one. There are ways of polarizing, as you are well aware of, that allow this negatively oriented path to be traveled for a certain portion of time. These entities are also able to engage in mental practices which would not be helpful for a positively oriented entity but which are helpful for a negatively oriented entity, that is the seeing of the necessity and rightness of separating the self from others so that the others may be controlled by the self for their own good. There is always that addendum which aids the others to accept that control from the upper echelons of the negative polarity.

Is there another query, my brother?

**Gary:** I definitely have one but I would like to ask the circle if anybody has a question. [No reply from circle.] In which case then S. writes saying: "In 16:39, Ra says: 'It is absolutely necessary that an entity consciously realize it does not understand in order for it to be harvestable.' Don seemed to comprehend that point, but it has always been a puzzle for me. If a person is comfortably above the 51% service to others, and thinks he understands the Law of One, will that thinking make him unharvestable? If so, why philosophically, and what change must his thinking undergo for him to become harvestable?"

**Q'uo:** I am Q'uo and am aware of your query, my brother. Incorrect thinking does not make one unharvestable. Incorrect thinking simply makes it more difficult for one to move in a conscious and concise fashion upon the spiritual path. There is much thinking within the third-density illusion that is quite mistaken and misplaced. The thinking that you have described, thinking that one understands some portion of the illusion, is thinking which simply does not reach the fullest potential of understanding.

It is well said that understanding is not of this illusion, though we do grasp that you are aware that, in order to progress through the third density, one must have the will to act in a certain fashion and to believe that this acting in a certain fashion will produce the results that one hopes it will. And then, one must have the faith that continued action along this line will continue to progress one along the service-to-self or other-self path, depending upon that which is chosen.

So it is not the incorrect thinking, or even the thinking that one understands, that is that which stands in the way of one's harvestability—in this ability to move along the path of service to others or self, the, shall we say, purity of the service is that which is of most importance. The mind is full of many thoughts which may have some degree of accuracy, may have a larger degree of inaccuracy, however, it is the intention that is that which motivates and permeates the actions and thoughts of any entity seeking to graduate from the third-density illusion.

Is there a further query, my brother?

**Gary:** Would that concept be related to the necessity of surrender and non-attachment to outcome?

**Q'uo:** I am Q'uo, and we would heartily agree with your assessment, my brother. Is there another query?

**Gary:** Yes, this query is about the instrument known as Jim. The instrument began at a very mellow and subdued pace in the first portion of the channeling, but the follow-up has is much more gusto, much more energy in his channeling at a faster pace. Is there a reason for this difference in his channeling?

**Q'uo:** I am Q'uo and am aware of your query, my brother. This instrument says "yes there is, but it is trademarked." (laughter) We shall now respond with more helpfulness. This instrument has utilized a certain process of deep breathing which it engaged in while the one known as S. was channeling. This not only helps the instrument to remain alert, but also gives it additional energy with which to use in the question and answer session, which it is so doing.

Is there another query, my brother?

**Gary:** No, the difference is discernable, and the answer, as with all answers or replies you have offered, is appreciated. Thank you, Q'uo.

**Q'uo:** I am Q'uo. We thank you, my brother.

Is there another query at this time?

**Gary:** Does the instrument have energy for two more, Q'uo?

**Q'uo:** I am Q'uo. We believe this is true. Is there a further query?

**Gary:** Yes, absolutely. Initially these questions sound a bit meatier but it is my opinion that shorter replies could be offered and not be draining to the instrument.

The question is: Countless generations before us in the 75,000 year master cycle have experienced varieties of trauma and suffering, often extreme and many times from war itself. Indeed these cycles of trauma, according to the Confederation, have roots that predate this master cycle. So the question is, are these past sufferings somehow preserved or carried in our collective experience, and if so, how?

**Q'uo:** I am Q'uo and am aware of your query, my brother. All the experiences of each entity within the planetary influence are carried within what you would call the Akashic Records, which is what you

would see as the potential social memory complex of this planetary sphere and population. Thus, these energies and effects of such energies are within the deep consciousness of each entity upon the planet. There may be some entities who have the ability to access these deeper levels of energies through their own meditations and moving into what you would call the lower levels of meditation that precede the trance state. These entities may be able to read certain portions of this record and become aware of the energies of trauma, of trial and tribulation, of great destruction and turmoil that have been so prevalent upon this planet in its 75,000 years of experience, most recently the last 25,000 period. However, there were those energies of such a destructive nature before this period in a lesser degree.

Is there a further query, my brother?

**Gary:** You described that they were preserved in the Akashic Record, and you described how they could be accessed. Does that deep embedded strata of suffering manifest in our collective and individual experience in any fashion?

**Q'uo:** I am Q'uo and am aware of your query, my brother. Indeed, the heat of the anger, the heat and destructive nature of the bellicose actions, these energies are embedded within the crust of your planet's surface, and are at this time being released in a, shall we say, periodic fashion through the volcanic eruptions, through the earthquakes, and through the general release of heat in a more intense fashion which has created what you would call the global warming effect. Thus, all such energies are embedded within the planet itself, and these energies must needs be released before the planet will be able to make a full healing and transition into the fourth density in which it finds itself now at the beginning fringes.

Is there a further query, my brother?

**Gary:** What about within the social complex itself, within the human collective. Is there some manifesting of those deep traumas and wounds and suffering?

**Q'uo:** I am Q'uo and am aware of your query, my brother. Indeed, this is also true, for each social memory complex forms an entity that is able to remember and to feel and to assess and to attempt to find redress for those energies of a destructive

fashion. We call your attention to those entities that lived upon the planetary sphere known to you as Maldek, who, through bellicose action, destroyed their planetary sphere, and were themselves, for many hundreds of thousands of years tied into what you would call “a knot of fear,” not even remembering or becoming aware that they were conscious. It was a great portion of time before one of the Confederation’s social memory complexes was able to move in a fashion that enabled them to untie this knot of fear so that these entities of Maldek could once again remember that they were entities, that they were beings, that they had created great destruction and sought then to attempt to plan future incarnations within this planetary sphere that would allow them to balance those actions of a destructive nature.

Is there a further query, my brother?

**Gary:** Thank you Q’uo, those question were a prelude to a question that came in from our friend, P., who writes from Scotland, saying: “This is a very beautiful land with a lot of historical suffering printed all over. I wonder if the Confederation has offered any wisdom, or rather if the Confederation would offer any wisdom about how to alleviate historical traumas and collective wounds?” She would be very grateful to learn.

**Q’uo:** I am Q’uo and am aware of your query, my brother, and we send our greetings to the one known as P. We find that the meditative state is one which may be utilized in the finding of the healing for an area or a group of people which may have inhabited an area where there was indeed such suffering as to cause a mark upon the social memory complex’s collective mind and in the heart region of such a complex as well.

Those who are able to hone a vision in mind for a long period of time, as you would say, a certain amount of minutes, shall we say, five to ten, and to see healing energies moving in this image going into the area which has sought healing, that this visualization of the healing actually moving into that area, is that which is most helpful and useful. These energies of the mind, and of the heart and of the spirit that are so sent in this visualization, then, move through the area needing the healing and provide a healing energy of light and of love, that goes to the heart of those that partook in such creations of destruction and turmoil and trauma,

and into the area itself, into the geophysical structure of the area, into the stones, the rivers, the ancient byways that were at that time inhabited by those that caused the destruction, for these entities and places and things are also that which continue to exist in a certain fashion upon a certain level of vibration, and you may reach these levels of vibration in your meditative states again, as we say, through the process of visualization.

Is there a final query that this time?

**Gary:** Yes, and a follow up. Are you saying then that the total population of a given area need not intend or focus on healing in order to heal an area, but only a very small percentage of entities is needed in order to successfully heal a given area?

**Q’uo:** I am Q’uo and am aware of your query, my brother. We were meaning to give a means by which individuals could act in their meditative states in a very effective fashion in order to aid those entities and areas that have suffered trauma in the past of your illusion. It is also quite helpful to gather together those who are unable or unaware of the powers of meditation to, shall we say, lend their conscious energies to the healing that is directed by those who have gathered the entities together, those who perhaps themselves know of the power of meditation, those who wish to act upon all levels of being and experience to bring healing to all those who need it within that area, be they third-density entities, second density or first density. Thus all may find a way to be of service in such a healing process and all may become a part of such a healing on a sustainable basis for any place or person within the planetary influence of your Earth Mother.

We would at this time thank each for gathering this circle together this afternoon. We see your light shining brightly into the heavens. We thank you for inviting our presence and for allowing us to add our light to yours. It is a great privilege to be here. We thank you so much for offering us the ability to serve in this manner. Without your request, we would have no beingness within your illusion. At this time we shall take our leave of this group. We leave each, as always, in the love and in the light, of the One Infinite Creator. We are known to you as those of Q’uo. Adonai, Adonai vasu borragus.

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## SATURDAY MEDITATION OCTOBER 1, 2016

**Group question:** Our question today has to do with an individual's relationship with the Creator. Ra and others from the Confederation speak about the self as the Creator and greater spiritual awareness coming from this realization. However, some of the greatest mystics and spiritual teachers have belonged to spiritual systems which teach about an external objective or even personified version of the Creator. Ra themselves even speak about a yearning between the individual self and the Creator. Is it beneficial or maybe even necessary for spiritual growth within third density to have this objective and external perception of the Creator?

*(Jim channeling)*

I am Q'uo and we greet each of you in love and in light this day. We thank you for inviting us to join your circle of seeking. It is a great honor for us to be invited by you this day. We are always honored to be with you. It is our means of serving to be able to address the queries which you present to us. We would ask one favor this day, a favor you know that we always ask, that is that you use your discrimination to determine those words that we speak that are valuable to you, and leave the rest behind. We would not wish to be a stumbling block to any seeker of truth. We have perhaps traveled a bit further upon the same path that you find yourselves upon and we are happy to offer what we have learned to you from this journey that we have made, but we are not ultimate authorities, we are your brothers and sisters, as indeed the entire Creation is of one being and each of us finds our

source within that one being, the One Infinite Creator. We are all brothers and sisters on this journey of seeking reunion with the One.

Today we find that you have queried specifically about the nature of this One Creator and how the Creator may be viewed by those who seek it. For this is the one point within the question that all agree upon and that is: each seeks the One Creator, in whatever culture or religion may be discussed. Whether the Creator is described as a force, or source, that exists within each entity, and indeed with each portion of the One Creation, or if the Creator may be seen as that which is seemingly external to the self, that exists apart from the self and may be described in a manner which objectifies the nature of the One Creator.

We look specifically at the Christian religion which this instrument has experience with, having been raised within its confines, shall we say, and having been subject to its influences. There are many within this religion—in fact most who practice it—who feel that the Creator is indeed apart from the self, existing in a realm that is often called Heaven, at least upon a cloud somewhere in the distance; that this Creator is enough apart from the self that those who observe this Christian religion may appeal to the Creator for one benefit or another through that office that you call prayer; may beseech the Creator to give certain blessings, certain healings, certain understandings that would perhaps not be possible unless the Creator was of a mind, shall we say, to respond in the affirmative to such feeding and

praying. And yet, there are others within this same religion who take a more mystical bent, shall we say, and feel that the Creator is indeed within each being, that the one known as Jesus set the model or the standard for becoming a son of God, and that this station or office or realization is available to all, for did not the one known as Jesus say, "Greater things than I do, you shall do?" How could this be unless this realization of the sonship of the Creator was open to all? The fact that it has been achieved by so few, and of those few even fewer are known, does not remove the possibility, my friends, that this is in your destiny at some point. If not in this incarnation, then another. For as you all know your journey is not of one lifetime only. Many, many lifetimes have you already spent upon this journey; many, many more shall you spend continuing this journey, for in many respects it is an infinite journey, just as the Creator is infinity itself.

As you move yourselves along the spiritual path you find that you see that which is called truth or reality in a different sense from one time period to another, and yet how can that which is true or real change? This is part of the mystery of such a journey, my friends. Each of you has not only these questions within your being, but each of you has answers as well. We of the Confederation of Planets in the Service of the One Infinite Creator do not presume to teach you anything that you do not already know deep within your hearts and your souls, for you are all from the One Creator; you all exist within the One Creator and all shall realize fully that sonship which is not reserved only, shall we say, for males. It is an office. The One Creator and those who become sons are principles who take on a male quality of extending or giving life to all the rest of the Creation who await that giving of life as a feminine principle whether you are biologically male or female. You await the life-giving rays of the sun: the intelligent energy of the Creator. Thus there is a relationship betwixt you and the Creator that is, indeed, the Creator seeking you, and you seeking the Creator.

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

*(Steve channeling)*

I am Q'uo and we are with this instrument. We would like to begin our communication through this instrument by thanking this instrument for the

challenge which it has offered us, and for the fastidiousness with which it has noted the temptations which were on offer to stray ever so slightly from the purity of the contact it has sought with us. For we are a source of a particular nature which we have described to you as service to others, and that involves an open heart—a heart that does not serve with judgment concerning others for which this service is intended. There are indeed within the Creation those who are also of the Creator who do not serve in this way, and we have found that the two modalities of service mix no better than oil and water, so that one must, in fact, choose the manner of one's service, and one must choose this anew in each new moment with the utmost fastidiousness. This fastidiousness in fact will become part of the way in which you seek and as all ultimately do seek the Creator. To seek the Creator in a particular way is a requirement of the path that you are now on.

Now, to seek by means of the pathway that we have described as "service to others" would indeed seem to suggest that the service you have to provide, the service you seek to provide ever better, is indeed a service to a being other than yourself, or beings other than yourself. We will admit that this can seem to be rather paradoxical, for is it not the case that all are one and all are in the One Creator of all that is? And this we do affirm as being true. Still, it does make sense, as nearly as we can tell what sense making amounts to in the course of seeking, to place your seeking in such a way as to open it up so that it becomes receptive in relation to what it apparently is not. Your seeking seems to have the structure of an outreach into that which is not yet, that which has not yet become a portion of the self, that which the self seeks to relate itself to. You seek to relate yourself to the other selves around you, those whom you have learned to love, those perhaps whom you have learned to fear, to like, to dislike, to avoid, to be attracted to—all of these options of dealing with other selves are indeed a portion of the seeking process. And it seems that in seeking by relating yourselves to what you are not, you are reaching out for another, you are reaching out for *the* other, and otherness, if it can be thought to be ultimate, would suggest that what you seek is not what you already are—for were it what you already are, why, indeed, would you need to seek?

There, in a nutshell, is the paradox of seeking; for you are the Creator as we have said, but you are also a portion of the Creator for whom it does make sense to say that you seek. And in seeking, you seek to become, and in becoming, you become other than what you were prior to undergoing the becoming. And yet, we say to you that this otherness which you do seek, the otherness which you do become, is an otherness which, in truth, is not ultimately other than the self which you, indeed, already are.

We would illustrate this point by suggesting that you consider how you relate to those people you consider to be friends, those people that you consider to be a part of a larger group to which you also belong, with connections, with ties, that are of the stuff of love itself. Those that you love, if they sorrow, do you not sorrow with them? Those that you love, if they rejoice, do you not rejoice with them? So whether it be sorrow or rejoicing, is it not the case that when you are able to be with them in a true and open-hearted way, that the boundaries between self and self have diminished to the point that there is a kind of mutuality? And a mutuality that opens each to a deeper and broader way of being, one even that may have been unimaginable prior to the experience of opening the heart.

So a strange phenomenon seems to take place when the heart begins to open, and that is that one finds that the self that one has been has been enlarged by being able to include the other self within itself—not, mind you, in such a way as to be able to dominate that self, but in such a way as to be able to participate in the adventure of selfhood by allowing the inward elements of one's self to flow outward and meet the likewise outward flown inwardness of the other self. At the point of intersection one has a larger self, and if this could be stabilized into a relationship that was sustainable and such that it, at some point, also became able to open itself to further inclusions, then you would have the beginning of what we have called a “social memory complex”—that is to say, a sense of selfness that is broader than what would exist if the self remained a self-enclosed reality.

Now one can broaden this sense of selfness, step by step, including ever larger groupings and ever larger frames of reference, and one way of thinking of the Creator itself is to think of the Creator as being the broadest conceivable inclusion of all selves available

in the Creation. Now to be sure, that thought involves a great leap which in point of fact leaps over a fairly large experiential chasm—which is to say that the intervening steps are many and varied and long of realization. Now that point itself gives the possibility of reflecting on the Creator as having a kind of being that—while it is indeed that being which resides within and animates each individual creature—can also be thought [of] as something it does make a certain amount of sense to conceive oneself to be reaching for; to conceive oneself to be seeking; to conceive oneself to be perhaps not quite grasping, even though it is nearer to the grasper than the grasper is to himself, to herself.

The Creator thus can rightly be said to reach for the Creator within each and every creature. And that drama of the Creation is reiterated infinitely, level upon level, of all the known Creations, as step by step the Creator finds its way back to itself in the person of the creature. While these long steps of seeking are underway, it makes perfectly good sense to fashion an image, shall we say, or a concept, shall we say, as the terminus of the seeking, and there is nothing wrong with putting the name “Creator,” with putting the name “God,” with putting the name “Allah,” “Brahma,” or whatever name one chooses to attach to the one source of all that is to this terminus. “I seek the Creator” suggests that the Creator is something more than I am able to take myself to be at the point of seeking. Now I may fairly say this even if I do further understand that the seeking in which I am engaged is not a seeking of that which lies present at hand in the known world. Now, it does mark a turning in the process of seeking that is quite typical to note that of all of the goods that might be sought in the world present at hand, none of them are ultimately satisfying for the seeking which lies deepest within my heart. And so it is meaningful to say that there is a moment of discovery when one realizes that the deeper seeking seeks that which lies within.

Now here again we would suggest that there is a parting of the ways with regard to the modality of seeking on just this point, for some there are who have decided even when they conclude that seeking which goes deeper seeks that which lies within, that that which does lie within is something which can be described as being still within the grasp of a self which separates itself from all else in the Creation. This is a modality of seeking which does have the

possibility of following a trajectory of spiritual development leading beyond the stage that you currently enjoy, and so there are those who seek themselves above all else that are able to enjoy a four-density experience. There are selves committed to pursuing themselves as separate from the rest of the Creation that are able to enjoy fifth-density experience, and some few selves of this description have been able to make the transition into the early stages of sixth-density experience. That is a rather long path possible for those who seek the self in such a way that they refuse the notion that this self may lose its boundaries and allow all of the rest of the Creation to flood in as it would do were the heart laid open. So there is a pathway there, and it is not a pathway which we will tell you that we despise. It is a pathway to the Creator by portions of the Creator that have chosen differently than we have done. That is not our pathway; it is not the pathway which we have to share with you. Were it our pathway, we would not be opening our hearts to you. Were that our pathway, we would not feel ourselves to be one with you. But, my brothers and sisters, we do feel ourselves to be one with you, and being one with you is simply the sign that we have chosen the pathway of service to others, as indeed we feel that all within this circle of seeking have chosen likewise. And that means that we are in this situation that, from the position you occupy, can seem paradoxical.

You are our beloved others which we experience as other than ourselves and yet also as having a selfness, an anchor into the beingness of the Creation itself, that we, ourselves, share. We are both tethered to the same source, and it is because it is our joy to experience your joy as our own, it is our sorrow to experience your sorrow as our own, that we find the otherness that exists between you and us is, in fact, dissolved in the experience of sharing our being with you and your being with us. This, we say, is the pathway of the open heart in which again and again otherness dissolves into sameness, but doing so always opens again to the great adventure of the Creation, which is that new otherness always emerges. This comes as close as we are able to approximate to our understanding of the way the Creator itself experiences itself. It becomes other than itself and having become other than itself, it becomes again one with itself. It flows out, it flows in; it flows out, it flows in infinitely. One can find oneself within this great flowing out and in and out

and in, and one can find oneself caught up in the rhythm of the Creation without having to decide at any one particular point whether this or that element of one's experience belongs to the within or the without.

And so we find that the question that has been asked today is indeed a profound one, for if it is answered properly, it must make reference to the apparent paradox represented by the entire Creation. Yes, my friends, it does make sense to seek the Creator. And seeking seems to suggest that one is not identical with that which is sought, and yet we would also suggest here that every possible finding involved in this process of seeking, leads one again back to a deeper portion of the self where the Creator already is resonant.

We are those of Q'uo, and we thank you for inviting us to participate in that being which you all here have collectively created upon this occasion; that being that represents a shining light of a single self seeking with an open heart at the same time that it represents many yearning hearts opening. We leave you in love and light and return to the one known as Jim. 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 follow-up queries to which we may speak?

**Gary:** Q'uo, P writes: "How could the souls who are wounded by war best recover and be made whole again."

**Q'uo:** I am Q'uo and am aware of your query, my brother and my sister. Those entities of your third density which find themselves engaged in the warring activities that are so prevalent in your illusion are those which have dedicated themselves to a certain cause and have found it necessary in upholding that cause to take up the arms against others that would seem not to be of their own kind; that would seem to be some kind of invading force or energy source that could cause harm, if, indeed, arms were not used to repel them. The bellicose attitudes that have been so prevalent within your third density experience on this planet, have been developed over a long period of time and experience, not only upon this particular planetary influence, but upon others which have provided their population for this planet, as their own graduations

were not able to be appreciated by all of the population, some portion of population needing to be able to re-experience the third density once again in order to make the choice finally of service to others or service to self. Thus, the wounds that are experienced by many of those soldiering entities at the current time are not only wounds in the present incarnation, but wounds in the soul and psyche as well. These wounds go deep, my friends. They are misperception that will hopefully teach a certain lesson. The misperception is that those entities who are being fought are other than the self—are so much other than the self that perhaps they do not deserve to exist within this illusion.

The healing of all entities who partake in such bellicosity must reach to not only the level of the physical injuries—they are only symptomatic of deeper wounds—but must reach down into the level of the soul so that there is a healing that makes whole what was broken; a healing that allows the vision to see more clearly that each entity within this illusion is an other self, an entity as honorable and as intelligent, as sensitive, and as desirous of seeking higher truths as is any entity, including the soldiers that fight them. Thus, it is well for this type of healing to occur that the wounded soldiers, so called, may seek a kind of reconciliation deep within the self, for all other selves that have been injured as well, not only in this incarnation but in others. Many of the wounded soldiers will not be able to make a contact with other incarnations, for this density of illusion has a veil of forgetting that is quite effective, but if these wounded soldiers can look at the current situation that is playing out in the various dramas of warring factions in various countries around the globe and see each as the self and see each as the Creator in some fashion, then perhaps there can be a healing within the one so seeing anew that which was seen incorrectly before. This takes a great deal of dedication not only upon the part of the wounded soldier in this life, but upon the part of those who would support such an entity in this journey of seeking the truth. The healing that may occur may be that such a wounded soldier begins its own spiritual journey, feeling remorse as a beginning emotion and dedication to truth as a sustaining emotion, so that there is a new world that opens up to such an entity. It is this new vision that comes from within because of the dedication that

comes from within that may be the healing factor for such an entity.

Is there a further query, my friend?

**Gary:** Q'uo, you indicate that this bellicosity has been happening for a long time with this group and P follows up and asks: "How could the cycles of treating one another with such militancy, violence and war end on this planet?"

**Q'uo:** I am Q'uo and am aware of your query, my brother and my sister. This is not an easily answered query, as you may guess, for there are many, many individuals, groups, religions, nations and factions are taking in such warring activities. The possibility of such being brought to a close within the short time that remains within your third density illusion is very small, and yet there is always hope, my friends, that at some point, the destruction that has been wrought upon the populations of this planet may become so abhorrent to all those who view it that there could be a choice that is made in an instant to lay down the arms, to open the hearts, and to seek anew a shared humanity with all those about them. This will take a great deal of effort on the part of all entities who are conscious of the need to find a peace within each hungering heart. This is the journey of many lifetimes brought to fruition in an instant. It is that which has occurred so very rarely within the Creation of the Father, and yet it has occurred. Your particular planet is one which is heavily populated by many entities who are finding the need to repeat this density so that their choices of love and service to others may finally be made.

We suggest the continuing of all conscious entities to bring enlightenment to those about them, to move forward one step at a time as is possible, to spread the words to those who have ears to hear and hearts to understand, and to be unceasing in the efforts of this grand and glorious quest. Perhaps that which is impossible shall become the impossible dream fulfilled.

Is there a further query, my brother?

**Gary:** That was especially beautiful. Thank you, Q'uo. A seeker named John writes and says that in his research of the prayer of St. Francis, he discovered that there were a few lines omitted from the original prayer. One of those lines was "It is in the forgetting that we find." And he was wondering about that line and asked how anyone could find



value in the forgetting and when one knows something that was not forgotten.

**Q'uo:** I am Q'uo and am aware of your query, my brother. The forgetting perhaps is the forgetting of that which is false. As we were speaking in the previous query, seeing an enemy where there is actually another self equal to the self, forgetting the illusion that hides the truth of unity from all, forgetting the false nature of one's own imaginings of what the nature of truth is. Perhaps such a forgetting is indeed valuable.

Is there a final query, my brother?

**Gary:** Could Q'uo comment on the source of the inspiration for that beautiful prayer that St. Francis committed to words, whether it be the Confederation or other?

**Q'uo:** I am Q'uo and am aware of your query, my brother. The one known as St. Francis had a history in previously incarnations as that which one might call "the monk," which he continued within the incarnation in which he composed the prayer of which you speak. His experiences throughout various of his previous incarnations in the mountains of Peru, gave him the opportunity to see how the various qualities of the illusion are so easily accepted by the masses of the population so that there would be a great release of bound-up energy of love and acceptance, shall we say, if one could indeed balance the darkness with the light, the sadness with the joy, the despair with hope, the injury with healing, and so forth. Thus, many experiences within this entity's incarnational history gave it the inspiration to compose this poem that is such a succinct description of the possibility of forgiveness within this illusion—forgiveness for each heart that seems to have strayed from love, forgiveness of the self that has followed such straying, and forgiveness of all who have harmed any other self. For in forgiveness stops the wheel of karma, and karma plays such a great and inexorable role in the journeys of so many entities upon your planet at this time—karma from previous incarnations and planets and illusions.

We are those known to you as Q'uo. We thank you once again, my friends, for inviting our presence this day. We have so enjoyed experiencing the love of your open hearts, the light that it creates, and the camaraderie among you as you relate each to the other. We shall be happy to join you again in what

you would call your future. We are those of Q'uo and we leave you in love and light, in peace and in power, in praise and in thanksgiving. Adonai vasu borragus



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## SATURDAY MEDITATION OCTOBER 15, 2016

**Group question:** Ra spoke of those of us in third density as parents of that which is in the womb, the Earth or Gaia. They said at that time, in 1981, the delivery was not going smoothly. We relate to Gaia as our mother, providing everything we need in this incarnation, including our bodies. On the other hand, perhaps our individual evolution might be facilitating an easier transition for Gaia to fourth density acting as *her* mother of sorts. It seems as though there is a polarity one could describe as parent/child and child/parent in respect to our relationship with Gaia, as we experience our relationship with our own children. Would Q'uo speak to this possibility? How is the extreme political polarization we are seeing in our country affecting the delivery of Gaia's physical fourth density? How can those of us who would like to be of service help with the birth now in 2016, both personally and as a group?

*(Jim channeling)*

I am Q'uo and we greet each of you in love and in light. We are most honored this afternoon to be asked to join your circle of seeking. You have created an harmonious group full of love, of light, of seeking further truths. It is a part of each path here traveled today. We would ask you, as we always do, to take those words which we speak that have meaning for you and leave behind all others that do not. In this way we seek not to be a stumbling block to any seeker of truth, but only to aid those who may find value in that which we have to share with you this afternoon.

Your query concerns the nature of the birthing process of the planet upon which you dwell, that which some call Gaia, the mother of all entities upon the planet, for from this planet all that you know of in the physical realm has been made. You are a part of Gaia and she a part of you.

As you have surmised, there is a very close relationship between you as regards the parenting or teaching, and the learning or the growing as the child. You are, indeed, as the offspring created from Gaia, that force that has lived upon this planet for the past 75,000 in many forms, many billions of entities who have taken their sustenance from the mother of all. In this relationship there has been much interaction, not always of a harmonious nature as you are well aware. Many upon your planet have found it necessary to join the third-density experience here as those who have failed to learn it elsewhere. They have brought with them the symbols of their difficulties to be played out again in the great stretches of time and experience in space that create for you the opportunity for incarnation after incarnation.

As you have incarnated so many hundreds, even thousands of times within a third-density experience, either here or elsewhere, you are familiar with how this experience proceeds within each entity's realm of choosing the lessons to be learned in each incarnation. These lessons have the hoped-for outcome of resolving the disharmonies for many of the population of this planet that have led them here and have caused them to reproduce the

inharmonious relationships and situations that have existed throughout recorded history and before, and which are so obviously playing themselves out upon the world stage at this time at the end of the third-density experience.

Each entity that incarnates here wishes to become a blessing, shall we say, to the mother that has produced it and all that it is in the physical sense. This desire to bless, to love, and to serve Mother Earth and those fellow entities upon it, then must pass through what you call the “veil of forgetting,” in order that there may be a pure opportunity for making the preincarnative choices, possibilities, realities, blessings, offerings of love in the most basic sense of the nurturing of the life force of the planet, of the life force which moves through each entity, of attempting to see the Creator within each other entity, in attempting to relate to each as if you and the other were one.

This is not an easy lesson, my friends, as obvious as it is before incarnation, as you pass through the veil of forgetting, indeed there is a forgetting of the basic truths of all of the Creation, that you are all part of the One Creator, that the Creation in which you move and live and have your being is made by the power of love, and is formed of that which you call light, the photon vibrating at various levels and angles of vibration. All of this is obvious before incarnation; afterwards hardly supposed, dimly surmised, hopefully discovered at some point.

Those of you who are conscious seekers of truth have brought yourself to a point in your own incarnational experiences that you are able to access much that you chose to learn before the incarnation began. You know the general theme or outline of the energies and experiences that you offer to others and to Gaia as well. Most of the time there is the concept of love contained, of making well that which has been broken, of healing that which has become sickened or diseased or distorted in some way because of a difficulty in relating with harmony to all, including the self, and as you pursue these dim recollections to flesh them out, shall we say, to give them color and life and vividness, you share with those about you in what you would call a teaching fashion so that you are able to work together to piece together the puzzle that is the primary aim of the incarnation for all entities, the great puzzle of existence, the great puzzle of being, the great puzzle

of progression into unity with all, into unity with the One Creator.

Thus, you gather together in groups such as this one, and many others around the planet, and share that which you feel, that which you believe, in some cases that which you are quite sure of, and in such a fashion you provide the ability for each entity within the circle to be enhanced, enriched by that which you share. Seeds are planted by each entity within all so that there is the possibility of your becoming more than you were before you came here today, and in like manner, as you move into the world around you offering yourselves in either conscious or unconscious service to all those about you, you plant further seeds into entities that may be conscious seekers as well, or may be not be conscious of the process of the seeking for truth, of the revealing of the self to self, of revealing the larger self to the smaller self.

Many there are upon your planet at this time who slumber, who move about in an unconscious fashion reacting rather than creating, responding in ways which may be defensive, offensive, confused, difficult, disharmonious, lacking a picture of any overall description of what the life is about, of whether there are purposes to life—is there more than the daily round of activities ambition pursued, of money obtained, of status and position exercised, of power over others. By your seeking, by your sowing the seeds of that which you have found within your own life experience and shared with you and by you with other seekers of truth, you provide the opportunity for there to be a revealing of that which has been hidden, a purpose for all entities upon the planet to lend their services to the planet, to plant their own love as a seed in each portion of the planet with which they come in contact. This can happen in any number of ways. Imagination is the only limitation in this regard.

If your desire and your intention is to be of service to others, to aid Mother Earth in her birthing of that fourth-density being which is you and many, many others at a future time, as you would call it, then you may see the opportunity to share love in any amount, in any form, with any entity, at any time, for indeed, each moment contains love. Part of the great riddle of your existence is to find love in all moments.

It is quite easy, as you know, in most; some moments seem to contain none. If it seems to you that there is no love in any moment that you experience, perhaps it is your opportunity then to offer your love to that moment. We do not ask you become evangelists or proselytizers; we ask you to simply radiate that which is the heart of your being, for in each heart there beats the rhythm of love, the revelation of light, the truth of unity, the Father there rests within. Seek the Creator within yourself and all other selves in whatever form that has meaning to you, whether it be love, whether it be service, whether it be light, whether it be potential realized, whether it be hopes yet unrealized, whether it be the dreams of a more harmonious experience upon the planet.

Yes, all of you are both teacher and student to your Mother Earth who is both teacher and child to you. This is true throughout the One Creation upon every planet that has any type of intelligent life upon it. My friends, we assure you that each planet has some form of intelligent life, for all is made of the One Creator of intelligent energy.

At this time, we would pause that any refining query might be asked, to which we may respond.

**F:** Q'uo, is the current political polarization going on in the United States affecting the birthing into physical fourth density at this point?

**Q'uo:** I am Q'uo and am aware of your query, my sister. Indeed, all that occurs upon your planet at this time has the purpose of aiding in the birthing process, even those activities which you might find somewhat distasteful, destructive, disharmonious in so very many ways you see upon your television and read within your newspapers that which is the bad news of the day. Indeed, those plays, shall we say, with actors upon the stage that are being enacted now upon the world stage in this country and others, are those, shall we call them offerings in the round, lessons of primacy, lessons of potential, lessons of desiring to find another way. For often times the particulars of a play may provide a provocation to do opposite as to what the play is describing. In other words, oftentimes there are those who are, shall we say, offering themselves as a bad example so that other choices may be made by those observing—those within the audience, shall we call them.

You see within your larger presidential election process that has been so prevalent (prominent) in the news for the previous year as so much has been objectionable to a large portion of the audience observing, so much has been confusing as claims and counter claims are made from opposite directions, and those who support one claim or candidate decry the other, and the lines seem more sharply drawn and the polarization more vividly expressed.

At some point there is the opportunity for resolution. At some point, there will be an election, there will be a new president, there will be the opportunity for reconciliation, there will be the opportunity for those who have followed each candidate to reach out to those who followed the other candidate, to find a means by which there may be a working together, a moving forward, for indeed, all are of one country, are they not? All are concerned about what is well or not well in this or that area within your country. Each time there is a difficult type of expression of energies, of ideas, of actions, there is also the opportunity for the reaching out to those who do not agree to become a larger person, shall we say, with a more open mind and with a more open heart.

These are potentials, these are possibilities. Whether they shall occur is up to each individual. Each of you, as you move through your daily round of activities, will have the opportunities in many ways to do the very same thing with problems and difficulties of a smaller variety, shall we say. Each family, each community, each church, each business has a political system, for the politics within your illusion are always involving people and how they relate to each other; how power is shared or not shared; how the wealth of what is available to the group is shared with all within the group. The politics of your people is the process of people interacting with each other. You may affect that which is yours to affect. Your family, of course, your community as well—church, business, those who you know, those whom you do not know.

If you go forth with the light of love within your heart and seek to share as best you can that which is yours to share, then you have done what you can. What more can you do? Go forward to see the Creator in all; to love the Creator in all; to be a person with a large enough mind and an open enough heart to include all within your prayers. Pray

for those who feel they are your enemy; pray for those who despitely use you. Pray that that entity may become one with you and you with it, for all are truly one. Eventually this truth will be born within your illusion. The fourth-density population of this planet will come forth. How long it will take depends upon the choices your people make.

Is there a further query at this time?

**D:** I was curious if there was any way that we could tune into the crystalline grid or how we, as a group, could utilize this in helping the birthing of the fourth density.

**Q'uo:** I am Q'uo and am aware of your query, my sister. This grid of energy about your planet is a network of portals that allows the passing through of energies from what you would call your sun body, the sub-Logos, the intelligent energy of this entity of love. It moves through each portal and is, shall we say, accelerated or enhanced, especially at this time of the transition into the fourth density, so that those who are open to the concept of love and understanding, the primary qualities of the fourth density, may then share those qualities with those about them, especially in the meditative state or the contemplative state using visualization or however you choose to do it.

You may see the energy from the Logos, the sub-Logos, your Sun Body, moving through these grids of crisscrossing lines of power and entering the planetary web or surface and becoming available to those who are in need of love, who have a dearth of that quality within their being, who call out for assistance in confusion, in pain, in difficulty. You may see these portals enhancing the love available to all such entities, and then, in another fashion, these portals are also available for those who are now moving through that transition which you call the dying or the moving into the larger life. As each entity then is able to move through such portals, the light coming through these portals is that which the entity moves toward in order to gauge its, shall we say, harvestability, or ability to be graduated into the fourth density. It is the ability to welcome and enjoy this enhanced level of light and love coming through the portals that will determine each entity who moves into larger life as to where the entity is placed by its own ability to welcome and enjoy the enhanced love and light.

Is there a further query at this time?

**F:** Could the traumatic things that are happening on the planet, could they be related to labor pains of the birthing?

**Q'uo:** I am Q'uo and am aware of your query, my sister. Indeed, there are labor pains occurring across the planet as a whole, for each time there is a group of people, shall we say, the immigrants from the Middle East, that suffer the difficulties within their own country, the bombings, the terrorizing, the killing of those who do not agree with the prevailing point of view—any time there is a pain or anguish of this nature, you may see it as equivalent to a labor pain. Whether it is entities who are being discriminated against in another country for their race, their sex, their political beliefs, their religious tenants, these also produce a pain that could be seen as a labor pain. Any time there is a disharmony in any group or individual that has the lack of love, the lack of understanding, the lack of acceptance of such an entity, it produces a pain of a mental nature, a spiritual nature, an emotional nature, a physical nature. All these pains at this time could be likened to the labor pain of your Mother Earth, for you and she are one, you are made of her, she is your mother, she is birthing that which is your child. The relationship between all of you is that of oneness, is that of unity. Such pain is felt by all at some level, perhaps not consciously, perhaps not mentally, most usually in the spiritual sense so that within the meditative state you may tune into the level of pain that is occurring upon the planet if you are willing and strong enough to feel and empathize with such pain, perhaps a small degree would be enough, to reveal to you the nature of such a mass experience of pain upon the mother to all.

Is there another query at this time?

**Gary:** Q'uo, in 17.1 Ra is describing the transition to fourth density, and they say “there will also be a sharp increase in the short run of negatively oriented mind/body/spirit complexes and social complexes due to the polarizing conditions of the sharp delineation between fourth density characteristics and third density self-service orientation. Those who remain in fourth density upon this planet will be the so-called positive orientation.”

That thought is echoed elsewhere in the Confederation's philosophy: Earth will be a fourth-

density positive planet and there won't be a home here for the negative orientation. So, my question is: How does the service to self meet its end? Does it find a climactic finale before it is no longer available here? Does it dwindle out gradually from existence? If Q'uo could speak to that please.

**Q'uo:** I am Q'uo and am aware of your query, my brother. Though there seems to be a great deal of negative energies in motion upon your planetary sphere, those entities who are actually of possible harvestability in the negative sense are individuals rather than groups, and are much fewer in number than those who are positively harvested, or harvested possibles. Thus, the individuals expressing the negative polarity of service to self will be busy about separating themselves from those around them, attempting to control those around them, and doing so usually from a position that is not publicly visible, for it is much more easy for such negatively oriented entities to move in the shadows, shall we say, and do their work in an unseen fashion, and have their work done for them by those who are minions of such entities. Thus, you will see certain activities or movements of energies on a larger scale than the individual that will seem to contain much that is disharmonious, much that is of a dark nature, much that is of a separative nature, and even those that are visible carrying out these plans may not themselves be harvestable to the negative polarity; but those who are guiding them, those who are inspiring them, those who are sending them forth to do their work are the ones who may find their own harvestability, shall we say.

These entities, as they pass through the doorway of death, as you call it, will harvest themselves to another planetary influence that will be their home planet in the fourth density. There they shall engage in what you may call a struggle for the power over others aspect of the negative polarity. The struggle will be with entities of similar nature in the fourth density, so that at the end of this war, shall we say, of the mind of light being sent forth to do its work in the negative sense, when all such power struggles have been completed and each agrees that the alignment is as it should be, then the social memory complex shall begin its experience upon that fourth density negative planet.

Is there a follow-up query to this question, my brother?

**Gary:** If I understand, Q'uo, you are saying that in our space/time experience upon this third-density sphere, those of negative orientation will complete the term of their incarnation, move on elsewhere, and they won't be replaced by newly incarnating entities of negative orientation, so it is by that mechanism that there will be a decrease in the negative polarity. Is that correct?

**Q'uo:** I am Q'uo, and this is correct, my brother, for the negative polarity has a requirement that is quite strenuous. Ninety-five percent of its thoughts, words, and deeds must be successfully polarizing towards the negative pole, whereas the positively oriented entities need only demonstrate 51% of thought, words, and deeds in service to others in order to be able to graduate to the fourth density. Thus, there would not be enough time, shall we say, for new fourth-density hopeful entities to become incarnated in the time that remains upon your third density here. Thus, they are not able to do their necessary work, shall we say, in the time that remains.

I am Q'uo. We find that this instrument tires; its concentration is beginning to become diffused. We would suggest that we now take our leave of this instrument. We thank each, as always, for inviting our presence to your circle of seeking. We are most honored to be with you. Because you have invited us, we are able to have a beingness among you and to enjoy your loving and light-filled vibrations. We are known to you as those of Q'uo. We leave you in the love and the light of the One Infinite Creator. Adonai, my friends, Adonai, vasu borragus.



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## SPECIAL MEDITATION – CHANNELING INTENSIVE NOVEMBER 6, 2016

**Group question:** Today we would like to explore the topic of self-worth. Can you elaborate on the role of self-worth on the seeker's path as well as the obstacle of self-doubt. For instance, what is it we are worthy of, and what does it mean for us to have infinite worth? Any guidance in this area is appreciated.

*(Jim channeling)*

I am Q'uo, and we are with this instrument. We are honored to be called to your group this day. We are well aware of the work each has done this weekend as you, too, seek to become channels of love and light through the impression and speaking of the words of your language, for each of you is a channel in this respect and in many others. The life you live you channel; the love you give you channel; the thoughts you have you channel. There are many blessings upon you that have been given to you because you have drawn them to you as channels of love and light, the blessings of friends that are now gathered here—of those whom we have become close to throughout the years—the times and places, the families of each, the pursuits of your interests. All of these are blessings of the Father upon you.

It is here upon the Earth that you have taken residence at this time. It is not permanent residence, and your identity is not your true identity, it is but a small portion of that which is at your heart and within your soul, that which you could barely comprehend if it were all exposed to you at one time. You have come here within this third-density illusion from a place within the Father's Creation

that is your true home—the world of the spirit. There your true nature is free to express itself in infinite ways in seeking the serving the One Creator as do you now here in your own way [inaudible] you have chosen in order to enlarge upon that which is your destiny, your desire, your service through all time: to seek the one that is within you already, to seek the one that you have ever been, that you shall always be. There is no other choice, you see.

You are of noble birth, a crown of the Father is already upon your head. Why would you take birth in such a limited illusion and risk forgetting, in fact, must needs forget all that you are? In this way, as you know from your studies within this circle of seeking, you may pursue greater understandings in a, shall we say, much more intensive fashion than is possible in your home density, for each of you here is a wanderer, and you well know that, or we could not speak it to you. You have come here to discover how to live a life of seeming limitation, and yet, by various types of limitation that seem so real to you, can you truly expand your service to all to the One Creator, your love for all for the One Creator; for when you forget that which you are within this illusion, then little by little you have the opportunity to discover small bits of the truth of yourself and the mystery begins to unfold.

And as you move in harmony with that mystery, you find that there is much more to be discovered, for this takes a good deal of effort and what you call time. This effort over time produces a polarization in your consciousness that is considerable. It is achieved

in a much smaller, shall we say, increment of time than possible in the higher densities. Believe it or not, my friends, it is hard for those in the higher densities to progress quickly, for they see the truth of the Creation about them at all times. There is little doubt against which to push; little veiling to move out of the line of sight as there is so much of it here in this illusion.

The struggles you make to go beyond the seeming limitations of yourself are those which make you stronger in the spiritual sense, you see. That is what you are here to gain—a spiritual strength. A strength that will allow you to penetrate more of the illusion about you here in third density and to share what you have found in the spiritual journey who you meet on the street, in a friend's house, at a gathering, wherever. You are beings of light, you conscious seekers of truth. Your light shines at all times, and you can direct it as you will.

So, as you look upon yourself in the larger sense of your origins, of your destiny, of your choices to be here, you are indeed, beings of infinite worth. I laugh because it is so obvious to us, because we do not see the boundaries that are helpful to you and yet difficult for you, and we understand this. We have sympathy for you; we too, have traveled this trail. It is not easy, but it is valuable, it is powerful, it is full of opportunity to serve, to learn, to love, to become light.

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

*(Steve channeling)*

I am Q'uo and I am with this instrument. You are beings, as we have said, of infinite worth, and yet this can be the most difficult realization for you in this density of seeking. For you are behind a veil that, for the most part, shields you from a true understanding of who you are. And for all the world it seems that who you will become must be based on what you have done and, therefore, if you should become worthy it will be based upon deeds that render you worthy; it will be based upon accomplishments that render you worthy, and it will be based upon the recognition in the eyes of your fellow human beings that see you as worthy. Worthiness is something, therefore, worth striving for. Worthiness is the name for that which all strivings can be understood as belonging together in

a single ultimate unity. So whether you strive for excellence in the job that you have undertaken, whether you strive for excellence in the performance of those services to family members, to loved ones, whether you strive for excellence in personal attainments of a more discrete fashion, shall we say, you strive ultimately to achieve a position which, in your own estimation, counts as worthiness.

Now, we would like to begin by calling your attention to the very nature of such striving, for one does not strive for what one feels one already has. One strives for that which is perhaps almost within the reach, but not quite. And inasmuch as your life is a perpetual striving—and that, my friends, we can assure you it is—it seems as if that for which you are striving, namely worthiness, is bound to be forever just beyond your reach.

Now, there can be a certain heaviness, a certain weightiness to the experience of the incarnation which you now enjoy. Depending from the very fact that worthiness is the single most important thing for you to achieve. Indeed, in the area of achievement, worthiness is the single thing least likely finally to have been accomplished. Once again you strive, perhaps you attain, but having attained, it occurs to you that there is yet more to strive for, and so you strive again in the realization that your attainment has been yet inadequate, yet imperfect, and this imperfection can be worn as a mantle of shame, which can, if you let it, tinge the experience of your entire incarnation.

We now turn, with the permission of this instrument, which we would like to say was reluctantly granted, to the example of this instrument's life, for it is true that this instrument has struggled mightily with the question of worthiness. It has been a long and arduous struggle, bravely undertaken, and we will say, undertaken with what this instrument only reluctantly will call determination and a little bit of grace. And yet, this instrument has spent an inordinate amount of time gazing into a sort of abyss, feeling that everything to which it has turned its hand, every goal, every project, every effort to aid those it loved, beyond the measure of the love it had for itself, all this seems to have turned to dust. All this seems to have come to naught, to have been a vast featureless plain of disappointment. And so, for what has all the effort been spent? And so, for what has worthiness been



placed upon the altar of aspiration only again and again to have the fondest hopes cruelly dashed, and the fondest expectation that there might sometime be the right action taken, that there sometime might be a redemption of all effort spent, that there might sometime be a sparing of the despair that can be the lot of one whose attempts to serve seem to have come to naught.

My friends, we will tell you what we now attempt to tell this instrument—that it is well not to look at the results of your doings in order to discover the true measure of your worth. It is well, rather, to realize that a life well-spent, spares no effort to be of service but does not judge itself harshly for that service which seems to have gone awry. For it is in the opening of the heart and the giving from the very depths of the most precious resources one can bring up to offer that the true service lies.

It is not for one who lives in the veiled condition, that is the lot of all who dwell in third density, to judge of the worth or the unworth of any effort made to serve. It is true that service as a requirement, as a need, as a calling, does not come to an end and, therefore, there is always more service that can be offered. One is never done or completed in one's calling to service. The effect that true service, truly offered, has is that it does empty out the whole of the being of the seeker little by little, so that that which is carried of an unnecessary nature in the end needs no longer to be carried. When you have given your all, when you have opened your heart in love, without reservation, there is no more that could be asked of you, and it is not necessary to carry the heavy weight of judgment if, in your perception, the gifts you have had to offer have borne no fruit. That is something that is beyond your capacity to control. Your love may have effects far beyond their intended range of application. Your loves are always well spent just by being loves.

And so, the worthiness we would suggest to you that you seek lies not in the realization of the effects you have sought to achieve through your service and through your seeking, but rather in the nature of the service and the nature of the seeking themselves. Your worthiness does not depend on any reflection you might be given from the world concerning any excellence to which you may aspire. You discover your worthiness in opening your heart to service and opening your heart to love, and allowing that great

cosmic energy which is the gift to all who are incarnate to flow through you and, doing so, to find its destination where it will.

Where it will, will be as wild and unpredictable as the wind. You may praise the wind, you may praise the mystery of the Creation, and in that praise, which is also a prayer, you will find the whisper coming back to you that envelops you with the sense that you may participate in the worthiness of the whole Creation. It is your birthright. As we have said through the one known as Jim, the crown, indeed, is upon the head of the worthy seeker.

We are those of Q'uo and we would at this time return to the one known as Jim, that we may speak to those questions that may still remain on the minds of those present. Adonai, my friends, Adonai.

*(Jim channeling)*

I am Q'uo and we are once again with this instrument. We would ask if there might be a query remaining to which we may speak.

**Gary:** Q'uo, in the preparatory process of the channel what are the fundamental actions needed and accomplished up to the point of receiving contact?

**Q'uo:** I am Q'uo and am aware of your query, my brother. You have studied well this weekend the listing of these actions created by the one known as Carla. The most important of those in the list, shall we say, is the honing of the desire to serve, and using that desire as a motivator to accomplish the, shall we say, techniques. That is, the tuning of your own instrument as you may be able to receive information that is of a spiritual nature, and of such elevation, shall we say, that it has an enlightening effect.

There is also the need for the moving into a deeper portion of your own mind in the meditative state so that you may offer this tuning in a way which has meaning to you. There are prayers, there are songs, there are incantations, and various rituals that one may use to, shall we say, configure the mind in the way of the heart. The prayers that you have used are those that are most effective, indeed, for most entities gathered here. However, each may look to any other source of prayer or inspirational literature to also bring about this movement of the heart energy into the mind.

There is the need to make a contact, shall we say, that is helpful and supportive, whether it be with a guide, with your higher self, with an angelic presence with whom you have previous contact and appreciation, with those entities of a discarnate nature who are of great love vibration themselves and which can impart to you an enlivening equivalent vibration.

You have learned to move to this deeper level of your mind in the meditative state by techniques that may be said to be of a trance inducing nature, the hypnotic repetition of words or phrases, the moving down of the stairs or steps into a deeper portion of your own being, your own subconscious mind; and there are, within the deeper portions of your mind, resources that you may call upon, connections with the universe about you that you may open yourself to energies such as we now pour through this instrument, and which each of you now have tasted but a bit of.

This opening of the self to the deeper level of the mind is that which is best approached, shall we say, in a ritualistic fashion so that you are seeing the releasing and revealing of universal energies, not only from without you, from the cosmos itself, but from within you where you may make contact with intelligent infinity through the indigo ray into the violet ray. When you pray certain prayers, these become the ritualized vehicles that configure your mind which is enriched by your heart in such and such a fashion as to make this contact with intelligent infinity possible. In this way, you also complete your tuning so that you are able to not only receive these impressions of concept from entities such as are we, but you are able to offer your challenge to entities who wish to speak through you.

Thus, you are armed, shall we say, with a sense of yourself that is infinite, that is powerful, that is loving, that is desirous of serving. These are the qualities that you seek to enhance within your own being as you move into the role of an instrument—an instrument that is used by others, such as are we, who have the same desire as do you, to be of service to the One Creator in whatever form or fashion or function we may be. We find that there are many ways to serve and that the way in which we are now offering ourselves in service is one of the most gratifying, for we know that you will take that which we have to offer and not only use it for yourselves,

but will share it with others in your means of communication to those who regularly seek from you such inspiration and information.

Do you have another query, my brother?

**Gary:** How does the new channel grow, develop and become a better instrument?

**Q'uo:** I am Q'uo and am aware of your query, my brother. We have three words for you: practice, practice, practice. As in all skills the repetition of the skill is that which develops within you a certain, shall we call, it muscle memory? Shall we call it mental configuration of ineffable qualities? Shall we call it the ability to renew and reinvigorate your continuing desire to be of service to others? It is the desire that causes the intention to service. It is the desire to offer yourself in full to the One Creator, to do the Creator's will at every turn however you may perceive it.

This intensification of desire and intention is as important as the practice, for it fuels the practice. When the heart can imbue the mind with the limitless love for all Creation, a gift of the Father, then the spirit is reached in such a fashion that it becomes likened to a shuttle to make that penetration of intelligent infinity possible for you in the channeling process. For that is what you do when you channel. You make that contact. This is a holy contact. This is a sacred contact. Not just because it is a contact that produces words from those such as are we, but because it allows other energies as well to move within this opening, this contact—the energies of the One Creator, the energies of love, of light, of unity, of power, of service, of seeking, of compassion, of curiosity, of investigation. All of these are facets of the very jewel that is the Creator living within you.

Is there a further query, my brother?

**Gary:** Thank you Q'uo. The Confederation has had an evolving policy with regard to how to offer service to those of Planet Earth, and it has been understood from the early years of this particular experiment that channeling was foremost among those means. At this present space/time is the opinion of the Confederation the same with regard to channeling, and are there other, equally efficacious means now available to the Confederation?

**Q'uo:** I am Q'uo and am aware of your query, my brother. We see the treasure of a contact such as this one as that which is most helpful not only in the information that we are able to transmit through instruments such as those are here gathered, but, because of the nature of this particular group and organization, there is the possibility of disseminating this information around your globe through the means of the electronic transfer of information over your internet system. We seek communication in whatever form is the most helpful means of aiding the population of your planet in its progression towards harvest. We feel that whether the information is channeled, is offered, or wherever it comes from, if it is that which speaks of love and light contained within every being, if it speaks of the sharing of that quality of love and light with all others in order that the heart center might be opened, this is the information that is most helpful.

There are also means of providing healing at this date in your evolution being so near to the end of your third density. There are many, many more entities who have the ability to offer healing practices and to teach such to others so that the healing may be not only of the body, but of the mind, and perhaps even of the spirit, and may serve as a kind of illustration or symbol to others of these qualities of love and light, for the true healer works with the one to be healed in a loving and compassionate fashion; and aids that entity to be healed in healing itself as the healer is able to offer its contact with intelligent infinity to interrupt the red/violet ray that holds the degree of ease or disease within the one to be healed.

Any type of giving of love to another entity in whatever form, be it spoken words, be it written words, be it healing, be it the smile on the street, whatever means of sharing love and light is possible, is that which we see as being most important at this time. There is no way of sharing love and light that is not important. It is the intention with which it is shared we find to be of greatest importance. We find that the intention here within this group is very pure and is very powerful, and we take a great deal of pleasure in observing the light which emanates from this group. We are most grateful for your calling of us to be of service to you today.

We would ask if there might be one final query at this time.

**Gary:** I have one, but I turn first to the group to make sure. J?

**J:** Q'uo, often when I access deep mind, and especially when I attempt to accept the contact, such as today, I experience a great deal of anxiety. Can you speak to this?

**Q'uo:** I am Q'uo and am aware of your query, my brother. Yes, you are the runner before the race and you are eager to do well, to run the straight race, to run the swift race, to reach the goal, to reach the finish line, to complete that which you have begun. In the beginning these nervous energies, these jitters, shall we say, are noticeable because it is a new task which you are undertaking. Do not be overly concerned about them to begin with for they will, in their own way, power you forward. They will, in their own way, focus your attention so that you are aware quite concretely and minutely of that which it is that you are doing, that which you wish to do. It will give you an enhanced awareness. Over time and practice your experience will become so firmly established within you that these anxious energies shall no longer find a place to function within you, for it will be, shall we say, an "old hat" to you. It will become comfortable to you.

May we speak to any further nuance of that query, my brother?

**J:** No, I'm very grateful, Q'uo.

**Q'uo:** We are those of Q'uo and we are also grateful to you, my brother, for when you ask us a query, you provide us a means of service. As you move further and further along your own journey of seeking, you will discover that serving others is the most rapid way of polarizing your own self, and the greatest sense of satisfaction can become when you know that you have offered that which is your highest and best in you to each person that you meet. You may serve all entities that you meet, at all times, whether it is simply with a smile, a helping hand, a conversation, or part of your sandwich. There is no way that you cannot serve if your desire is to serve, so go forth my friends. Go forth in the love and light of the One Creator which is what we are preparing to do now. We appreciate so much your calling us this day. We leave you in that love and light as we found you in that love and light. We leave you in the love and light of the One Infinite Creator. Adonai vasu borragus.



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## SATURDAY MEDITATION NOVEMBER 19, 2016

**Group question:** Our question today, Q'uo, concerns activism. On one hand, we have statements from Ra like this one from 34.9 where they say:

“There are some few whose desires to aid society are of a green ray nature or above. These entities, however, are few, due to the understanding, may we say, of fourth ray, that the universal love freely given is more to be desired than principalities or even the rearrangement of peoples or political structures.”

We also have reminders from the Confederation that the most powerful and fundamental service is one of being, not doing. That is, the radiation of realization of oneness with the Creator.

On the other hand, we hear from voices like Martin Luther King, Jr. and others studying oppression that, in a societal body, silence and non-resistance is tantamount to tacit support of unjust or perhaps even tyrannical policy.

Can you please speak to these seemingly competing ideas and how the seeker who wants to contribute positively to creating a positive society can be of the greatest service?

*(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 honored to be called to your group this afternoon. You have created in your circle of seeking a great tower of light that we perceive from what you would call the heavens above you. We would speak this afternoon to your concerns about how the seeker of

truth may participate in the worldly affairs including those that you have called the elections of individuals, the social movements of change, the individual protests of injustice, and all manner of disharmony that is apparent to any seeker of truth with an open heart in your illusion.

My friends, this is an illusion, your third-density experience, but it is an illusion with a purpose. It is not mere misdirection or misrepresentation. It is an opportunity, my friends, for you to polarize more positively in your seeking of the One Creator all about you, within you, without you, within every other soul with whom you share this planetary influence. This is not an easy task, my friends, it is one which requires great dedication upon each level of your being. You have within you the power to decide. You have free will. How to exercise this free will is your question.

With each situation that you approach and which approaches you, or times such as the one which you now experience, it seems that you have been approached by that which is most difficult, disharmonious, and most distasteful. And yet we tell you, my friends, that there are truly no mistakes. This is not just a convenient saying or a cop-out for refusing to face an unpleasant truth. There can be no mistakes, for there is only one Creator. There are not two powers in this universe, there is not good and evil, there is only the Creator in various aspects.

Each of the 7 billion souls which inhabit your planetary sphere is the Creator, and yet each has an

individual perception of its own purpose and place within this universe of being. Various of these individuals have gotten themselves together in groups of shared ideals, purposes, programs, desired outcomes. Some have political parties, some have churches, some have social movements. There are as many ways to gather as there are imaginations to conceive of thoughts, principles, and manners of seeking, which you may loosely call the truth.

When you find yourself in the situation in which you now find yourself, that you wonder what it is that you should do. What is it to do that is most helpful to the society around you, to staying true to your own spiritual principles, to being of service to everyone that presents themselves to you in need of such service as you may provide. Again, my friends, your freewill choice is of paramount importance. We cannot tell you precisely what you should do; it is not our purpose to guide your actions and to learn for you, but we can tell you that you do not need to fear making mistakes that are irreparable, damning and damaging to a spiritual journey if you but stay open to that still small voice inside you. That is the voice of the Creator, my friends. It has ever been with you. Some listen more carefully to this voice than others. And how best to listen to this voice, my friends? You will not find it in the hubbub and hurry and hassles and hastes of the day. You will find it instead in the depths of your meditation, in your prayer, in your contemplation, in your consideration of what it is to be human, to be you, to be alive, to be filled with purpose, to make oneself allied with the highest spiritual principles.

We are aware of the one known as Mahatma Gandhi. He is one who traveled the road of seeking both spiritual enlightenment and social justice. Indeed, few in the history of your planet have traveled this road more successfully. He took on the British Empire, my friends, and he won. India became free. When he would meet with his advisors the night before the day of meeting with social, political, spiritual and community leaders, they would plan the day, and if the day was promising to be a long one, he would simply say, "I must arise earlier to meditate longer." Do not refuse to use any tool that you have, my friends, as long as you use these tools in love, in light, in consideration of the fact that you deal only with the Creator, no matter what the face may present itself to you.

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. We would like to begin by thanking this instrument and this group for the sincerity of its efforts in seeking and in calling upon us to participate in this seeking. This instrument has been most assiduous in challenging us today for it has felt that it is a day upon which many have dealt with difficult emotional circumstances, and that these emotional circumstances give fertile ground for negative greeting, and we will agree that this is, in fact, true, and that every precaution that you may take against that kind of intrusion upon your own free will and your efforts to open your hearts in love to others around you, should be carefully screened for intent. We are those of the Confederation of Planets in Service to the Infinite Creator, and our intent is to come in service and in love in the name of an open heart, in the name of being open and helpful to others. We feel that that intent is harmonious with the intent of this group and it is only because of this that we feel we may offer our service at this time.

So, the question that the group has asked this day brings up an issue that faces third-density seekers over and over again, and we will say also continues well into the fourth-density experience. We may put the question in the following way: Shall the seeker after truth focus this seeking upon the suffering nuances of opening the heart little by little in the context that the daily catalysts suggest as opportunities for seeing the self in the mirror provided by others, and in allowing the self to serve as a mirror to others, or shall the self sally forth into the world armed with its best estimate of how that world may be improved, how that world may be amended in such a way as to better enable other selves to find their way.

Now, we will not offer you a definitive answer to this question, for indeed, it has not been our experience that there is one definitive answer that fits all circumstances, but we would suggest that the first responsibility of each seeker after the truth is to seek that truth in the highest and best way that is available to the seeker, and not only that, but to seek to make that truth available to others in as clear and clean and undistorted a way as is possible given the limitations of the seeker and the one who seeks to

serve, and the limitations of the circumstances in which that service may be brought forth and offered to others and to the world. So, we will say that it is a question that each here must ask him or herself where precisely this balance is perceived to lie at the point of asking.

There are some considerations which we would suggest it is relevant to ask. The first of these considerations is "What are the present limits of my ability to serve?" Now, these limits will legitimately be seen to involve first of all those talents which one has to offer to the world. Presumably these talents have already been broadly and well employed in the various functions that individuals have in the societal complex. But it may be that opportunities for service will be seen to revise in particular ways given the unfolding of events such that it seems possible that there might be a goodly reception for abilities one may bring forward in service.

On the other hand, there is another consideration and we would suggest that of the two this is the more significant. It is a question of how things stand with regard to the openness of the heart on the part of the seeker seeking to serve. You cannot serve to any better effect than is grounded in the clarity of the open heart. There is no strategy, there is no procedure, there is no rightness of action which is so correct in itself that it can be seen to override the spirit in which the service is offered.

Now, to this spirit there go a number of considerations. In offering to serve are you motivated by a judgment? Are you motivated by a judgment that places in a certain light the other selves that you seek to serve? Are you motivated by a judgment that places in a certain light the group mind, if you will, of the social energy complex which surrounds you? Are you motivated by a judgment which might suggest that you yourself are in possession of knowledge; that you yourself are in possession of some capacity or perfection that those around you lack and would be well advised to accept as a gift from you?

These possibilities that we have just listed we would suggest to you can be seen as so many possibilities in which you can be entrapped, for in the open-hearted service, there cannot be the least scintilla of judgment. The open heart does not judge. And so, there is work of a preliminary nature before any who would serve with the clarity of the open heart, and

this work is to ensure that the service that one proposes to offer is indeed grounded in an open-hearted, or green-ray energy. So, the work of the self upon the self is a work that, if it is neglected, will inevitably yield a circumstance such that the service that comes forward will be tainted if it is not first washed in love.

It is so easy, my friends, to be drawn out from your center, to be caught up in the turmoil of the events of the day, to find one's anger rising when one sees injustice, when one sees intolerance, when one sees hate having its way with other souls seemingly not able or willing to reach the condition of the open heart. The world is a vast place, my friends, and it cannot be set right by any action that merely conforms to the principles of right action.

And so, it can very easily seem to the seeker that is distraught, to the seeker that is frustrated, to the seeker who is filled with sorrow gazing upon the wounds of the world, that there simply is nothing to be done. And maybe that is so. Maybe it is so that there is upon an occasion or two or three or four, nothing to be done.

But if you look deeper into the heart of that nothing, it may begin to be clear that what seems to be nothing can, upon closer inspection, turn out to be a something after all. It can seem that what you have available before you that you can possibly do, could not possibly have much effect on the course of events, and yet a little bit here, a little bit there, can surprise you. And the more that the little bits of your interactions with the world are filled with larger and larger bits of your love, the more that love can come to have a place in the world.

There is no telling, my friends, what effects a little love will have, and if you do the work that is available for you in the immediacy of your life, in the immediacy of your meditations, in the intimacies of your interactions with your fellow human beings, you may find, you may find, my friends, that a very little can become a very lot.

Now, having said that, we will not say that you should inevitably withdraw from all interactions with what you may call, the larger social movements, which may be underway and which may have the opportunity to change the course of events as they unfold upon your planet. We have simply spoken to the need for each individual to consider well, to

consider often, and to consider deeply, what energy you are contributing to the flow or the current represented by these movements. If you bring anger, you will find that anger begets anger. If you bring fear, you will find that fear begets fear. If you bring love, you may find that love reaches out in love and finds itself in response to love offered back. And as predictable as anger is in its response, and as predictable as fear is in its response, even in a completely opposite way is it unpredictable how love will respond to love that has been offered. For it is love that is the creator of energy and it is the energies of anger, of fear, and of judgment, that are restrictive, that are destructive.

So, the core of our message to you today, would simply be that those opportunities for engagement with your social energy complex which suggest the possibility that you may bring to this engagement the fullness of your own love, these are opportunities well taken. If, on the other hand, you find that your personal circumstances are such that as you get called forth into these group energies, you feel yourself thrust out from your center, and you feel yourself losing your balance and you fear yourself at a distance from the creative source of your own loving outreach, then it is better to take a step back, to retreat into a safe place, to join yourself with those of like mind and of open heart that you may find renewal, for you will never have the ability to offer positive energy to the social complex if that positive energy is not already what describes your situation.

There are energies abroad in the land at present which are of a negative hue. Negativity is not ultimate correctable by equal but opposite negativity, and so the trick of serving in the environment you now face, is to, first of all, find the source of the positive love you have within you, and then secondly, to find some pattern of expressing your being that allows you to maintain the thread of that positivity as you wend your way through the complicated pathways of your opportunities to serve your larger society.

We feel the distraught cries, not only of this group, but of many who share your society at this time. We are the Brothers and Sisters of Sorrow and we have sorrowed with your peoples many times before, but we will say that for all the sorrows we have endured with you, that there also have been many, many joys. Those joys will not die, my friends, those joys can

serve as a reminder and a beacon that better days will come, and the way that you can keep the home fires burning, is by remembering the love you have for those around you that make it easiest for you to remain within the center of your love, which, once again, is the open heart. In the simplicity of the open heart there is a way, and it is to that that we would commend you.

We are those of Q'uo and we leave you in the love and in the light of the One Creator and would, at this time, return to the one known as Jim to inquire whether there are further questions yet upon the minds of those present. Adonai, my friends, Adonai.

*(Jim channeling)*

I am Q'uo and am once again with this instrument. May we ask if there are any further queries within the group today?

**D:** I have a question. Many near-death survivors report with great consistency unconsciously leaving their bodies and being drawn to a non-earthly realm where they meet a spirit entity of infinite unconditional love and light whom they tend to regard as God, or other cultural equivalent deity. Many also experience a life review, and some are able to learn about life purpose and the true nature of creation far beyond current scientific understanding. Do you regard what we learn from such experiences to be consistent with your teachings in general?

**Q'uo:** I am Q'uo and am aware of your query, my brother. Indeed, we do agree with that which you've spoken, and indeed there is far more to add. The near-death experience is that which is not an accident, shall we say, it is that which is brought to an entity as an opportunity to reinvigorate the incarnational experience. There are some entities who have programmed such reinvigorations into their incarnations previous to the incarnation, knowing that there would be the need for reviewing that which was planned aforesaid.

Oftentimes, entities are aware that certain lessons have been difficult in previous incarnations and have programmed these to be repeated in the upcoming incarnation knowing that there will be a time of trial and testing, and will require additional energies. Thus, when one passes from this material illusion into the world of spirit, there are oftentimes a variety of entities that may greet the departing soul. Most often, this is one of the spirits that overlook such

souls progress within the incarnational pattern. Each entity within the third-density illusion has three guides: one of a male nature, one of the female nature, and one is what you would call androgynous. Depending upon the entity's type of lessons and progress in learning the lessons, will one or other of these guides be summoned to greet the entity as it passes through the veil of forgetting and enters into true life—that which is without illusion.

There are other entities available to the departing entity that are part of this entity's, shall we say, soul group, spiritual family, or clan, as they have often been called. These entities are also available for support in such instances as the near-death experience, for all have planned together to undertake certain experiences, certain lessons, and certain services within the incarnation.

There is also available to the entity a council of elders that may help to review the lessons in the incarnation just previously left, shall we say, or completed, in the case of the entity who is permanently passing through the death experience. This council may also provide, shall we say, a broader point of view to the departing entity, that will enhance this entity's understanding of what it has undertaken to learn, what has been left unlearned, and what may be possible in another incarnation or in resuming the incarnation that has just been left momentarily, shall we say.

There are many, many entities who have had these near-death experiences, and these are experiences which have been occurring more and more frequently within the last, shall we say, half century of your illusion, for there is a greater understanding, if we may misuse this term for this delusion, of this process. There is more, shall we say, data and experience available so that those who seek to share this experience with others, that they may also be enlightened according to the possibilities of such experiences. They then do so, realizing that there is now a growing body of evidence that reveals the greater purpose of both the incarnation within this third-density illusion, and the greater reality that is entered after leaving this illusion, that allows the spiritual seeker to learn those lessons of importance to it so that it might become a balanced entity in the overall sense, and continue moving forward in its journey of seeking unity with the One Infinite Creator.

Is there a further query, my brother?

**D:** I have one other. I dreamed of being reincarnated three hundred years hence in a much changed world after global and environmental disaster and precipitous population decline. Although I felt relieved to be informed that humankind survived and remain civilized, I feel great responsibility to do whatever I can to counter or alleviate such massive change and the suffering it must involve. And so I have two questions. Does my dream, in fact, describe future reality, and in the larger context of human experiences gained, is my felt responsibility misplaced?

**Q'uo:** I am Q'uo and am aware of your queries, my brother. You have perceived a possible future, for there are many opportunities for entities within your illusion to make decisions that affect each possible or probable future. The future is not fixed, you see. However, there is a certain boundary that is described by the overall tenor or mood, shall we say, of a culture, of a nation, and indeed, of a planet. This mood or tenor lays the groundwork for that which is to come within your future experience. As the various entities, nations, and societies move forward in their choices of service to self or service to others, or of being unable to choose, then possibilities are enhanced in some degree in one direction, and decreased in some degree in another direction. However, they exist together as possibilities or probabilities for the planet itself to experience. Thus, it is not possible for us, at this time, to tell you with certainty that you have seen that which will occur. You have seen a possibility which may be greater than 50% at this time, in the future perhaps enhanced, perhaps reduced.

Your felt responsibility is true, for whatever the outcome, your choices made now in this incarnation have their say in that outcome. Your ability to move in service to others through the love in your heart, the determination of your mind and the infinity of your spirit, will help to determine that which occurs with your realm of experience. Your realm of experience will serve as a pattern for others, so that there may be a reflection of your experience to others' minds and spirits and hearts and souls. Thus, your beginning actions where you are now in your life experience, could begin a chain reaction, shall we say, that will have its effects felt far into the future. Thus, we highly commend your feelings of



responsibility to be carried out in the way that you feel most appropriate. We remind you, as you know well, that consulting the heart within, the Creator within, is most important in flavoring, shall we say, or biasing any action that you take. All actions done with love create a far greater probability of realization than those that do not contain this most important quality.

Is there a further query, my brother?

**D:** No, thank you.

**Q'uo:** We thank you, my brother, for your consideration, for your determination, and for your love.

Is there another query at this time?

**D2:** Is it possible to heal other individuals, and how do we learn to do it?

**Q'uo:** I am Q'uo and am aware of your query, my brother. It is indeed possible, my brother. The learning of the healing is that which is a process that could well take a lifetime to accomplish, for there is much that must be done.

Within your own culture, you are aware of the saying "Physician, heal thyself." Indeed, this is what must occur for any who would attempt to heal or to help in the healing process. We might make a distinction here that the healer itself does not heal. The healer makes it possible for the one to be healed to heal itself through its own faith in the One Creator.

In order to become that which is known as the healer, and to be able to offer this opportunity to others who are in need of healing, one must begin with a study of one's own mind. One must become a balanced entity. Where you see difficulties of one nature or another, you must be able to balance those difficulties within your own mind/body/spirit complex so that you function as a balanced entity. For example, if you experience impatience in your life in the daily experience, you may, in your meditations in the evening, attempt to repeat that feeling of impatience, allowing its opposite, patience, to come into balance. Seeing both as opportunities for the Creator to know itself.

This type of balancing may be carried forward into all other aspects of the life which move one away from the center of love for all. Any experience that does this is that which requires balance, be it

confusion, be it doubt, be it disharmony, be it temerity, be it foolhardiness, be it over bravery, shall we say. All of these need balance within the mind of the entity who seeks to become a healer.

This is the longest part of the process of becoming a healer. One must also balance the body in its various functions, knowing that this is the vehicle through which the mind moves. The body is the creature of the mind. The body, therefore, is a reflection of those portions of the mind that are not well understood by the mind.

Finally, the spirit is also that which requires balance, however, the spirit in most cases is most balanced of the three mind/body/spirit components that form an entity within your illusion.

Do you have a further query, my brother?

**D2:** No, thank you.

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

Is there a final query at this time?

**L:** Q'uo, do you find that we, on the planet now, are severely damaging our environment and what can we do to improve the damage that has been done?

**Q'uo:** I am Q'uo and am aware of your question, my sister. Indeed, the many millennia of human occupation of this planetary sphere have seen great degradations wrought upon the planetary surface, as the wasteful thinking producing and experiencing of the human race has left its offal<sup>1</sup> upon the planet.

There is a great need to heal the planet. The healing may take place in a variety of ways. Physically there can be the determination by each entity and community that what was previously garbage perhaps can be made into that which is useful once again, rather than discarded into a pile of rubbish that further causes the depletion of the planetary purity, shall we say.

There is the possibility of meditation and visualization of those places upon the planetary surface that you are aware of that are in need of such healing, and seeing healing moving there.

There is the possibility of moving in the circles of the community, the state and the nation to see that there are provisions passed in the legal network that allow the carbon emissions to be reduced, the

<sup>1</sup> *Offal* [noun]: refuse; rubbish; waste material.

footprint, shall we say, to be reduced on the planet's surface.

[There is the] moving within religious groups to see that there is an offering of service to those about the community that would be in need of information or education. This may also be accomplished within other circles, but we mentioned the religious circles for there is often the experience within such circles that are more pointed towards the education of entities regarding the nature of the planet and the experience of the community in reflecting the values, shall we say, of the community versus the values of the preservation and restoration of the planetary sphere.

The only restriction is imagination, my sister. Look into the situations that you are aware of as an individual in your community and see what it is that needs to be done there, for there are others like yourself who are aware that there is yet a distance to go in realizing a balance and harmony with the Earth upon which we live.

At this time, we shall take our leave of this instrument and this group. We leave each of you as we have found you, in love and in light. We thank you once again for inviting our presence this afternoon. We are most honored to join you and look forward to doing this again in your future. Adonai, my friends. Adonai vasu borragus.



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## SATURDAY MEDITATION DECEMBER 3, 2016

**Group question:** Our question today is about cycles of light and darkness. When we begin entering periods of perceived darkness or destruction and chaos, we have a tendency to reach for the comfort and the light. But is it more appropriate to embrace the darkness and disharmony as a way to accentuate and balance the distortion and allow for transmutation? What is the most beneficial way for us to approach these periods of seeming darkness as [individual] seekers and a culture?

*(Jim channeling)*

I am Q'uo, and greet each of you in love and in light this afternoon. We are grateful to each for having called for us to join your circle of seeking this day. We thank this instrument for his challenge to us and assure him that he did well. Today you ask the question whether or not one should embrace the reality of the darkness as one may perceive it, or whether it is perhaps better to attempt to provide light to shine through the darkness before dealing with it.

My friends, you, in your question, begin to retrace the steps of the evolution of the Creation around you, for in the beginning there was darkness, there was that which was unformed, that which blew and burned incandescently<sup>1</sup>, and then there was light that

came into the darkness, and the darkness knew it not, and yet the light caused the darkness to become radiant and reflective so that there might be what you now know of as a creation of stars and planets and life in many forms throughout infinity.

And here you are on Planet Earth at this time, once again recapitulating that basic scenario—a feeling that there is more confusion, more darkness, more difficulty, more disillusionment than you have known before upon your planet. And yet, my friends, we tell you that what you know now is but the palest shadow of what has been before, for many times have the populations that have come to this planet to repeat third density caused darkness to heavily rest upon the peoples of various cultures, so that the history of your planet is one of bellicosity, adversarial relationships, and separation of entities from each other so that there was not any unifying force that could bring all together.

And, indeed, for much of the history of your planet and its progression through the various major cycles and minor cycles of evolution culminating now in this great master cycle, there has been predominately a separation dividing nation from nation, religion against religion, community against community, families against each other. It has been a theme, shall we say, and everyone seems to know the song. And yet we say to you within this great vast arena of darkness, there shines in each individual heart which

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<sup>1</sup> *incandescent* [adj]: a term which means “glowing or white with heat,” or, similarly, “intensely bright; brilliant.” The word seems here to be used to describe a property or quality of darkness, or the chaos within the darkness. Though used well

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in a poetic sense, it is debatable whether or not the word was used correctly in its relationship to darkness and/or chaos.

you may liken unto a seed, indeed, for it is made of light; it has potential to grow; it has the desire to be released. If only certain confusions within the mind and the emotions of the entity holding it could be untangled and brought into a more understandable configuration, then each could plant the seed. There have been many, as you know, who have been able to move the intelligent energy of the One Creator through their energy system and clear it to such a degree that they have been able to share light with those about them, these are your prophets, your mystics, your revolutionaries, your thinkers, your creators, your musicians, your poets, and in many cases mothers and fathers raising children to reproduce the light they find within their hearts.

So what do you do now, my friends, what do you do now? You have felt a great disillusionment descend into a kind of darkness within your own being and your culture; yet not all see it in this fashion, for some love the darkness, some love the light. Each pursues that which has meaning to each. And so we look at you now as beings of light with freewill paramount in each experience, with the ability to direct that free will in whatever direction you wish. You are, indeed, as free as you wish to be.

At this time we would 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. We would like to greet this group sensing that there is amongst you a sorrow, and that this sorrow gives rise to concerns that are of a deep-seated nature, because there has been a sense that a movement well underway towards a lightening of the planetary vibration has, in fact, been undermined to some extent, has been invaded, if you will, by a kind of a counter movement that undoes what has been so difficult in the first place to do. And so there arises a great deal of frustration and dashed hope among those who have been able to gather themselves to some form of seeking of the light.

The precondition, as we have said, for this seeking of the light, is that one should have liberated oneself through a realization of the free will that each seeker enjoys. At the same time, we would suggest that each free will entity also understands himself or herself to be part of a larger whole and to be engaged in a process of integrating the energies of that larger

whole—which is your social energy complex, such that there can be—in the communion of free seekers of the light, a strengthening of that seeking to one harmonious purpose with a sure sense that this harmonious purpose can come to serve as a resource for the all.

Now, the all of which we speak cannot be exclusive of any, and yet, again and again, you discover that there seems to be a fracturing of community; there seems to be a circumstance arising which pits one will against another even when these wills all independently conceive themselves to be seeking the light. When the fracturing occurs, it can seem as if the light itself falls apart; the light itself is cast into such a pit of darkness that the darkness becomes almost something real in itself, capable of swallowing up and extinguishing the light. The situation is further complicated by the fact that there are some who are prepared to believe just this. There are some who are prepared to act upon the premise that the darkness is a palpable reality and can be mobilized as a resource for seeking along a pathway which most of your citizens, and we believe all those here present, find to be contrary to their own aspirations.

The path of darkness is not a path which seeks harmony, it is rather a path which embraces chaos, and treats chaos as if it were the highest value and goal of the seeker, because there is within this chaos a kind of restlessness, a kind of forcefulness, which seems to have the capacity to enliven, in a way that more harmonious beings do not do. And so the effect of those who seek upon this path, when mixed with those energies which are attuned to harmonious co-existence, can be very troubling and disconcerting for those of the latter disposition.

Now, chaos itself is not something to be utterly despised, for it is an experience known to every soul to have undergone periods in which there is a dissolution of structure, in which there is a personality breakdown which, upon occasion, can lead to a positive result. The circumstances in which this is true are those in which the personality has become so set in stone, as it were, such that it finds energies stuck within it, unable to move, and can be in a configuration in which further growth seems to be stifled almost completely. Under these circumstances a personality breakdown may be required in order to allow these energies to gather to a new principle of organization through a process of

natural discovery. It is not, therefore, the chaos itself that one embraces, but rather one does not object to having to endure a kind of chaos as a point of transition to an order of the personality that is more satisfactory.

Now, that which holds true at the level of the individual can also be said to hold true in a somewhat different way at the level of the social complex. There are times in which principles of organization of societies, in effect, stifle the creative growth of that society, and when it is discovered that this is true, it is sometimes useful to break down these older structures so that something new and more vital may grow in its stead. This is a natural process at the social level, even as it may be said to be a natural process at the individual level. And there is a portion of your individual consciousness which is already invested in the social energy complex, and therefore, there is not a bright line between individuals within the complex, or an individual and the complex itself. There is, my friends, a blending.

Now, so far as it is the case that all members of a society seek along pathways that are essentially able to be coordinated with each other, that is to say are of a polarity that is the same, the process of dissolution, when it is found to be necessary, need not be seen to be terribly troubling. For if there is, at root, a common commitment to moving toward the light, we have found that given time, this is precisely what tends to happen. However, it is also the case that there are some with a legitimate claim to being part of the social energy complex which you enjoy who have not followed the intention of developing in a manner that is harmonious, in a manner that is welcoming and cooperative with other selves, but who prefer to take the view towards society which suggests that it is a place of contest, a place where wills test themselves against the resistance provided by other wills, and in this constant contest hone their energies to finer and finer effect. The food of such growth is as we have suggested—chaos. It is a chaos that is relentless, it is a chaos that is restless, it is a chaos which is unfathomable. There is in this chaos, it has been our experience, nothing to embrace because it is, in itself, nothing.

And so, we cannot recommend to those who have chosen to serve on the path of service to others that the darkness itself, the chaos itself, the disorder or disharmony itself, be actually embraced. It can be

seen to be, upon occasion, a temporary state through which one passes, and upon those occasions it is well not to attempt to resist the chaos, because we find that the very attempt to resist it creates an echo of the chaos itself in the resistance, and that can reverberate well down to the roots of one's being, and the effects of that can be profound. And so when it happens in your own life that the carefully constructed structures that have been built up around your patterns of interaction, around your patterns of self-expression, around your disciplines of everyday life, have for one reason or another met with such difficulty that their order can no longer be maintained, we find that it is well not to try to force an issue, but to accept that, for the nonce<sup>2</sup>, a kind of chaos will reign. And you may take up a patient attitude of awaiting, as deep from within your natural processes that we have called self-discovery, [new truths] will begin to manifest themselves.

Now, there can also be a correlate that will happen in a similar way at the level of your social complex, and indeed, my friends, we have seen this occur over and over again, so that out of an apparent evil, there can emerge into manifestation, a much greater good, and it is to that hope, my friends, that we would commend you. It is to the patience and the loyalty to your sense of purpose that we would commend you in awaiting the fruits of this hope which it is always good to hold In your heart.

You are entities of very great power, my friends. In your free will there is a possibility of transformation, not only of yourselves, but of your entire planetary sphere, and the greatest seed of this transformation is the hope which you cherish in the silent core of your heart.

We would suggest to you that in this silent core it is not so much the darkness of chaos that reigns, but a light which shines inwardly, and gathers itself to clarity of purpose, to fullness of intent, slowly, slowly, slowly, unseen, unsuspected at first, but capable of emerging into such a glorious flowering that it can be an experience of great awe to witness; to witness the silent stirrings of intent to heal, to give to others, and to glorify the One Creator. These are the seeds that will allow your hope to blossom into a new reality that beckons.

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<sup>2</sup> *for the nonce* [phrase]: for the present; temporarily.

We will not say that the birth will be easy. It is sufficiently clear now that it will not. There will be dark times, there will be confusion, there will be many opportunities to turn away your eyes in despair as you gaze upon the deeds of your fellow human beings. Know, however, that you are an unquenchable source of love. That is the gift that you bring to the party, so to speak. And when you join with another, your gift is redoubled, and redoubled again with the addition of each new soul that joins with you.

So you begin your song silently, perhaps it bubbles up within your heart, and makes its way to your very lips, whereupon it becomes a melody which inspires a memory, another to sing along with you, and when the song becomes a chorus, and when it begins to fill the ears and the minds and the hearts of one more whose memory resonates with this song, that energy complex will begin to vibrate differently, will begin to vibrate as a social memory complex, and then, at that point, you will be well on your way towards entering a new dawn of experience.

It is the dawn that awaits you, it is the dawn that lies on the other side of this darkness. The darkness can be seen as impediment, or the darkness can be seen as prelude to this dawn. As we have suggested, the choice is yours. You are creatures of free will, you are creatures each of infinite worth, and it is our hope for you, and it is our confidence in you, that you will find your way.

We are those of Q'uo, and we thank each here for giving us the opportunity to address you on this important and timely subject today. At this time, we would leave this instrument in the love and in the light of the One Infinite Creator and return to the one known as Jim to inquire whether there are further questions we may address. I am Q'uo, Adonai, my friends, Adonai.

*(Jim channeling)*

I am Q'uo and am again with this instrument. May we ask if there be another query this afternoon for us?

**Austin:** Q'uo, I have one, but if there is anybody with a question related to the group question, they can ask it first. [pauses]

Okay, our friend E sent in a question that says: "In 49.5 Ra says to attempt to raise the locus of this kundalini meeting without realizing the

metaphysical principles of magnetism upon which this depends, is to invite great imbalance." My question is: how does one know that he or she has done enough work and is ready to explore kundalini energy? When someone feels various energy flows, specifically ones that are induced by breathing and movement meditative practices, what would be a way to explore and study these energies safely and without inviting imbalance, and what would be signs of danger?"

**Q'uo:** I am Q'uo and am aware of your query, my brother. This is a substantial query with a great deal of preparation that we must make. You may look at your energy centers, red through violet, as a means of shining your light, shall we say, in short. When the Intelligent Energy of the One Creator moves from the Logos, from the Sun, to your energy field, the magnetic attraction of this energy through the red ray energy center, is that which begins your appreciation of catalyst in your life experience according to the choices that you have made previous to your incarnation. The lessons that you wish to learn are all embodied within various of the energy centers, and as the Intelligent Energy of the One Creator moves within your energy centers, you are then able to perceive it according to the, shall we say, coloration or choices made previous to the incarnation. This energy seeks to move upwards, arising into eventual union with the One Creator in the indigo ray energy center. For indeed, at this center, the crown is already upon the head and you are potentially, the Creator, for the Creator resides there waiting for your discovery.

As the energy moves into the red-ray center, it is concerned with that which may be described as the survival, in a physical sense, of your being, of your body, of your incarnation, as well as the reproduction, sexually speaking, of other entities perhaps, if you have chosen this service for this incarnation. As the energy moves further upward to the next center, the orange ray is that which is concerned with the individual expression of your power or your emotions on a one-to-one basis with other entities. When this has been accomplished to a sufficient degree to allow the energy to move higher, then the yellow ray energy center is that which is awakened, and which concerns itself with your expression and your energy upon a group level, with families, with communities, with the workplace, with teams and so forth.

If you are able to balance your energies in the yellow ray energy center to a sufficient degree to allow further movement, then the movement occurs into the heart energy center, the green ray center. This is that which expresses your energies upon a universal nature, in love that is given to all with no expectation of return. This may be seen as a steady state of the One Creator, for all is seen as that which is deserving of love, and able to give love. The giving and receiving here is balanced. This energy center is that which marks the harvestability of an entity within the third-density illusion. When you are able to open this center to a sufficient degree, and give more love than you receive, shall we say, then your harvestability grows nigh.

As the energy moves further into the blue ray energy center, communication is that quality here of an inspirational nature, that one is able to give in great abundance to those about one, again expecting no return. This is the first truly spiritual energy center, for it gives as does the Creator, freely and inspirationally and continuously. If the energies within this center are balanced and open, then the indigo ray energy center becomes available to the seeker of truth. Here lies the power of the One Creator. If this energy center may be opened, activated, balanced and then utilized to release the spirit as a shuttle into the violet-ray energy center, contact with the One Creator or Intelligent Infinity is possible.

This is the rising of the kundalini to its height, where the entity realizes itself as the One Creator. However, if at any lower energy center—most especially the magnetically charged in the, shall we say, negative sense, of the negative pole of drawing unto the entity energies of the red, orange or yellow centers—[have] not been balanced sufficiently to withstand the impact of the rising of the energy to the indigo center, then there will be imbalances in the experience of this energy as it moves into the indigo-ray energy center. These imbalances may be detected by an entity which has experienced some anomaly, shall we say, in the experience of the rising of the kundalini. The anomaly may be that which is confusing, is surprising, unexpected, and which gives one doubt. This is the sign of, not necessarily danger, but of imbalance.

One may investigate the nature of the lower energy centers by utilizing the catalyst which is present in

the daily experience. We may say that it is frequent that these lower energy centers are sometimes not necessarily ignored, but not given the importance that they deserve, for it is seen as more, shall we say, grand or glorious, to work upon the higher energy centers, perhaps not working upon the negatively oriented centers<sup>3</sup>, the red, the orange and the yellow, which are negative magnetically speaking, in that they draw unto the entity those energies of the Logos, the Intelligent energy.

Looking at your daily round of experience in the meditative state at the end of the day, is a good means by which to appraise the balance and the openness of these centers. Look, therefore, to those experiences that you have with others on a one-to-one basis, also upon a basis of the individual self that you are in relation to groups in which you participate. Look to see the nature of the use of power in these two centers. Is there an attempt upon your part in any way to exercise, unduly, a power over others on an individual basis or upon a group basis, for this is where the imbalances can occur that would create a difficulty in the entity experiencing the free flowing of energy through all lower centers as it makes its way to the indigo center.

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

**Austin:** No, thank you, Q'uo.

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

**Austin:** I have another one sent in by our friend T, who wrote to us saying in Chapter 7 of *Secrets of the UFO*, Don described how ETs imprinted their message on Puharich's tape recorder. This blew T's mind, especially in consideration of all the severe risks that, as he describes her, "Lady Carla" had to endure. So he wonders, wouldn't it be "wonderful and risk free to ask the Confederation to simply imprint their messages on some recording device?" And he asks further, what the pros and cons are

<sup>3</sup> "...the negatively oriented centers." This phrase is not intended to denote that the lower chakras are natively negatively polarized, as if they are centers of the service-to-self polarity, but rather that these centers function as does the negative pole of the magnet. The negative pole attracts to itself. These lower centers attract energy and experience to the seeker. The energies of those chakras may be used for either service to self or service to others.

between these two methods of human vs. tape recorder.

**Q'uo:** I am Q'uo and am aware of your query, my brother. This is an interesting query. We find that the nature of the group receiving messages from supposed extra-terrestrial sources, or the individual receiving messages, is based upon the qualities of the group or the individual: their strengths, their desires, their determination to be of service to others, and so forth. There are some entities, such as the one known as Andrija Puharich, that have a love of the riddle, a love of the untangling of that which is put in symbolic form and not presented, shall we say, in the normal manner. This entity received information from sources which were, shall we say, not always of a positively oriented nature. These messages received in a fashion which was meant to, shall we say, glorify the puzzle-solving abilities of the one known as Andrija, thus the tape recorder was used. In other instances, other mechanical devices were used with this entity. We suggest that for those entities who are positively oriented, as was the one known as Andrija, and who have abilities to reflect this positivity in its most pure aspect, that there is no machine or technology more efficient for the reproduction of contact with those of a positive orientation than the human mind. The human mind which has been tuned to its highest and best qualities to transmit information in a stable fashion is far superior to any mechanical devices.

Is there a further query, my brother?

**Austin:** No, not in regard to that one. Thank you, Q'uo. We do have one more from T who writes: "Dear Q'uo, as far as I learned from those of Ra, one Holy and Creative Logos is in every star/sun, like a soul in one's body. If that's the case, I wish to know the metaphysical meaning among three kinds of star systems: that is, the single star system, the binary star system, and the multiple star system. A side question in my wildest imagination: If our solar system was a binary star system at the very beginning, does it mean that the balance between yin and yang would be much better than the current situation?"

**Q'uo:** I am Q'uo and am aware of your query, my brother. We shall do our best to transmit our response through this instrument, though it is, shall we say, unfamiliar with the type of terminology that would be necessary to transmit this information with clarity and precision.

The nature of various Logoi within the Infinite Creation is various, shall we say, for each has the free will to provide a means by which the One Creator may know itself with greater variety and intensity, for indeed this is the reason for the Creation. Thus, there are some Logoi who have chosen to join forces with others in which you may call "an experimental basis," to see if there might be more variety or intensity of experience possible by the joining of these forces.

Each Logos has the ability to create a system of planetary entities that will provide it with further means by which to offer to the Creator experience that reveal itself more fully. Whether there may be two or three or more Logoi involved in such an experiment is up to the free will choice of those who share this desire to join together with others of their kind to provide an experience that is enough at variance from what could be produced by a single Logos, that the experiment is undertaken.

We cannot begin to describe how the effects of more than one Logos within a galactic system, or as you would call it, a solar system, would enhance the experience of the Creator by the Creator and each of the entities within the care of the single Logos, the multiple Logoi, or what have you. We apologize for not being able to be more precise in our descriptions, but we have a language to work with which does not include the various qualities that would be necessary to cover in the description of such binary systems or trinary systems, shall we say.

As far as we are aware, the sub Logos that is your sun body has always been singular in its expression of its creation for the One Creator.

We find that this instrument grows somewhat tired and we would suggest that we conclude with our farewell to you as is our wont. Again, we thank you, my friends, for calling for our presence this afternoon. We have greatly enjoyed our experience with you. The light that you shine outward and inward is most brilliant and full of the dancing energies of love, of unity, of joy, of experience well achieved, and of the hopes and aspirations for future service to others. We are those known to you as Q'uo. We leave you now, my friends, as we have found you, in love and in light. Adonai vasu borragus.





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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 DECEMBER 17, 2016

**Group question:** Today, we'd like to discuss the topic of anger. What is the role of anger on the spiritual seekers path? How can we understand the root causes of our anger? How can we balance this anger and utilize it as catalyst for our spiritual growth?

*(Jim channeling)*

I am Q'uo and we greet you, my friends, in love and light this afternoon. As always, we are honored to be asked to join your circle of seeking this day. We are always happy to join you, happy once again to be with this doughty circle of seekers, for always do you bring with you love and light which amazes us, as you live within the darkness of an illusion in which there seems to be so little of these qualities. We would ask one favor, as always, and that is that you use your own discrimination when listening to our words, for we do not wish to be seen as any kind of infallible authority. We have traveled further upon the path which you now travel yourselves and are happy to offer the experience we have had upon this journey. We do not wish to be a stumbling block in any way for you so if we speak any word that does not ring true to you, leave it behind and take only those that have meaning upon your spiritual journey, for by now, you have all gained a great deal of experience as seekers of truth.

You have come into this illusion to learn, to grow, to serve others, and to seek the One Creator in all. Why would you come here to do such a thing? Where you were before you came here it is obvious

that all is one, that the Creator exists in all things, in each entity, that love is the power that made the Creation, and that the Creation is made of light. There is joy from whence you come; there is purpose; there is power. So why would you enter an illusion of darkness in which you must place the veil of forgetting between your conscious and your subconscious minds. Why would you risk forgetting all of the truth that you know in your very being, every cell of your being? You wish to learn more than can be learned in such an environment of seeming purpose, power, direction, unity, for in those realms of the exalted nature of Creation, progress is far more slowly made, for there is little against which to push, little reason to exercise your spiritual muscle, shall we say. Yes, growth does happen there, but it is far slower than is possible within your third-density illusion.

What does this illusion offer you that is so important and that enables your growth in a way that no other illusion can? It is the fact that you must search diligently, consistently, every day for those truths you believe are true. You prove to yourself in many ways each day that what you are doing here is revealing that which has been hidden: the truth of the Creation. This effort is that which polarizes you more efficiently than any effort made in the higher densities or the inner planes of your own path, and so here you are, learning those lessons which you have chosen previous to the incarnation to attempt to learn.

You wish, in many cases, to improve your appreciation of compassion, of love, of understanding. These are all facets of the same quality, my friends. And how do you do this? May we say first of all you do not program more love, more compassion—you program the opposite, my friends, you program the lack of compassion, the lack of love, the lack of understanding, the lack of sympathy, for by so doing, you set into motion within your own soul's being the desire to solve these riddles; anger being one of the great riddles of your illusion; anger being that which is not possible in the higher densities, for only unity, joy, peace and understanding are possible there. But here, in your third-density illusion, it is possible to experience anger, for it is possible to see one as separate from another self and to feel an emotion that is not love for another self, or perhaps even for the self, for your anger may be pointed in any direction. For the conscious entity who is aware of the process of seeking within the third-density illusion, if there is the desire to achieve more love, more compassion, [then] the lack of that love and compassion—in the form of anger, or non-acceptance of other selves, or irritation, or impatience, whatever form your anger may take—is pointed toward yourself.

Thus, as you move through your daily round of activities you find various forms of catalyst that offer you the opportunity to see the anger sprout forth within your consciousness, within your experience, and for the moment of that sprouting forth, you are at its mercy. The anger rages freely, like a fire within you, and burns that which it touches, which is your consciousness, and perhaps the consciousness of others about you. However, as we said, positively oriented entities usually program this anger for the self so that as the one known as J discovered, it is quite effective to take that anger that you feel for another and realize that you feel it for yourself in the guise of another.

And what do you do with this anger that you feel towards yourself, and why would you feel it in the way that you do, tripped, shall we say, by catalyst of a surprising nature, of an unseen nature, of a repeating nature. May we say if you see certain types of catalyst repeating, you may see this as one of your basic lessons, programmed by you, before the incarnation began, with hopes that during the incarnation you would discover the pattern and see where the anger was, what kind of catalyst trips it.

In this regard, my friends, we use the word catalyst as that which is a neutral factor in causing, shall we say, an emotional response within your being. In this case we are discussing anger, so the catalyst could be anything: it could be a flat tire on the road, it could be a sharp word of criticism from another person, it could be a family member who repeats certain behaviors that begin to, as you may say, get under your skin, to irritate you. And yet, when you look at the true cause of the anger rising up within you, look at it within the meditative state, you see, if you see clearly, that the cause is your inability to accept some feature of your own being that has been reflect to you by another. This mirroring effect is what makes the interaction with other selves most important within your illusion, for it is other selves that reflect to you those portions of yourself of which you do not approve. In this case, it would be anger. Perhaps you could make a case, “Well, so-and-so behaved in such-and-such a fashion, and wouldn't you get angry too?” Such a response might be “Well, I would get angry too if I were attempting to learn the lessons of compassion.”

For if you look with the eye of compassion, true heartfelt love, upon any situation and remove yourself from it, look from a distance, you may see, if you see clearly, the Creator experiencing itself through you. For is that not the reason for the Creation? To give the Creator a variety of experiences that it would not have without your free will choices. And so you do, in everything that you do, give the Creator more intensity and variety of experience.

So as you look from a distance and see the Creator experiencing itself, for the moment that you are no longer attached to that image and that experience, you feel love, you feel compassion, you feel understanding, you feel acceptance, and then you move again, placing yourself in the role in which the anger has been experienced, and you lose that distant perspective, you lose the knowledge of the Creator experiencing itself, and this is not a bad thing, my friends—this is why you came here, this is what this illusion offers you. Do not feel bad that you have what you call anger or other distortions. These are the methods by which you learn what you wish to learn. When you are experiencing such catalyst know in your heart and in your soul you are doing what you came to do.

Now, my friends, what shall you do with the anger, besides feel it for the moment and then the remorse later. We recommend that which those known to you as Ra suggest as a balancing exercise, for in this exercise you take the anger that has disbursed itself about you and colored your emotions with its very being, and you use it in a fashion which can result in the diminishing of the anger and in the increasing of love for yourself and for all the Creation about you.

Those of Ra have said that it is the nature of distortion, in this case, anger, that in order to balance distortion, one must first accentuate it. This is the way of all distortions, of all learning, so when you feel anger, at the end of your day, in your meditation (and we strongly recommend meditation), at the end of your day for this very purpose, relive again that experience that brought forth anger from you. See it as it developed. Feel again that anger mentally, then increase the anger to what you might call a ridiculous proportion so that it is overwhelmingly powerful within your mind as you meditate upon it. And then, at the height of its power, for just an instant, image its opposite, that is, the love that you wish to develop in this incarnation. As you image that love, rest back and observe it growing within your consciousness, larger and larger, within the inward mental picture, until it equals the ferocity of the anger that you have just created.

Now you see that you have within you two means by which the One Creator can come to know itself. Accept yourself now for having both these means for the Creator to know itself contained within your being. This acceptance of yourself will seat this lesson more and more firmly within you each time that you use this balancing process.

This is not a quick or easy program, my friends, but if there is no balancing to your distortions, if there is no balancing to your anger in this instance, it shall continue for the rest of your incarnation, and the learning of love will come very, very slowly. It will come eventually, but not in the degree to which you had hoped.

If you wish to accelerate the learning and the gathering of love within your being, then use the balancing exercises to do that very thing, for these exercises are that which allow your lower energy centers most especially, and occasionally the higher energy centers, to function more effectively, to allow the intelligent energy or the light, the prana of the

One Creator from your Sun body, your Logos, to enter through your feet and lower chakras and to move without hindrance through the entire system of chakras or energy centers. Eventually, it is the goal of each seeker to cause this energy to move through the red of the survival and sexual impulses, the orange of the emotional nature and one-to-one relationships, the yellow of the group involvement of the self, to the green of universal energy of love freely given, to the blue of free communication and inspiration, and to the indigo ray wherein there lies the One Creator, and the intelligent energy of that One Creator, and may be discovered by the seeker who is able to remove the blockages from the lower energy centers through the process of your balancing.

Without removing these blockages, the energy of the One Creator is not able to progress upward in what you call the rising of the kundalini. The blockage of this energy causes various difficulties within the human mind/body/spirit complex. If these blockages are not appreciated upon the mental and emotional level by your own being, and balanced in meditation, there may well be the giving over of these blockages in symbolic form to the body complex so that the development of various distortions that you call disease, begin to have an effect within the physical body. The idea here being that if a disease is present in the body, the attention will be more fully focused upon the physical body, and the riddle of why the disease is there will be untangled eventually by the mental application of analysis, conjecture, balancing, and wholeness.

Thusly balanced, your energy centers, at some point in your incarnation, will be free to allow the energy of the One Creator to move higher and higher until the green-ray energy center is activated. As this center is activated, then the harvest of the entity is near, for it is only necessary to clear the red, orange and yellow, in order to arrive at the green-ray energy center. The ability to love and serve others about one, more than one loves and serves the self, for this is the positive path of which we speak, and we are well aware that each within this circle of seeking is a positively oriented entity seeking to move the energies higher and higher in the positive sense. Then, if you are a doughty seeker, full of adventure, and wishing to experience more catalyst, it is possible to move higher and higher within the energy centers, until eventually the prana of the One

Creator meets the intelligent infinity, the Polaris of the self, the North Star, residing within the indigo ray, and the fully experienced presence of the One Infinite Creator is possible. This is the great goal of all who seek this pearl of great price, shall we say.

At this point, my friends, we shall open the possibility of questions for follow up for this particular question, if we have not covered any point that you would wish us to do so. Is there a follow-up query at this time?

**Gary:** Q'uo, on the topic of anger specifically, Ra calls it a "random energy" a couple of times. In 46.9, they say, "Random and undirected energy," and "random energy of anger." Do you know why they would associate that adjective with anger?

**Q'uo:** I am Q'uo and am aware of your query, my brother. The emotion of anger is one of such intensity that it is quite easy for the entity experiencing it to lose control, shall we say, to not be able to master the anger, not be able to corral it, to tame it, but to be at its mercy. In this regard, it is random in its effect upon the mind/body/spirit complex, for most of the emotions that you will encounter in your balancing process are not so, shall we say, violent in their expression within the mind and the emotions of the seeker.

Is there another query, my brother?

**Gary:** No, thank you, Q'uo.

**Q'uo:** I am Q'uo and we thank you, my brother. Is there another follow-up query to this question at this time?

(no response)

**Q'uo:** I am Q'uo. Is there another query at this time?

**Gary:** B writes: "My husband experiences involuntary shaking while meditating. While it seems it isn't common, we know this happens to others and are aware of certain religions and cultures who also have experiences such as the Quakers, Shakers, Bushmen, and other shamanistic cultures. It seems to us to be a sort of 'fast track' in spiritual development and healing. Can you please speak on this particular type of meditation and its purpose? Also, if my husband finds himself so inclined and able, would teaching this ability of shaking meditation be a useful service to others in this time of transition?"

**Q'uo:** I am Q'uo and am aware of your query, my brother. This facility for the, shall we say, artificial encouragement of the kundalini energies to rise from the red ray upwards is often accomplished by certain breathing and exercise techniques that will, in a sense, begin this process that the entire incarnation has been achieved to pursue. However, we find that there is oftentimes a difficulty within certain entities that are unaware that what they are doing in certain breathing exercises is to awaken the kundalini so that it begins its process without, shall we say, the proper nurturing or seeking within the lower energy centers of this process, for it is one of great power. It is one which is approached, if done so consciously and carefully, with respect and with a program that is, shall we say, pursued with a daily regimen that seeks to gently awaken this sleeping energy, for it is that which contains the entire power of the One Infinite Creator. We would recommend caution in its exercise. We would recommend the utilization of those who teach specific practices to awaken this energy. It is not that which is wisely undertaken without due caution.

Is there another query, my brother?

**Gary:** Yes, there is a question from J, and he's wondering about intoxication from alcohol and drugs, and wondering what effect that has on our spiritual experience. I will modify that question to exclude, from those categories, psychoactive substances that may yield genuine self-understanding, and ask Q'uo regarding other intoxicants, if anything can be broadly said about their effect on our spiritual journey.

**Q'uo:** I am Q'uo and am aware of your query, my brother. The effect on the spiritual seeker of these various intoxicants is quite various to be honest. There is not one particular rule of thumb, shall we say, or practice, that would pertain to each entity. For some, in wine it is truly said *in vino veritas*, there is truth there. For some entities, the ability to release the cares of the day and to become, shall we say, high or drunken, is a way to find the inner self for a moment or two and to allow this inner child to play. For others, who have different personalities, it is difficult to undertake such experiences without suffering the more deleterious effects of the addictive nature of such substances to certain personalities. In this case, the learning and potential lies within the obverse experience, that is, to discover a reason to

not use such substances. Thus, we cannot give you a general rule that is applicable for all entities.

Is there a final query, my brother?

**Gary:** Before I ask, I'll look to the group and see if anybody has one.

(no response)

**Gary:** Final query. Well, the question for me on that topic—it occurred to me while listening, that while there are certain religions that embrace intoxicants, and again I excluded psychoactive substances,<sup>1</sup> I am not aware of any teaching for the path of the adept that includes the use of substances. Insofar as that is correct, why would the path of the adept seek to exclude intoxicants?

**Q'uo:** I am Q'uo and am aware of your query, my brother. The path of the adept is the path of one who seeks to see and to experience *clearly* that journey towards union with the One Creator. In this journey of union, the adept has many opportunities to be of service to others. These opportunities, in order to be most efficacious, needs must be seen with a clear eye and heart, which is to say the emotions as well.

The use of intoxicants is that which, for the time of the use, blurs the vision, shall we say. We do not say this is true for each and every seeker. In this case we offer it as a potentially general rule that the adept would be one who has freed itself from those qualities of the outer world which detract from its journey of seeking union.

Many experiences in the outer world, as you would called it, or as we have called it, may seem at times to be most helpful and indeed provide catalyst of a useful nature. But as the seeker of truth, which we are calling the adept, proceeds further and further along its path, it will discover that those qualities of

the outer world which at one time were happy experiences, no longer have attraction. The world and all its lures falls away, and the inner world only is that of importance to such a seeker, for only within the seeking of truth by meditation, by contemplation, by prayer, by fasting, by giving oneself completely to the will of the Creator, can the true seeker achieve this goal of union with the One Creator.

My friends, we thank you for inviting us once again to your circle of seeking. It has been a pleasure, an honor and a treasure to be with you. You may not be able to see the love and the light that you create when you come together, for your eyes may not yet have opened to it, but we see this love and light. We see it as a tower of power that is flamingly bright, reaching to the heavens, calling to all who seek the light and serve the light, to rejoice in its presence, and we thank you again for inviting us this day. We are known to you as those of Q'uo. We leave you as we found you, in love and in light. Adonai, vasu borragus.

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<sup>1</sup> Into that category the questioner includes substances like ayahuasca, psilocybin, and LSD, among potential others. Those natural or synthesized chemicals which are powerful and, if not used carefully and conscientiously with proper control and guidance, can be quite dangerous; but, if used appropriately, have the potential to precipitate healing, self-understanding, integration of the fragmented self, opportunity to face the shadow, to uncover subconscious material, and so forth, without the addictive or self-destructive risks of other intoxicants and narcotics. While there is objective data on the matter, what is expressed here is the questioner's subjective understanding and opinion only, of course.