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## SUNDAY MEDITATION

JANUARY 6, 2002

**Group question:** For the group question today we are going to take pot luck and see what Q'uo might have to say to us.

*(Carla channeling)*

We are those known to you as the principle of the Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we are. We thank you for forming a circle on this day of winter. The snow and the difficult roads have kept many of your friends from their activities. We celebrate your faithfulness to these precious times together, and we are most grateful to you for seeking the truth as a group this afternoon.

It is the first time in a long while-we do not immediately remember the last time that we had a pot luck-and that is a novel thing for us. For we then need to use our own discrimination to the extent which you usually take off our hands. What would we wish to tell you? What would we wish to offer you? Left to ourselves we speak one tune. We tell one story. We tell of love. And yet we find that even within this small a group of three we would be able to rest within each of your minds to discover the genius that lies in the connections between those minds and to find a completely unique subject at any time that you would ask for pot luck. For the energy between even any two people, much less any three people, is a complex and multi-layered thing. The connections are there in so many ways that are difficult to understand in any linear fashion. Each of you is connected to each other by those things which

you are working on in common, by those services which you share in common, by the outer gifts which you enjoy in common, and by the desires that resonate between each of you in common.

So that even among those whose path is fairly calm and whose seeking has become silent and only occasionally moving into the new book, the new tape, the new buzz, the new news. Each of you creates constantly the future forks in the road for yourself, those future choices of pathway. It is not only that you are choosing the road that you are on when you come to the moment and gaze at it, for indeed you choose not only the road that you are on in the present but turnings from that road that are implied in the depths of your seeking, in the quality of your attention, and in the sincerity of your humility at asking and knowing that you know not and that you truly wish to know. This desire is not a permanent or a fixed thing in anyone. Rather, it is that commitment that is revisited [perhaps] each day but certainly from time to time.

So rather than your life being a clarion call that once begun simply continues speaking we suggest that each of you has a voice, has an energy, has the potential to sing a certain beautiful and complex melody, but each of you, indeed, in the present moment is a sonata under construction, a musical piece that has not yet been finished. And so there is the rehearsal and the playing over of the tunes of self, those leitmotifs of being.

The one known as T said earlier that there was that in him that greatly missed the opportunity last week to come together in seeking in silence and in truth. And we would address this line of thought because there is a very valuable point to be made here, not simply for this group, but in terms of all groups that are seeking to increase the light upon planet Earth. It is very well to establish a group. It is very well to begin a practice of spiritual seeking. It is excellent to form a plan for seeking the truth, for finding the self, or for discovering one's service. All of these avenues are worthy. They all lie before each of you. When you come together as a group in a regular and persistent fashion these threads begin to weave themselves without your conscious awareness into a far more coherent and lambent pattern, banked and steeped in light because of the energy of those companions of the path that have entered the silence together over a period of time.

Opening to the silence in a group over a twenty year period that these particular three entities have enjoyed together is opening a very small social memory complex between the three seated within this circle plus the social memory complex existing betwixt each of the two in this group which have a close bonding, plus the social memory complex that exists within fourth density, that one which exists within fifth, and that one which exists within sixth density and which forms the principle which is our voice. Consequently, rather than bringing one entity into the silence, by meeting in a group over a period of time you are beginning to weave for yourself a solid and reliable resource which contains your energy spoken truly and reflected in the mirror of those who love you and those who would wish to help you.

Meeting in trust, coming together in humility and seeking, are motives and energies which ennoble and strengthen that within you which seeks so that you may have the grace to continue to seek. For, indeed, we do not advertise that there are easy answers. Indeed we do not advertise answers. We urge the questioning. We encourage the hunger and here we do not speak of intellectual hunger, although certainly that has its place and books and ideas and all sorts of outer influences are intended to come in and to speak to you and to move you, but beyond all of these things it is the silence, it is the seeking beyond the question where the whole self becomes the question and the only answer desired is wrapped

in silence and lifted on the wings of angels so that you, yourself, are wrapped in angels' wings, those wings which bear one up when one knows nothing, those wings which hide one when the sunlight of pain is too bright, those wings that lift one up above the pettiness and the greed, the sloth and the laziness of other human beings that come before your eyes, that lift one up beyond the secrets of the heart, that are not worthy, that are error-prone, that mark one as a human that are the hardest of all to lift beyond, to fly beyond, to release from the judgment of one's self.

We are so pleased that you have sensed the power of simple, error-prone, third-density human beings in a group, dedicated to light and love and service. Is there within any of you some bright idea that will instantly change the planet? We do not know. We do not know where your outer gifts lie, where the footsteps of your heart will take you, not tomorrow, not even next year, not in the next decade. We don't know the final shape of your life but [only] that there is this moment together in time and in space where these three have come together and sought in silence and in the spiritually lived voice which this instrument has asked for. That which you know not is a great treasure, a great resource within your practice, and we are very, very pleased that you feel its value whether or not it is possible to see into this depth or quality of value in a conscious manner. It is there, and on the incarnational level contracts are being fulfilled. Collaborations continue, and the work that is common to all moves on to a fuller life because each has persisted in good weather and in bad, in good feelings and in difficult times, through all of the thicks and thins of living.

This is a time when your planet roots deep and sleeps. This is a time when many little snows visit the Earth and sink into it very slowly, watering in a much more beneficial way than the dazzling flooding rains of spring. The ground is preparing for its growing season, feeding the deep springs. Slowly, so slowly the energies of the light begin to strengthen as the day becomes minutes longer each day. Each within this group deals at this time with those difficulties which seem to smack of the cold and the ice of inconvenience, discomfort and pain. Yet we say to you that within the warm nest of hearth and home and heart the balm of Gilead lies sleeping, waiting to be taken up and used, and all of the energies of healing, peace and new life are upon the

wind, harbingers of the spring and the blooming time to come. Know that all is well. Know that all seasons have their beauty, and rest in that faith and hope which inform your heart when it opens to the shining face of the one original Creator.

We would, if the instrument known as Jim is willing, like to exercise this instrument briefly as this is a good opportunity, since there is no message, to work with this instrument in a more general and creative way. If this instrument prefers, it is perfectly all right not to speak. We would at this time offer to transfer this contact to the one known as Jim. We are those of Q'uo and leave this instrument in love and light.

*(Jim channeling)*

I am Q'uo, and we greet each once again in love and in light through this instrument. We have at this time spoken about the process of evolution that each entity undergoes, both as an individual and as members of a group of individuals. The process of seeking the direction of one's path is a process which is chosen not only upon the conscious level of each individual seeker but is a process which is, you might say, encoded into the very cells of your bodies. For all of life which has been created is made of the same Creator and this Creator of us all seeks to know of Itself what can be known, and seeks as well to return to a state of being in which there is a complete stasis for but a short while in which the knowledge of being is fully assimilated. As this is a dynamic energy there is in fact no true stasis, for that which is garnered from knowledge is almost immediately put to use as a kind of fuel for the engine of beingness. There is always a use or burning of the fuel of knowledge which can be focused in an individualized sense so that there are infinite possibilities for those portions of the Creator which are able to individualize to do so. Thus are each of you, and all of the sentient beings who are children of the one Creator, fitted with a kind of homing device. For the portions of the one Creator who wander far, it would seem, from unity are in fact voyaging into those areas of unity which are yet unknown or unexplored until some portion of the seeking Creator moves into these areas, much as the we search this instrument's mind-various expressions of biological life flourish in a pattern dance, growing ever more intricate patterns of life forms to once

again express another facet of the one Creator being explored through free will.

We are those of Q'uo. We feel that we have taken this instrument far a field in this particular expression and would at this time ask if there might be any queries that we may attempt? Is there a query at this time?

**Carla:** I don't have a question but I would just like to ask that you be with Jim and me as we go through these two procedures in January and February. I would appreciate your help.

I am Q'uo, and we feel your desire for assistance, and this is of course an area in which we are most happy to join you in the healing efforts. For the energies which we have to offer are of a very basic level of vibration in accordance with the third-density requirements for expression. We are with you, my sister, and would be glad to join you in any meditative endeavors which would assist in the relaxation and healing process.

Is there any query at this time?

**Carla:** No. Thank you very much.

**T:** No. Not from me. Thanks.

I am Q'uo and we thank each once again for inviting our presence this day. Again, we would express our great joy at each opportunity to join this group in its seeking. At this time we would take our leave of this instrument and of this group. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ✽



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## SUNDAY MEDITATION

JANUARY 20, 2002

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

*(Carla channeling)*

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

First of all, we must remember the creation that you experience and the creation that, shall we say, is the reality of which the creation is the illusion are very, very close together but are not the same thing. The illusion is as close as a heartbeat to reality but is invested with physicality so that you are actually a traveler in two worlds at the same time: the world of your outer experience and the world of your inner experience. To suggest that the inner experience influences the outer experience would not be to suggest something very unusual. For it is clear to all

of those in the circle how much difference a person's attitude can make with regard to most situations faced. Certainly it is easy to see that the glad smile or the way of making light of some perceived difficulty will always create an atmosphere of the people around one, if not the self, to feel better about an existing situation.

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

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

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

The way the illusion is set up is almost guaranteed to make it impossible for you to be able to control the inner universe. It is a situation where the outer personality shell attempts to order things so that the self will be comfortable. This is the usual choice for entities. They attempt to control the environment for comfort and for perceived goals that have to do with security and protection.

The film that this entity was talking about earlier is an offering by a scientist who suggests that the role of the physical things that make up the body, the genetic structure of the body, is not as controlling and elective as it appears from the outside in, that what one has in the genetic structure of the self as inherited appearance is not necessarily that which must be experienced. This entity explained that these genetic structures have a garment and that garment is kept over the genetic structure in such a way that it does not appear or become activated in the life experience as long as this covering is allowed to remain over the genetic structure. This covering is made of proteins. These proteins are excited by incoming signals which cause these proteins to express themselves, first by electrical pulse, then by the exciting of the precise proteins that the electricity encourages. And then another electrical pulse to complete the errand started by the protein which come to either uncovering the genetic structure and causing it to be triggered or leaving it as it is.

This entity was simply saying that the belief of the person has the actual physical power to change the input signal that electrifies the proteins and that this change in belief will change the reaction of the physical body so that if there is a tendency towards cancer in the family, by figuring out what positive things keep that sleeve on the cancer gene and figuring out what things to avoid to keep from taking that sleeve off that gene that cancer gene never needs to be excited, never needs to be uncovered and never needs to be experienced. This is the basic idea behind this approach to attempting to

bring the outer world and the inner world into one and create the reality that we would prefer, rather than the reality that we see in our genetic structures and our heritage from our parents.

This is the sense of this video tape that the instrument was talking about earlier. This is sound in terms of your own world's science. It is also sound in terms of what we believe to be so. It is very difficult for us to get into the real nitty-gritty of how you can talk to yourself as opposed to how someone else will talk to himself or herself. Each person has habits of mind which are not, shall we say, of the most hopeful or positive point of view. And with each person there are different areas. These areas are very quirky, as this instrument would say. It is very much a matter of the day, the hour, the mood, and the catalyst within the life in any one day as to what areas of the thinking that you do in talking to yourself you get into, what mistakes that you make in that particular day. And are they mistakes, indeed? For if you are telling yourself something that is disempowering, like "I don't think that I can do this job," perhaps you are telling yourself that so that you can stop and take a good look at the job and really ask yourself, "Is this the job I want to do?" Or with a relationship to ask yourself, "Is this the footing on which I want to be, or is there another footing that would not only be more skillful but actually make me a happier camper, a happier person, a more efficacious human being," one that is more capable of learning, loving, serving and all of those things that you hope to do?" So I suppose that what we are saying is that it is true beyond our ability to prove it that what you think to yourself, what you say to those about you, has, to the extent that you believe what you are saying, or that you do not believe to the contrary, a power over your future.

The question of time is most confusing, but is very relevant to this discussion because it is the nature of how time flows that is critical to the grasping of how it is possible for something as invisible as thought to affect physicality. So our first statement is simply that you may take it on faith, if you have faith, that this is so and work with a will to discovering how to talk to yourself and how to talk to those about you in order to express what you most truly think is true, what you most deeply feel to be the case.

Consequently, we are not suggesting that it is possible to look at a situation where a house is on fire and say that this is perfect. This will not stop the

house from burning down. We will agree completely that thought concerning a seemingly unfortunate situation will not change the structure of that situation, at least not in the physical.

However, think about the last time that you heard of someone who came through a fire. What were they saying? They were probably saying, "Thank God that my wife and children are safe. All we lost was the house." Somehow it is the function of bad fortune not to create tragedy in people's lives but to open possibilities for thankfulness and for positive change. It might be a terrible opportunity for positive change to see one's house burn up or to see other disasters strike. Yet at the same time, with the gift of hindsight one is able to look back on such passages through difficulty and one is able to pinpoint the real quality and appreciated nuances of that experience that seemed in the present moment to be a dreadful thing but seen from the future looking backwards becoming almost the opposite: almost a boon, almost a point of fortune because of the learnings and the maturity that were gained during the experience.

So when faced with something that you perceive to be a difficulty we are not suggesting that you put on rose-colored glasses and say that the difficulty is not a difficulty. Rather, what we encourage is that thoughtful approach that is willing to accept the two-natured quality of all apparent experience. There is an outer quality to the experience, and that is what you are seeing, feeling, tasting, touching, sensing in that way. There is also an inner quality to this experience. This inner quality is a very subtle thing and not a simple one. It is made up of the way you are at the moment on the surface, on the surface personality level, plus those deeper levels of the self where you have let some sunlight into deeper parts of the self where you are aware of some of your geographies of mood and emotion that have created themselves into structures in your inner life. You might be in that inner structure where you are comfortable and you are in a role that you might enjoy. You may be in a structure where you do not have everything explored yet. You are still the seeker, the discoverer of the self. You may be at that level where much is unknown and where you may feel relatively uncomfortable. Yet you feel that you are in a very true part of the self. It is just one which you have not become fully acquainted with yet.

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

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

experience and the way that it has delivered you to the present moment.

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

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

Think how one person who chooses to bring faith into the present moment, to bring the love of the heart into the present moment, affects that present moment and affects the mood of those about that person that is expressing love and light. Think about those moments in your own life when you have found that moment of grace and won through to a good attitude and how empowered you did feel and

how it did change the outward reality simply because you had risen to the occasion with a happy heart. Think of how you have blighted your own life in times when you have taken the negative view and talked yourself deeper and deeper into sadness and sorrow and despair.

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

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

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

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

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

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

moment? What speaks to me from a larger point of view that really informs the situation for me?"

The one known as R suggested the fear contracting around the vehicle breaking down and needing to be fixed even though the financial situation was no longer so tight that this constituted an actual emergency, yet still even though money could now be spent on the car and it simply needed to be fixed there is the contraction around the event simply because of old impulses, old emotions have set a pattern of belief. Now, you may continue having that pattern and fearing and being glad when a repair is accomplished, or one can take the opportunity as the one known as R has done to ask the self, "Is this actually the best pattern for me to go through this experience holding, or should I perhaps hold a different pattern since my illusion has actually changed?" Naturally, we agree. We would suggest that the one known as R create a new pattern, one that makes this entity comfortable with having to deal with the necessary maintenance of all that is physical, for those things which are within your illusion have as their heart mortality, though it is known beforehand that all machines and engines will not work and they will have to be repaired. This is the inevitable price of being in the illusion at all. Your time is limited, and the time for you to think about what you truly desire for the future is limited. This is indeed the hour when all entities who wish to serve the light can feel assured that their service will count. Each of you is here upon Earth, as are we, within the influence of your Earth's inner planes, because of the exciting and interesting times in which you live. Each is aware of the powerful wind of change. Each is aware of the potential of the future for good or for ill. How shall you react to this present moment? How shall your beliefs create your future?

We assure you that you each have a great deal of power. And it is a power that is precious. For many, many upon planet Earth at this time this is a crowning incarnation. This is the end of a pattern or the potential end of a pattern and the beginning of new patterns. It is a very exciting time. It is a difficult time. Each of you has, shall we say, sacrificed a great deal to be upon Earth at this time to do what you could to serve the light. So we just encourage you to take heart. You are on course. Those efforts that you sense will be helpful are those efforts that you should focus on, opening the mind



always for new ways, but trusting in your own inner feelings and hunches, those intuitions that tell you that, “Yes, this is where I should be, and this is what I should be doing. All is well.”

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

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

*(Jim channeling)*

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

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

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

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

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

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

degree for those of Latwii are more, shall we say, silent in that they serve as what you would call Comforter for many individual seekers upon this planetary sphere and others as well. Those of Ra have had contact with this group in previous times and were desirous of maintaining a contact, however stepped down it was necessary to be so that there could be the continuing of the service which was begun more than two of your decades ago.

Is there another query, my brother?

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

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

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

Is there another query at this time?

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

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

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

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

opportunities when both mind and heart are opened in harmony.

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



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

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## SUNDAY MEDITATION

FEBRUARY 4, 2002

**Group question:** The question today, Q'uo, deals with the concept of self-doubt in relation to change and to the increased vibrations that everybody seems to feel: more stress, more choices, more anxiety in the life pattern. We would like for you to give us an idea of how we can deal with self-doubt when stability in the way things are seems so much more comfortable, how we can deal with change in making choices on the spiritual path.

*(Carla channeling)*

We are those known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we come to you this day. We wish to thank you for forming a circle of seeking and for your desire to serve and for your desire to know ever better and ever [more] purely. We can feel the gravity of the concerns which you bear this day. The experience of third density is ever poignant and pointed, full of emotion and challenge for the seeker. For truly the awakened seeker is caught between two worlds. Not necessarily stranded or snared but certainly aware of and needing to relate to worlds that seem very separate. Responding to the demands of physical incarnation, the need for supply, warmth, shelter, food, clothing, and all the considered necessities of the life is, in itself, not an easy or simple task.

The question of worth is always present. What is worth more, free time or more money? What is

worth more, intensity of effort or material success from effort? Questions like this are not easily answered and in the context of an everyday life it seems that these demands of supply and finding ways of meeting [the] challenge of each day create more than enough opportunity for new things, new experiments, new ways, and new directions. At the same time as this world of the horizontal takes up the three dimensions of your days there is at the same time within you a vertical life that seeks always to reach higher and to go deeper, to find the springs of inspiration within the roots of consciousness and to find the guidance from up above. And it comes through earnest desire and persistent asking.

The one known as R spoke of sitting on the fence over decisions, and we find that this is often the skilful thing to do. There is, as far as we know, no indication, spiritually speaking, that it is better to move quickly than to move slowly.

Perhaps the direction that we would like to take this day is to talk about something that this instrument has been pondering at this time and that is the building of the road between the two worlds. The particular energies of this particular time and space for each of you have an unusually strong and generous energy at this time for the simple reasons that your entire globe is in that area of time/space in which your Earth's fourth density is coming into birth. We cannot say how long this labor shall last but while it is occurring there are great needs within

your people and your planet, great pressures for change that are the product of this particular phase of planetary labor. And these things are affecting not only each of you in subtle ways but also the nature of time and space and the nature of light. In other words, your world is changing around you. So, is it any wonder that each of you senses that this is a time of change, that there is some urgency to expressing the truth of the self and that in order to better express this truth, this and the succeeding time, shall we say, in this next decade, is and shall be prime time for finding new ways more fully to express the self in its heart and in its soul. Not necessarily in grand or impressive ways but in those ways that create within the self the sense of completing patterns, serving more fully in expressing the self in an ever deeper level.

There are many things that fall away when change occurs. This instrument was attempting to fit her old desk's *accoutrements* into a new desk and was finding that many, many things do not fit. What shall she do with these bits and pieces of a workaday life, these small boxes and piles of physical items that no longer have a niche? So it is within the inner self when there is a change in the geographical location. The new home for the one known as S, the possibilities of new jobs for the ones known as Jim and R, and certainly all the possibilities that lie before this instrument at this time. They are heady things, things that can become larger than the underlying principles that created them and gave them their substance. We would encourage each of you not to be distracted into thinking that the outer details and the shifts and changes necessary in the physical world are the most difficult part of a change. For within the self there is the equivalent of many an old desk with many a niche that is filled with many a detail that is considered an important part, a significant part, of the personality. What shall be packed up and taken with the self, and what shall be left behind? What still fits in the drawers of self, and what must be abandoned?

These are far more challenging questions than how to make arrangements for a new situation in the physical. And there is far less support within the network of relationships in the matrix of the culture for these inner changes than there is support for the outer changes that all people understand and have in common. Many, many sympathize and grasp the nature of change when it is the new job, the new

house, the new vocation, the new relationship, the new tragedy or illness. All of these changes, good and bad in the outer sense, can be seen by most people to be challenging. Yet it is more difficult to find support when the changes are within. There is no true social pattern for inner change. The entities that are fortunate enough to find spiritually oriented communities in which they can express their concern for others' needs are perhaps in the most favored position to express support and encouragement to those with whom they come into contact.

In the normal run of a life, sharing in the workplace and speaking on the surface of things how very little true support and encouragement there is for the chewing over of details, the turning about of the situation, looking to find those elements of the puzzle that are the keys to fitting all the other pieces, all the colors and the newness into a new pattern. And how mazed and difficult it is sometimes to see a new pattern. Indeed, sometimes it is impossible for the best of humans in third density, and we would not encourage you to be harsh with yourself when you stumble. For the outer portions of change are difficult enough and then those unexplored corners of self that are being left behind in the new change are at a level of difficulty that is almost impossible to express and, yet, each of those who hears can think back into his life and see again and again those times of loneliness and solitude when the outer life was tranquil and yet the inner life was full of tumult.

It is not that there is no balm for those heart-sore people who are moving through change, for there is. There is endless balm, endless compassion, endless assistance. The challenge is in becoming still enough to receive. For the self is used to the struggle, to breathe, to pump blood, to prepare the food, to keep things in order and move ahead. The third-density training is to do, to act, to meet and solve all incoming problems. So fear not those times of change but know that then is the time to turn to the silence with an especial understanding of the importance of this rest for your soul.

There is the need to make a full stop from time to time in the day. A disengaging from the details, the morasses and tangles of effort, relationship and profit. How precious it is simply to be able to stop, to rest, and to knock at the door of your own heart hoping, waiting for the moment when the key turns because the mind is finally silent and that door

springs open into that holy place wherein the Creator awaits. There is a timeless temple made of silence, arched with beauty, steeped with hope, founded on simple faith that all is well. It is a spacious, spacious room, this holy of holies within. It is a wonderful slice of heaven, a small place of Eden where there is nothing rude, nothing imperfect, where there is never any change because all is truly one.

Perhaps one key that we would share with you in thinking about change is to refrain from thinking of it as a dialectic, for that simply perpetuates duality. Although yours is the density of choice, yet also is there a level wherein all is one. And each choice that is made is far better served by preparatory time spent in the unitary and unified silence of your own heart, practicing the presence of the infinite Creator and allowing the questions in your heart simply to be so that you and the Creator and the questions with which you come rest all together, loved and loving, Creator known to created, created known to Creator. Each time that you come into this space, move into it with empty hands, for you know not what gifts the silence will bring you. You do not know what beasts, birds, winds and weathers may respond and come to bring you messages, giving eloquence to the silence and hints to the wise.

When you do not have the chance to practice silence in a formal manner we encourage you to seek the ways of nature and enter the creation of natural things whenever possible, for there in that world you are a harmonious and beloved part of all. There, in that universe, the light is trusted. Life and death are equally embraced and all blooms and blossoms bow to the wind, to the weather, and to the seasons. Such seasons there are also in several layers within the personality shell, within the life experienced by that personality shell within incarnation.

It is a helpful thing, indeed, to glance back and see the shape of former spirals of learning, for the past can inform you about yourself. Memory can tell you where your strengths and weaknesses have been in the past. Certainly, that memory does not serve to create new solutions to the problems of the past or creative directions for those patterns of the past which are felt to be incorrect. It is difficult to separate the glamour of the way things seem from the simplicity that lies beneath detail, the pattern that lies beneath the chaos. The one known as Jim

was saying that out of a couple of instances of complete chaos and dropping things and seemingly loosing the pattern, some items that had been sought for some time had been found. The pattern was restored in spite of itself, almost. And often this strange and arbitrary sequence of events will produce new gifts, new patterns, new beginnings, seemingly, almost by accident or in spite of oneself.

We wish that we could reach from our position into your world and arrange the details of your incarnation so that the worries that are upon your mind would not be there. For we sympathizes greatly with the sometimes formidable amount of difficulty which surrounds key decisions within the life pattern. Yet we have no way to enter into your pattern to smooth out the spirals of your learning and your growth. We can only say to you that the more you rest in trust and faith, the more room that you give coincidence to work for you. The stronger your belief that all is well the more quickly patterns will smooth out and reveal that, indeed, *all is well*. And, conversely, the more a fear is focused upon the more that fear becomes real, to the point where, as each of you has seen in the past, this self-fulfilling prophecy does occur and that which is most feared comes to be because it has been the focus for energy within the self, and it has created its own vortex and started to lay out its talons into your life.

When you feel those contractions of fear that surround a proposed change we ask you to honor those feelings, not to avoid them or replace them with affirmations, but to embrace them, to rest with them, to allow the process of balance to work itself out within you so that its strains run sweet and true and all of that which is catalyst for you is allowed to pass through the membranes, shall we say, of your desires and emotions and processes. Do not duck them or push them down below the level of consciousness but find time for them. Find time to sit with them as though they were your own children that were worried and concerned. Perhaps talking out loud to them may even be helpful. The one thing that is sure is that fears do not go away because of repression or because of consciously shoving a fear aside and shoving in a faith that is not felt from the inside out but is grasped from the outside in. There is faith within you. It is not something that you have to pretend but that faith begins with honoring and respecting [one's own feelings of] doubt and unbelief.

The healing of doubt is in balancing, and that balance is sometimes slow in coming, so we ask you to be patient with yourself. Allow time to pass. Allow destiny to roll. Allow the cry of the wolf, the honking of the geese, the keening of the wind and the storming of the rain to bring those elements to you that only time can bring, to allow those energies to move through you with only time to accomplish in the movement.

It is true that a new age has been born and your planet at this time is in labor with this new world. And so you, too, are in labor within yourself, birthing a new and hopefully more spiritually oriented entity, finding ways as you make choices to become more real. How do you forge a road between the everyday of earning a living and the fourth density of love unconditionally given and received? Each of you has part of the answer to that, for each of you is at work paving that road now with your thoughts, with your faith, and with your doubts.

As always, we are with you; we and many others are glad to join you in your meditations to strengthen them. It is our privilege and pleasure to find ways to bring you dreams and stray thoughts and coincidences, and this is not only our practice but many of those within the inner planes of your planet who wish to help you will find ways to communicate concerning those things that you are worried about. Keep open the ears and the eyes and behold those small beauties and blessings that each day brings.

We would at this time ask if there are any questions that any present would like to ask, a follow-up on this question, or any other questions. Is there a question at this time?

*(No queries.)*

We find that when the one known as Jim stopped answering the questions for us the questions dried up<sup>1</sup>. We shall, therefore, wind up our speech through this instrument, our “cosmic sermonette,”<sup>2</sup> as this instrument would say, by saying what a privilege and what a blessing it is to speak with each of you, and, as always, to ask that each of you listen

to what we have to say with a jaundiced eye, or ear, taking those things that seem good to you and leaving the rest behind.

How we wish that we could express to you the gemlike nature of the processes of suffering and change that you go through, how we can see the tempering and annealing work that is being done within through the excellent processes of catalyst and experience within your density. Truly, all is well and each of you is on course. May you fare well. May you be bold. And may you be merry.

We leave you in the love and in the light of the one infinite Creator. Thank you for the privilege at this time of speaking. We are those known to you as the principle of the Q’uo. Adonai. Adonai vasu borragus<sup>3</sup>. ❄

<sup>1</sup> Carla: Jim, a humble man, was concerned that his channeling was unworthy, and refrained from channeling Q and A on this day. After this comment from the Q’uo group, he decided that perhaps his channel, too, was needed! Thanks be to the Creator!

<sup>2</sup> A phrase from Brad Steiger’s book, *The Divine Fire*.

<sup>3</sup> This salutation often draws questions from readers. I believe it is both a salutation and a farewell, and means, roughly, “Greetings in the Creator, dear brothers/sisters.” George Hunt Williamson was of the opinion that the language from which it comes was that of Maldek, called Solex Mal.

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## SUNDAY MEDITATION

FEBRUARY 10, 2002

**Group question:** The question today has to do with the concept of the shadow self, the darker side of ourselves that we occasionally explore but which is mostly a mystery to us. We would like for you to help us discover what it is that we can do to get to know our shadow selves, to accept our darker side, and become 360 degree people, with light and dark. What is the most salient thing that we as seekers of truth could do to get to know and accept our shadow selves?

*(Carla channeling)*

We are those known to you as the principle of the Q'uo. Greetings in the love and in the light of the one infinite Creator in whose service we are. We honor you and thank you for all that you have done in order to have come to this circle of seeking at this time. For each there have been sacrifices and we thank each for the desire to seek the truth and for the honor of being called to your group by the tuning of this instrument and this group and the question that you asked. We are greatly in your debt, for you allow us to be of service in that way that we hope best fulfills our present capacities. Therefore, it is most precious to us to speak these words to you and we would ask of you only that as you listen you discard those things that do not seem to be useful and retain those things that seem to be worth a further look. For we would not be a stumbling block before any, and we encourage each not to allow the self to be a stumbling block in the sense of the received wisdom of authority. For truly the discrimination within that resonates, whether

disturbed or elated by material, will tell you what material is for you. If there is no resonance, either of dismay or of love, then this material definitely can be looked at another time. It is helpful not to dismiss things with which one disagrees, but, rather, to examine it in order to see what others' perceived distortions might be. Information is often helpful, although not always in the manner expected.

Trust the discrimination that lies within in the emotional resonance that is retained when material is put down, that nags at the mind and causes the mind to iterate that process of thought, that little shift of dimension that somehow those words held. Notice those. Follow those. Those are the ripples that come to you so that you can follow well by your interests, trusting that that which you are seeking will be attracted to you by the natural energy exchanges that are part of all the densities of this universe where, as you would say, energies are not blocked in order to prevent these connections from being made and these roundnesses of occurrences to plump out the seemingly flat and linear horizon from time to time.

The shadow self is a most interesting query and to begin we would bring to your mind a symbol in this instrument's mind labeled "pop culture." It is the ying yang symbol with the S-shaped curve across the circle with one graceful arch being black and the other white, the black having a white dot and the white having a black dot. Certainly one can see the white from the black. One can also see that they create a spherical being and this is the 360 degree

being that we have been talking about. In this instrument's communion service, which we present to the one known as C as an example of our sense of humor, the wording of the general confession is to be that of claiming the self to be a wretch, and within this instrument's mind there is often the ironic thought that she regrets that this was ever taken out of the service because it is helpful from time to time to connect with the wretched portion of self-perceived humanity. For it is the glory and the pain of humanity to express and experience two paths for the price of one. This is a density that is rather unusual even for later densities in the strength of the apparent wide chasm or abyss between the forces of light and the forces of darkness. And indeed there has been a very concerted effort on the part of many to conceive of this as a war and the light workers of the world as warriors that are fighting dark forces.

We do not find this to be the most helpful model from which to view the energies of your planet, as harvest is in the midst of its birthing and processing of so many energies and so very many entities. The temptation is to remain within the spiritual materialisms of fourth-density war. This density has never solved the question of war. Indeed, it is incapable of solving the question of the war between good and evil for it has, by its very definition, especially in the beginning of it, no balance. It is purely loving. Within third density there is the opportunity to come to balance, and this is the query that you ask, in effect, when you ask about the shadow self.

When one is in balance one sees and allows the enjoyment of and the preference for the radiation of beauty, the truth, and the very obvious unity of the positive that is around one, of the beauties and the blessings that are thick in the air in daily life, in all sorts of nooks and crannies that seldom are even seen because the creation is so rich in its gifts. And yet the creation is rich also in challenges and for each of you within this room the challenge is in seeing the dark side without its masks or rather, shall we say, with a more selective, with a more understanding choice of masks for the dark side. For is not the she-wolf a terrible hunter, greatly feared by its prey? And do you not desire to have the she-wolf run with you? She is a murderer. You can think about each and every aspect of the dark side of the self, the self that feels self-pity, the self that feels jealousy, greed,

murder, adultery, all of your ten sins and, we assure you, many more which are more subtle and lie within the heart.

And yet within this same matrix of humanity lies also the tree of the new world, for as you are all things within this density so are you also things that are not of this density. Therefore, balance becomes a matter of retaining and refining a sense of proportion so that you are able to become a better observer of the self in its behavior. It is difficult to become aware of the self, the thoughts of the self, and what the self is doing. Usually for such intensive work as this it is helpful to have that entity who is able to see the self from the outside, and so groups such as this one are helpful. Friendships are helpful when there is sharing back and forth as this instrument and the one known as C have often done, encouraging each other in those truths that they both have an intellectual awareness of but of which they both do not yet grasp with absolute comfort the cloak, the crown, the scepter.

For you see, to come into an acceptance of the she-wolf that runs with you, to come into an acceptance of the liar whose dazzling footsteps dance one out of trouble, to love that self that is able to aim, group at three inches, and polish off a target at twenty yards that happens to be a human that is attempting to cause damage to a loved one ... This instrument has certainly experienced the feelings of a murderer when a loved one was apparently struck and perhaps killed. There is no length of time between the sight of someone that needs defense in the mind of the perceiver and the feelings of murder. And it is a pure, clean, crisp and powerful emotion, not unlike anger but with deadly intent. Would any say that this instrument had an unintegrated murderer within her? No. And yet it is in this instrument's inner thoughts that she does indeed have a murderer alive and well and living in the hospitality of the temple of the body, the mind, and her spirit. And so each contains all that there is, and within your density the very fabric of your illusion is very much the ying and the yang, the give and the take, and it is a great achievement indeed when that dark side of self is seen as an asset by the self and as that she-wolf bares its fangs and seems to come at one as a werewolf, as a predator, as one that wants to tear out the heart, that is when you embrace that she-wolf and know that that is your powerful, brave heart that is capable of anything but that chooses to be your



she-wolf, to be your totem, to be your seeker of truth that prowls in dreams and comes back with news of elsewhere.

All of those aspects of dark side that seem so grimed are actually no grimmer than the excrement that passes from the bowels of your body. Is food fair and excrement foul? It may seem so, yet both are necessary and the intake and the outgo are equally necessary and the bowel is just as necessary an organ as the tongue. Both are valued equally by the body and whether dark or seemingly light, both are affected not by the literal nature of their seeming function but rather of the emotion that powers them. For cell by cell each of you is powered by an emotion or a mixture of emotions. We urge people over and over again to refine their desires. We urge them to seek the silence and to ask within the silence for the further refining of truth, for the further honing of the desire to know. This is because this is the path that yields to the seeker those abilities to move from the world of black and white into the world of moving energy, energy that passes through all the chakras, moving up and through and out, catalyst moving down and through and out in a majestic mixture of inner planes' and outer planes' function in which the human physical vehicle is an inextricable and valuable part of spiritual growth and the great sender of signals of that which is your mind, your body, and your spirit. And the person in charge of sending each signal to the mind, which sends to the body, and which shares with the spirit is that perception that is believed to have occurred.

What is that faith which each of you holds, to which each of you can cling? Where are there simple and easy ground rules for improving one's perception of these things? This instrument has found helpful and uses to this day the following prayer: "Lord, make us instruments of Thy peace. Where there is hatred, let us sow love. Where there is injury, pardon. Where there is discord, union. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. O divine Master, teach us to seek not so much to be loved as to love, to be understood as to understand, to be consoled as to console. For it is in pardoning that we are pardoned. It is in giving that we receive. And it is in dying that we rise to eternal life."

This is a prayer of light and dark and of the choices that we make in the way we feel. Entities surrounding one shall predictably offer one negative catalyst, catalyst that is perceived to be negative because it is dealing with other peoples' projections of one's own dark side, which is another way of saying that you are projections of their dark side and that all entities are busy demonstrating the humanity of the self to the other self. Each of you is valuable in that regard if in no other, for all of you are a bad example from time to time. And blessed are the bad examples as well as the good examples. Blessed are those moments when you despair and think that "I will never get this problem," because at that point that you realize that there is a bad attitude that is involved here, blessed is each moment when you are able to pinpoint anything about the thinking process with which you might quarrel. For there are things which can be improved by watching the thoughts one has and the comments that one makes to oneself about these thoughts. There truly are voices within the mind that need to be put into deep memory, into deep storage, into files that are closed, that do need to remain in the voices that speak in dreams, and in the voices that speak within the musing of inner thoughts. The voices that are needed are the voices of silence; not our words, not the words of your parents, not the words of any perceived guardian or authority can give you that which is beyond words, the presence of the one infinite Creator whose nature is absolute love.

The Creator has come through other generations of being and has found ways closer and closer to understand what love is and yet it remains a mystery. And the Creator is ever curious. Your experiment in positivity and negativity of such sharp characterization is very interesting. The Creator is most curious. We are aware that the challenges of coming into a balanced view of the self in which the self is forgiven are great. The many enculturated energies that tend, society by society, to keep people in their places within the scheme of things, as this instrument would say, are deadening, distorting, numbing, confusing teachings that either consciously must be removed or be removed by trauma.

In the face of this the challenges of coming into balance with the self may seem insurmountable and yet we say to you that there is a moment which is what this instrument was attempting to speak of

when she said falling in love with yourself is needed. There is a moment when the horizon opens and one is able to accept responsibility for one's joy and one comes into a bliss that does not cease entirely. When there is even a bobble in the harmony it is painful enough that it is necessary to stop and correct the error. In each place where the entity perceives the self to be out of balance and stuck the things that are holding the pattern have to do with perception rather than truth, with, as the one known as C stated, inner balances of self in lessons that are being learned rather than the characteristics of the outside world as it impinges accidentally and in a random manner. It is not random. It is kindly producing the general catalyst for the kind of lesson that this instrument desired to learn within this incarnation. And this particular line of thought is one which, more than most spiritual questions, is not harmed by intellectual and analytical thought.

Perhaps if we were to narrow things down to one piece of advice it would simply be this, check it off and forget it. Whatever it is, if it is something that you genuinely feel that you do not want to do, check it off and forget it. The effect that this has will be the change in catalyst that will inform you as to the preferences which genuinely come into play in various situations. For many times things are other than they seem not by just a small degree but as if a house was constructed upon another house and that first house was buried and the archeologist must go down and dig up an entire structure and find out what keeps the energy in this pattern that is not productive.

When one is talking about balance one must talk without making generalities, for no two people have the same balance. Each entity will have a different kind of chakra system, a different way of using it, a different way of expressing it, letting it go, and moving it through the body. No two entities are at all alike. They may harmonize and then they are perceived as aura enhancers or they may tend not to harmonize. Upon the level that balance is achieved without dealing with the light and the dark, what is best is simply to come into loving relationship with the pattern as a whole so that you celebrate the dirt, the muck, the seeming darkness with honest and sincere appreciation, just as you have appreciation for fertilizers in fields and for the cleanliness of a cleaned out system that would be toxic if one were not able to process food and remove it through the

bowel. The perceived darkness of things is negative and those who honestly believe that the heart is a false creator will attempt again and again to use only the light in order to achieve truth. The problem is that there is no balance in light that does not have love within it. Without love the light shall always bend itself into service to self. For without the heart there is no clearing house to take what this instrument would call the 90 degree shift from one type of energy to another. And this is what each is attempting to see: that shift in consciousness that is beyond doing well at a perceived task or finding better ways to do tasks.

What is actually the benefit and the service of the entity is far below that level, far below what an entity is aware that she is offering. It is in the being of the entity, the way the entity responds in a spontaneous and free manner to the present moment with those with whom she comes into contact, with those of whom she thinks, with those prayers with which she occupies her mind, and with those hopes and dreams that she holds dear and moves to in thought to create places of light in the spirit world.

That is the self that entities actually respond to, that they take fire from, and that without knowing why they feel as the light upon the hill that shines forth and radiates in a way that is beyond them and expresses spirit. It is not the entity that is skilful at directing the life. It is the entity who loves in and out of season that is truly serving. So where a balance is an excellent thing to seek it is not necessarily a goal because it is yet another thing about which to have a preference. It is yet another trap to lay for oneself to say that "If I have balance, if I have equanimity, then I am wise." True balance involves the knowledge that no one knows anything and that includes the self. Even the one known as St. Paul the Apostle said that "I am the least of all Christians." Even arrogance must at last, when speaking upon the level of the soul, own its humility and accept the imperfection of this entire experience.

Yet, within you also are all the inner planes and all of the entities who make up this octave. For many there are actual memories of other densities. For others there is the feeling of being native to Earth but being ready indeed for greener pastures as far as lessons to learn. And the path of service and learning at this time is, to a great extent, being able to have those moments when you have come into your bliss

and you are running with the wolf. And that wolf is your will and your strength and has nothing to do any more with unbridled or negative darkness but only with that fecund and energetic power that brings into being the flowers that grant their beauty to a waiting world.

We would at this time transfer this contact to the one known as Jim whom we welcome back to our extensive stable of adequate channels. We are greatly appreciative of the adequacy of this channel and would like to encourage this entity to feel competent. This entity may be aware that we are teasing it. In reality we are jumping with joy and we want you to know that too. We are very glad to have you as an entity with whom we may share conversation, for greatly do we enjoy being with you and being able to express in your particular style. Consequently, we thank you and we would at this time transfer to the one known as Jim. We are those known to you as the Q'uo and we leave this instrument in love and in light.

*(Jim channeling)*

I am Q'uo, and we greet each once again in love and in light through this instrument. We find that its layoff period has been brief enough that we have little rust with which to deal. For this we are grateful. May we ask if there might be another query of a shorter kind at this time to which we may give our attention?

S: I'll start I guess. We were talking about the troubles and tribulations that Carla and Jim were having with their Law of One publisher in getting rights to their books back at this time. Could you tell us what issues and influences are blocking at this time?

I am Q'uo, and though we are aware of your query, my brother, we must apologize for invoking the Law of Confusion, for this is information which is that which could abridge free will. We are sorry to be short of information. Is there another query to which we may speak more freely?

S: Not from me right now. I think that Carla is very eager to ask you a question.

**Carla:** Yes, because I can't get the flashlight off with one hand. OK. We had a question from S from Metaphom Foundation Inc. He writes, "I have been studying the basis for spontaneous healing for 14 years. We know that there is virtually always a shift

in consciousness, usually accompanied by great joy, in a spontaneous healing. However, we have been unable to discover what triggers this response. Is it possible for you to consult your source and see if they could come up with a simple definitive answer?"

I am Q'uo, and am aware of your query, my sister. The experience of the one to be healed in which there is an inpouring of great peace and comfort during the healing and the experience of the joy-filled mental and emotional complexes is that experience which one would have if one could but shed in an instant that which caused great pain, that which caused great ignorance, that which blocked one from the next step upon the path. This is, indeed, what occurs with what you have called the spontaneous healing, for the one to be healed has, in an instant, dropped that which was of difficulty, of limitation, of concern. This is responded to by the emotional body of the one to be healed as a kind of joyful noise, shall we say, a rejoicing of the spirit and a rejoicing of the soul. To be healed is to be brought into a closer balance with all that is. When one reaches home, shall we say, after a long journey there is the immediate feeling of relief, of joy, of completion, that one is once again within that place of peace that nurtures one and gives one the feeling of wholeness. To be healed is much like coming home and the joy that comes from the one to be healed is an expression of this instantaneous realization.

Is there another query, my sister?

**Carla:** No. I thank you very much, and I will send this on to them.

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

**R:** Yes. I have a question. There has been a lot communicated in the last decade or so about humanity polarizing itself into two groups. Basically a light group and a dark group and that the dark group in its own way will go away and pass over. Could you please comment on that?

I am Q'uo, and am aware of the query, my brother. There is indeed at this time, the time of the harvest of souls and of the planet itself, a great opportunity to seek further either towards serving the light and the other selves which one sees as the Creator and same as the self, or to serve that which one may call

the self, the darkness, the left-hand path as it has been called. For it is within these two paths the ability to continue the journey of seeking the one Creator may continue from the third density forward into the density of understanding, the density which beckons each at this time.

We may say that there are far, far fewer of those entities which pursue the negative path than there are of those who seek the light and to serve others, for the negative path is one which is most difficult to pursue. This path requires the conscious functioning of an adept who is able to control not only the self but other selves to a degree of at least 95% so that there is very little which this entity does not seek mastery over. These entities who seek the negative polarization will have their day, in fact, are having their day at this time so that they may accomplish that which they have set for themselves with their only regard for others being that which affects themselves. This is what you may see as a very brightly burning flame that will consume much about it for a short period of your time. There will be, following the exit of this influence from this planet, the continued experience of service to others by those who have chosen this path, for there will be a continuing need for a great deal of each serving each other. There will be the obvious requirements of living the daily life under conditions which may be less than conducive to accomplishing this task with comfort.

We find that we must pause briefly that this instrument might be allowed to work the recording devices. We shall leave this instrument briefly. We are those of Q'uo.

*(Pause)*

I am Q'uo, and am again with this instrument. We thank each for your patience. The ability of entities to express their choice of seeking to serve other selves and to seek what you might call within the positivity will be enhanced by the difficulties which have begun and which shall continue apace. That which might be seen as turmoil, as lack of necessities and so forth in the days and years to come will be heavy laden with opportunity to others. Thus each will become aware more and more fully of the unity of all creation and all entities within the creation as it becomes more and more necessary for each to aid each other in the ability to accomplish the daily round of activities under circumstances which may

be seen to be of a difficult, even severe, nature. Yet these entities shall prevail, for as one seeks to serve other selves and sees other selves as the one Creator, each is pursuing the path of that which is. For, indeed, each is a portion of the one Creator. Each is inextricably linked with each other self and these ties will bind each into what you have called a nation of priests. Each will feel the power of the one Creator moving through the vehicle in order that the one Creator might be glorified in each thought, each activity, each experience.

These will be times which few will have desired before going through them but which each and every one will be most grateful to have experienced when they are going through them and as they are completing these services.

Is there a further query, my brother?

**R:** Yes. I have a follow-up. Is it possible to have an approximate date by which all this will transpire?

I am Q'uo, and am aware of your query, my brother. The question of dates is one which is most heavily upon the minds of many of those of your population, for the frame of time seems short, and, indeed, this may be the case. Many of your peoples throughout your recorded history have spoken of times that were within a decade of the new millennium which has now arrived. We see this possibility/probability vortex as well and though it is most heavily weighted, shall we say, there are others that are potentially energizable in that the free will choices of the population of this planet is of paramount importance in this regard. As those of Ra have said, it is possible that in one fine, strong moment of inspiration the population of this planet could turn the needle of the compass to seeking to serve other selves. Though this is not probable, it is ever possible. And the choices which are made by more and more people to seek to serve in the positive polarity makes the likelihood of the timeframe grow shorter. As people are less able to choose one service path or the other the time frame lengthens. We apologize for not being able to be more precise, but this is a fluid possibility. Your future is mazed from all eyes that look upon it. Seek then to serve each other as if this were your last opportunity to do so.

Is there another query, my brother?

**R:** No. Thank you.

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

*(No further queries.)*

I am Q'uo, and as it appears that we have exhausted the queries for this session of seeking we shall once again thank each present for making those sacrifices in order to join this circle this day and for calling us to join you as well. We are most appreciative of this opportunity to be of service in the way in which we feel most helpful. At this time we shall take our leave of this instrument and this group. We are known to you as those of Q'uo. We leave each in the love and in the ineffable light of the one infinite Creator.

Adonai, my friends. Adonai. ✽



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

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## SUNDAY MEDITATION

FEBRUARY 24, 2002

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

*(Carla channeling)*

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

We thank you for the thoughtfulness of this question. Truly, communication is a principle avenue through which learning and service may take place among your peoples. And we find it a provocative subject, one with many subtleties. We are glad to tackle it with you this day. We ask that, as always, each maintain a degree of discrimination

concerning anything that we or any other seeming authority may have to say. Do not buy anyone's ideas because of the excellence of their character, but rather subject all incoming thoughts to your own indwelling powers of discrimination, for you will recognize those truths, pleasant or uncomfortable, that are yours. They will resonate for you and not leave you. Focus on those few thoughts that really ring a bell for you. And we would ask that you leave all others aside, for ideas that are not resonant to one can only confuse, and we do not wish to confuse but to aid. So, please, we ask each of you to use that discrimination that is yours.

To speak of communication is to speak of many levels of conveyance. Much more goes on within a communication between one entity in third density and another than is seen upon the surface. Upon the surface there is a two-dimensional quality to the shape of words and the structure of sentences, and if communication were a matter of the words then our discussion would be very simplified. Yet, in truth, communication is a far more multi-dimensional process than the words alone would suggest. When we speak words through this instrument, in actuality we usually are offering to this instrument concepts which do not come in the shape of words but, rather, have that quality of infinity which rounds the two-dimensional into the third, the fourth, the fifth, and the sixth dimensions, all of those dimensions being the layers of meaning and reference that each entity has created within its own internal structure, far below the level of words, into which incoming

information shall be placed so that the same words coming into the field of twelve different entities will mean twelve different very complex sets of things. And when communication becomes more complex than asking for something to be passed or requesting that something be taken from one, when communication becomes a matter of expressing shades of opinion and discriminations of feeling, then the subtlety of possible techniques of communication becomes more and more obvious.

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

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

And how shall that star which is you shine in such a way as to communicate to that star which is shining back at you? If you hold this image you may see that within this image lies the question of energy fields and how they attract or repulse each other. It may be seen that some entities will be helped and pulled together by the forces that will naturally drive other entities apart because each entity has a certain quality of vibration which carries a certain charge. And we would not call this a positive/negative dynamic because that would suggest that in communication one entity may be positive and the other, therefore, must be negative. This is not so. It

is more subtle than that. It is simply a matter of each energy field, each person, that is, having a very discernable, clear signature of being that expresses far below the level of self-awareness. You put out a very clear signal, each of you. We can recognize you as you and pick you out from all of the billions of entities that dwell now upon your planet. There is only one of you. There is only one of each of you, and each of you is precious and unique and quite necessary. If, in human communication it can be remembered that each entity is worthy of respect, is necessary for the survival of the group as a whole, and is that which is acceptable, then we feel that communication would perhaps become somewhat less difficult. In truth, we are fully aware that in the hurry and scurry of ordinary life it is extremely difficult to remember that entities that are upon the surface displeasing to the self, nevertheless are beautiful, necessary and perfect in their own way, just as you are beautiful, necessary and perfect in your own way.

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

Within your world, processes take on the qualities of chemical interactions where there is always a vector, there is always a direction, there is always an arrow pointing from one to two to three to four processes. This is what entities tend to expect from communication, that information will be received and processed, work will be done, decisions shall be made, and all entities shall be fully informed and able to go forward. And certainly there are many times when two entities may accomplish these things with very little effort, and those are blessed times. However, you asked concerning those communications which seem to have gone awry. And as you ask these questions we could sense

within you that assumption that the goal of a conversation would be to come to a conclusion, and we would suggest that this is not always the model that is most helpful for communication. We would suggest, rather, that there are times when it is important that each who attempts to communicate simply be able to express the emotions, mental structures, and spiritual considerations that have injected themselves into the matter about which communication is taking place.

For all of the things that are in your life are placeholders for things of the spirit. All things are alive. All things are ready to tell you their story, so you have a much more complex interesting, intricate, vibrant universe than the intellect perhaps can perceive. There are upwelling energies from the archetypal level that are simply waiting for the opportunity to work their magic within the fragile structure of human incarnation. There are wonderful, powerful spiritual energies that are just waiting for channels through which they may run, be blessed and come into the power and ownership of the Earth in general.

Communication sounds simple, but in the processes of communication lie the salvation or redemption of the entire group. And it is very much as a group that those of planet Earth shall move forward and not as an individual and then as another individual. But each of you is as an ineluctably intertwined portion of the group that is the humankind of planet Earth. And there is a tremendous amount of energy that wishes to cooperate with that group's working together to move forward as a group. Consequently there is a tremendous spiritual bias towards attempts at communication no matter how clumsy, awkward or seemingly unsuccessful.

In the face of this great bias on the part of the Creator towards communication we may say that it is tempting, even seductive, to enter the list<sup>1</sup> of communication as if it were a medieval jousting match with the communicators loading up their

armor and getting on their destriers and heading towards each other with a shield in one hand and a lance in the other to communicate this idea and that idea and get across to the other person and in the process, of course, knock that person off of his steed and win at the list of communication. This is not a model that we would encourage. We would encourage rather the model that realizes that right and wrong have only a limited amount of energy whereas truth and love are equal in their energies so that there is not a one-time linear truthfulness to any opinion or feeling that is being communicated but, rather, that which is being communicated is the tip of an iceberg, and that when the skillful person hears that which is communicated that person is willing to open his awareness to take in, not simply the point of the iceberg that is showing above water, not simply the words, but is willing to open to the unseen presence of all that is below the waterline, all that is unsaid, all that fills out the substance of an opinion or a feeling that is being communicated so that each can see the other as a positive source of information and support, even when there seems to be huge discrepancies in opinion and ample evidence suggesting the impossibility of a happy conclusion to the communication.

It is not necessary to have a happy ending in order to have good communication. Nor is it necessary to have the opposite to have a seeming tangle and disagreement and one entity prevail over another. These dynamics are dynamics of illusion. That which is valuable is the spirit within each of the parties who communicate so that if left to choose between someone who says all of the right words and someone who is able in any way to enter into the respect of the infinite qualities of the self and other self, we would choose every time that fool who was not communicating with particular skill but who was receiving communication and offering communication in the humble awareness of the infinite qualities of self and of other self.

A growing awareness of this nature of hidden things in the most simple communication is very helpful to the developing spirit. And in any way that you can, we encourage you to support these growing awarenesses within the self that begin to see into that other self in a way that lifts judgment and takes it away from the field of vision so that the self may see the other self in a sweetness of reception based upon

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



the awareness of that entity's deeper nature and value.

How is this possible? How can the ordinary person give up the linear processes that seem so clear and obvious and, instead, embrace those values that lie beyond sense? We can only say that it begins within yourself. For the first entity with whom each of us, on whatever level of learning, must communicate is the self. How do you communicate with yourself? What conversations have you had with your self this day? Have they been clear communications? Have they been kind? Charitable? Have you respected yourself, even when those thoughts that you had in your heart were not what you would have chosen? Do you scold yourself? Are you honest with yourself? How do you treat your own self? We would suggest that many of you, if not all of you, have habits of abuse with yourself.

This may sound as if it were not so, but look into your treatment of yourself, and we think that you will find that you are as impatient, upset and rude with yourself as you are with others. Before others can hurt you, many times, by the way that you treat yourself, you have already caused yourself pain. We would suggest to you that there is great value in listening and in silence, in opening and letting go, in being empty and being comfortable with being empty. We would suggest that it is not the first goal of communication to make sense or achieve objects, but, rather, the first goal of communication is to open the heart to another entity and allow that entity to see your heart. In terms of energy, communication is far beyond that which is thought of as communication among your peoples. What passes for communicating among your peoples is that which never achieves any energy level beyond red, orange and yellow-ray concerns. Much communication among your peoples does not involve the heart, and we would suggest that skill in communicating involves becoming a spiritually viable entity that moves into the heart, anchors the self within the heart, and only then turns outward with a willingness to share ideas. Were entities to invoke their own open hearts before each communication, we feel that much that is contentious among your peoples would naturally fall away.

Again and again it is necessary to move into the silence of one's own heart. Call to yourself this day

with that inner tolling bell of love unknown. Let that bell within toll for you. Let it ring out and resound in the shoals and the deep waters of your being. Open yourself to the wonder of that which is within you and allow a larger picture of self to emerge, a picture of a self that sees the creation as made and says that it is good. For you are co-creator in a far more specific way than perhaps you realized. You, by the seeds of love that you sow this day, create the love of tomorrow. Thusly, we simply ask of each of you to lift the linear judgment away from the limitations of eyesight. Lift away from the limitations of that which is seemingly being communicated in any situation so that as you come to the communication in its seeming outward form, which is words, inflections, and body language, you have as much realization as you can bring into your heart of the beauty, the sacredness and the worth of each and every entity that is within your world.

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

Thusly, we ask each of you, what energy runs beneath the words that you say? Are you powering your communication from the heart? Are you powering and empowering yourself by the respect

and honor that you give yourself, regardless of the mistakes that you may seem to make? What judgments have you made against yourself this day, and what merit do those judgments have?

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

It is extremely helpful to realize that the nature of communication is that of speaking to a mirror. The other self with whom you are communicating is a very faithful mirror of you. And those things that you see in that mirror are those things within yourself with which you either greatly agree or greatly disagree. Usually, amongst third-density entities the preponderance of reactions that one has concerning other selves remains loaded with bias and judgment and a lack of love. And this is as it should be in an environment in which each of you is attempting to fathom what love is and to begin to make choices that are loving choices. Realize each time that you begin to communicate that you are communicating with the Creator and that that Creator is communicating back to you, offering you a mirror in which you may see your nature.

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

Thusly, we point you always to the value of silence and the opening of the self within that silence to the infinite unknown and to the goodness and beauty of that which is not yet known. Allow the mysterious to empower your imagination. Allow those infinite qualities that do not seem to be a part of

communication to enter into your willingness and that shall open up your ability to move through difficult material in such a way as to empower each, yourself and other self, in ways that move beyond linear truth. For the greater truth is always unity, harmony and consolidation of disparate things into beautiful and useful patterns. There is a beautiful and useful pattern in between each and every soul with whom you shall come in contact in this life. There is always a full possibility of resolution, peace and moving forward, no matter how infinitely impossible the two points of disagreement may seem to be.

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

*(Jim channeling)*

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

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

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

about the splinter that is in another's eye. Worry about how clearly you see yourselves. Is there another query, my sister?

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

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

**Carla:** No. Thank you.

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

I am Q'uo, and am aware of your query, my sister. To this query we would respond by suggesting that to obey is to give over one's personal decision-making in favor of another's who perhaps one feels is more wise, more powerful, more loving, and so forth. This is a free will choice which any can make. Each entity, as it matures within your culture, comes under the influence of many authorities that must needs be obeyed for a certain period of time: the parents in the upbringing, the teachers in the schooling, the bosses, the entities that are placed

above one in the work environment, that this work may be accomplished in such and such a manner. However, at some point each entity must exercise its own ability to choose that which it shall do, that which it shall say, that which it shall believe, that star that it shall follow that it might reach the higher goals of the spiritual life. At some point the obeying of another is not enough to take one to the highest levels of being, of serving, of loving. It must be instead the inner-directed spiritual seeker that fashions its journey from all that it has learned, from all it believes, and from all that it seeks to gain.

Is there a further query, my sister?

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

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

*(No further queries.)*

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

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

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



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## SPECIAL MEDITATION

MARCH 7, 2002

**Group question:** Our question today concerns the meeting that we have had this afternoon, the many ideas that have been exchanged about how to make the Law of One information available to more people, and we would like Q'uo's response, consideration, estimation as to the value of this particular effort and the likelihood of having an effect upon planet Earth in the positive sense and any effect that we might have in this endeavor. Could you give us your ideas and comments concerning this question?

*(Carla channeling)*

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one Creator, in whose service we are. We feel very blessed to be able to be called to your group. We want to thank each of you for making the sacrifices necessary to join this circle of seeking. It is a great privilege to be able to function as we had hoped to be able to function when we made our promise to your people to be here in case there were questions in areas we felt that we could help to fulfill. For we truly feel the cries and the sorrow of our brothers and sisters on Earth now.

We thank you for this energy of your conversation that you have so deeply and so lovingly entered into. And we are most happy to speak to you on the subject of how to move forward to serve and to learn. We ask only that as you listen to that which we have to say you continue to discriminate carefully and to be the guardian of your thoughts, for truly

you will know that which is to come to you for it will resonate. That which does not resonate to you need not be a stumbling block but simply that which is walked around and forgotten. And we truly ask that if our thoughts do not fit well with you, you drop them and leave them at once, for we would not function as a stumbling block.

We pause while this instrument refreshes herself.

We are those of Q'uo and are again with this instrument. We were unable to work this instrument's mouth because she had not drunk. And we thank you for your patience.

That which we think about your situation, for the most part, is simple joy that entities who so dearly wished before incarnation to come together in the grand collaboration have come to the moment of realizing just a bit of that wonderful, peaceful awareness of the lightness and worth of the ideals and principles about which you have been speaking. We confirm that this is a good plan for such efforts, for within your density at this time there is indeed an increasing transparency and fourth density is as close as your breathing. It is truly said that heaven is near at hand. It is necessary only to claim that awareness in order to begin, as the one known as K has said, to participate in an alternate reality, a reality of concept, intent and desire. An element of your universe would not be able to express within the metaphysical universe, yet those within the metaphysical universes are able to express through the density you live in.

Consequently, we ask each to remember, as endeavors are made, the truth of the energy flow concerning metaphysical law: it is not that which is of this world. Rather it is as if one planted a tree with the roots in heaven and the branches touching the Earth through people, through works of art, through every channel of living energy that has been created by thought, whether it be the original Thought of unconditional love which is the infinite Creator or whether it be that which is produced by the co-Creator that each of you is.

In the metaphysical world, chariots are your thoughts. That which you create which goes forth, in the metaphysical world, is created because of your desire, your will, your faith. Thusly we suggest that when each comes to the details and the planning of that linear nature, that it be remembered that the energy of the spiritual world is coming very reliably down the trunk of the Tree of Life and into its branches which are each of you. As above, so below is one of this entity's favorite sayings. And that we would suggest would be helpful to remember: that there is a shape hoped for by the very plastic and progressing thought processes of each of those who are collaborating within a given project, that each is a channel and receiving guidance concerning the collaboration. Consequently we ask that you trust and consult guidance as plans are made in addition to using the very sound linear and intellectual processes of analysis in the creative conception.

We would ask that each realize the sacredness of the life surrounding such an effort. For the life must support the work. If the attempt is made to merge the world of thought and that world which this instrument would call the world of commercial ventures or business, remember that the energy that is within the reach of each who offers needs to be respected and its path allowed to remain clear.

We would suggest to you that there is a great deal of unseen, hidden work [possible during communication] which creates far better collaboration. Conscious acceptance of the [ideal] of a spiritual community where each is nurtured by each, [is helpful for communicators,] for each of you has the ability to comfort and feed [others] by the attitude with which you greet your compatriots, and all of those about you have that same ability to function as support, encouragement and humor for you. Beyond all considerations, the chief lessons of

the enterprise have always to do with accepting love from others and giving love to others without pride, vanity or feelings of unworthiness. The work that each of you does in truly entering into the energies of each of you will create creative pathways that will link in a more, shall we say, telepathic or whole-concept level so that the synergy of energy fields becomes consciously validated by belief in the opinion of those present, thus freeing those energy exchanges between each to take place at an enhanced rate.

We find that this is the sum of that which is without the possibility of infringing upon free will in general, and so we shall turn to questions that you may have following this initial cosmic sermonette.

Is there a question at this time?

**B:** I would like to state for clarity and see if I have this right. Clearly the spiritual teaching portion of this effort is much more important than its commercial outcome. And that must remain a goal in the background if this work is to succeed for the maximum good. Is this correct?

We are those of Q'uo, and we are not skilled at estimating commercial enterprises, but we feel in general that you are correct in saying that the heart of any enterprise is sacred in nature and the abilities of all concerned to cleave to the perceived ideals and purposes with which such an enterprise was engendered are far more important than considerations having to do with creating more of a splash or even a place of survival within the physical world. May we speak further, my brother?

**D:** We keep asking questions about what brought us together here. I have to think that there is a deep spiritual something, love, something, that brought us together. It is quite coincidental that we all got together.

We are those of Q'uo, and we thank you, my sister, for this query. We did not know, nor will we ever know in events of human occurrence, precisely when or even if connections will be made. The situation is that creation as you know it is a matter of strobe flashes of awareness within your mind so that you are recreating the world at this moment. Further, before the beginning of the incarnative period upon planet Earth each of you created for yourselves a curriculum of study for your school of hard knocks that is your planet. In this plan certain entities were

involved, many more entities than sit within these walls. Agreements were made during the time when memory had not yet failed, to work together at this time on many levels, personal and service-to-others oriented. Each of you has already moved past many opportunities to attempt to serve in this thematic or general kind of way, and were each of you not to connect with the people within this particular group of collaborators within your near future you would make other connections that would inevitably offer you the same lessons and same opportunities for service. That being said, we celebrate the fact that each of you chose this probability/possibility vortex to make into your present moment. We salute each of you for moving, not to dictate arbitrarily or with authority, but to move with the promptings of intuition and the whisper of the dove's wing.

Can we answer you further, my sister?

*(Inaudible)*

Is there another question at this time?

**K:** We are a very loving group. I particularly find this life a very happy place for me, not always, but pretty close. Through work with D and B can we change the world to one of higher consciousness? Can we teach people love? Can we be involved in a higher consciousness?

We are those of Q'uo, and are aware of your question. Resoundingly, profoundly, the answer is yes. This instrument has been saying that each is the heart of a grand conspiracy for the light and that it is close to critical mass. The efforts of a very few in statistical percentages of population of planet Earth may well, in this very transparent time period where metaphysical energies are ever stronger, bring many to a successful harvest very quickly. Finally, as this instrument would say, it is that gift of the past saints, sinners and fellow travelers that has created both the challenges and the glory of this moment in your history. That which you receive has been produced by others, and that which you sow shall be reaped by your children. That ability of each to sow seeds grants to the seeker who asks to become a channel the ability to bring that hope into manifestation.

This is the time where, more than ever within history, each individual action, our own and yours as well, and each connection made in loving service, is tremendously blessed. The reason is—we are urged

to pick this instrument's brain for a story, a joke actually—these considerations are often helpfully illustrated by laughter. The acolyte peeks out at the congregation in order to tell the priest how many are there for mass. In answer to the priest's query the altar boy replies, "Well, sir, out there in that church there are angels, cherubim, seraphim and all the company of heaven, and Mrs. Brown." The unseen help, the unseen presence is tremendous at this time for those who seek to be healed. Purify your intentions; discipline those forces of personality that block your heart. Open to inspiration and trust intuition. And know that each has tremendous power to make a difference and to achieve effective and transformational improvement of the harvest of planet Earth.

May we answer further, my sister?

**A:** How can one go about finding truth personally?

We are those of Q'uo, and, my sister, that is difficult to speak of in a short answer. However, we will say that the beginning of such work is a respect for the self and an honoring of the self to the extent that one sets about the mission of getting to know the self. May we answer you further, my sister?

**A:** Can you tell us if T is to be part of this group?

We are those of Q'uo, and are aware of your query. My sister, we cannot within the bounds of the Law of Confusion, for there is much value and virtue in the energy people bring to spiritual work. It is very important in the creation of a collaborative effort or any effort by anyone alone or in a group when attempting to be of service to come to a grasp of the true reasons for the desire and the purest heart of expression in terms of methods and how to do things. May we answer further, my sister?

**B:** I have a question regarding that. M met with us but had to excuse himself and at the same time he seems to be interested in helping us with the internet consumer project. Is it OK for us to use M's assistance even though he is not here at this time?

We are those of Q'uo, and are aware of your question, my brother. In general let it be said that the virtue of an entity depends not upon his conscious beliefs but upon his signature or vibration. Thusly, it matters not whether the one known as M would go through certain specified behaviors which could be considered the impression of one belief system upon another who does not share that belief.

That would be that which would enable us only to be silent. We would always encourage those who do not wish to experience contact of this kind not to, for we have no desire to make anyone uncomfortable. The ethical question remains concerning the use of entities who may not enter into the ideals and the spiritual hopes of this group. It is up to each of you within the group to evaluate the heart and the intentions of potential group members, not according to the outward dictates of any sort of ritual, including this one. We are sorry that we cannot answer more specifically, but this is the general principle upon which spiritual collaboration may take place, not an agreement from the letter of every law, but a total and complete consensus on the vibratory level of the efforts made.

May we answer further, my brother?

**B:** That was very helpful. Thank you.

We thank you, my brother. Is there a further question at this time?

**K:** How can one open and sharpen the throat chakra?

We are those of Q'uo, and are aware of your query, my sister. When working upon the energy system the method that we would recommend is that of beginning at the beginning whenever working on the higher chakras and being very sure that all energies up into the heart are flowing easily and effortlessly. It is often the experience of your peoples that the energy system becomes partially blocked in various energy centers because of the affairs of the day. And the problem of working upon higher centers than the heart without working upon the lower centers is simply that the higher work emphasizes and further distorts the chinks in the armor of light, shall we say, that the lower difficulties present.

Consequently, people who yearn to do higher density work often find themselves with very sickened and failing bodies because the physical complex has not been strengthened to receive higher energy. Consequently, the prelude to working upon the blue ray or the throat chakra is the same as any other energy work. It begins with red ray and clears blockages sequentially, red, orange, yellow, green. Once the energy into the heart has been secured as a good supply then it is that entities may work further and begin that which is truly a blessed and healing

thing, work in consciousness. Work within blue ray is helpfully preceded by time spent in silence within the heart chakra, for there is the need to become undefended and it is only in the heart chakra that you are able to reprogram fear into love.

Once as a seeker you are convinced that your heart is fully open and flowing then work upon the specific difficulty may begin. Communication is often much more a matter of that which is between the words than that which is text. Consequently, once the heart is opened there can be the conscious request to include that green energy of the open heart.

Meet the entities that you meet within the, shall we say, role-playing mask that you wear so that you are aware that you are an actor upon the stage and are creating your lines in accord with the truth of your being. Your hope then is to remove those blockages from speech which have visited you as fear and replace them with motives and energies that have to do with vulnerability, humility, compassion, forgiveness and absolute honesty. When you have been able to create a safe atmosphere with another entity then communication becomes far easier.

May we answer you further, my sister?

**K:** No. Thank you.

Is there a final query at this time?

**D:** Can we assume that everyone in this group is a wanderer?

We are those of Q'uo, and can indeed confirm that. It is a great privilege and pleasure to speak with you. Your beauty warms our heart. Your courage and your desire are wonderful to behold. We thank you for wishing to be harvesters, for truly the fields are white with harvest. We also are here as helpers. And if we would be helpful in each person's practice we encourage you to call upon us, for although we do not speak through channels usually in such encounters we are able to strengthen what this instrument would call the carrier wave so that your meditations may be useful and the connections to your guidance more effortless. May we answer you further?

**D:** No. Thank you.

We are those of the Q'uo, and we leave you in power and in peace, in the arms of each other, and in the spirit of love. Go forth in the knowledge that all is well and that all will be well. Follow and

cooperate with those forces of destiny that roll in  
ever quicker breakers into the tidal basin of your  
consciousness. Trust the promptings of the guidance  
within. We are those of the Q'uo, and we leave you  
in the love and in the light of the one infinite  
Creator. Adonai, my friends. ♣



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## SUNDAY MEDITATION

MARCH 17, 2002

**Group question:** The question today has to do with what we in the group have perceived as a lot of personal energy getting moved around, a lot of chances for change. People seem to be dealing with issues that they have let go for a while. There seem to be a lot of new issues popping up. There seems to be a lot of energy to be used now for catalyst for spiritual growth. And we would like Q'uo's comment on whether this might be a correct perception, and if so, what are the opportunities that are being offered when we have so much energy available to us?

*(Carla channeling)*

We are those of the principle known to you as the Q'uo, and we greet you in the love and in the light of the one infinite Creator. We serve that Creator as best we know, and at this stage of our own maturity that service is oriented in offering thoughts to those who seek them among your peoples, through instruments such as this one. It is, in our estimation, the best way that we have of sharing information without infringing upon your free will. And we greatly appreciate and thank each of you who has come to make a circle this day, for your seeking is what calls us to your group. As always, we ask that you use your discrimination in valuing our thoughts. For all things that we say are truthful as far as we know, yet truth is ever a subjective and limited item which appears in one guise and then in another as the rounds of experience become cycles and the cycles become octaves. We cannot say what will resonate to you from the words that this instrument

chooses from our concepts. Were we able to speak with each entity telepathically we would be more sure that our thoughts were helpful because we can link in with the dynamics with any one entity. However, this instrument asks for universal information. And it is at that level that we wish to speak. Consequently, we speak always to a group and each entity within the group has a unique way of processing the information that comes to it. Each of you has a slightly different truth, a slightly different universe, a somewhat eccentric take on the construct which this instrument calls consensus reality. You seem to share one world between each of you, and in truth each of you does. Yet each of you creates that universe, and, therefore, each of you creates a different universe. So be careful as to what truth you accept as your own. Be sure that it rings loud and clear, and if it does not, leave it behind. For we would not be a stumbling block before you.

You ask this day about the impression that each in the group has had that there is an enhanced amount of energy available for work in consciousness and we would confirm that this is indeed so. And we are glad to speak about it although it is easy to oversimplify this very interesting line of thinking. The experiences that this instrument has had have been somewhat alarming to it, indeed, because recently the personal guidance of this entity, which she has always called the Holy Spirit, has begun to express through her instrument while she and the one known as Jim are in meditation, whereas formerly this entity spoke to this instrument in

silence. This entity, indeed, inquired about this recently within the personal meditation and we would confirm that which this instrument received and that is simply that because of decisions which this instrument has made, because of choices which this instrument has made to support those decisions, having to do with the concept of being a responsible minister or priest, this entity has allowed its channel to open to a far greater extent than was previously possible.

Each entity's guidance system is quirky, and is quirky along the lines of love and loyalty and friendship and devotion, all of those positive emotions that feed into a sense of safety and well being. Thusly, this instrument has found faces for that guidance which she calls the Holy Spirit, and these faces have changed as this instrument's needs have changed. Currently this instrument's faces are friendly, familiar, loved, even adored and much appreciated. Thusly, when the connection is purified of all dross of fear and fear-based emotion, that connection with one who has passed on or with one who is physically present upon the planet takes on the possibility of being used as the face of guidance. Many entities wish for a name. This entity's mind works with pictures. Consequently this entity receives many pictures and guidance will always have a face for this instrument.

The situation in general, at this time, is that the people of your planet have entered planetary fourth density. The labor is ongoing of the planet itself. However, the vibrations have changed. The energy has changed. And you are experiencing the dawn of that which some call fourth density and some call fifth density. It is the density of love or understanding. In this environment guidance is ever closer and ever more powerful to help. In this environment emotions and desires call forth the appropriate vibration of guidance. That is to say, entities at this particular time have a maximum ability to polarize, positively or negatively. All guidance is not positive. The guidance comes because of the vibration of calling that is sent out. This is as if one were a radio listener who was tuning that radio that was the self, looking for the best station, the most pleasant and desired station within that band of vibration which carries the radio waves.

Whatever signal is put out has the potential of a tremendously enhanced and enlarged response. May

we say that your planet at this time is fascinating to many, many entities within your inner planes who have come here to observe and some, hopefully, to help. There are many positive and negative entities very interested in the harvest at this time upon your planet. It is not that the present and this next decade, as this instrument has been receiving lately, is the beginning of the end. Rather it is the end of the end, and what we are saying at this time is that approximately for the next decade what you will see within the Earth plane is an increasing transparency of desire to guidance so that efficacy to guidance becomes ever more efficient and, further, we are saying that once it is realized that there is extra help available and it may be asked for, then the effect can even be squared and squared again and increased exponentially.

So there is a tremendous amount of positive energy available, what this instrument would call angelic energy available for those who seek to purify their emotions and to see into their desires to the heart of desire. Those who are doing that, focusing and learning of self, shall indeed find miracles occurring, peace becoming possible within the heart. All of the fourth-density environment is available within the mind's eye, within the chambers of that sacred heart, which is the metaphysical heart, the seat of the one infinite Creator within each of you. As you are able more and more to come into a state of trust and faith, as you are able more and more to find the heart of self, the heart of desire, the heart of service, that which means love and positivity to you personally, the more you shall receive angelic or positive guidance, the more you shall see helpful coincidences occurring, the more you shall see evidence of unseen hands at work.

On the other hand, [the more that] those who choose to identify this energy as that which has to do with fear, or power that cannot be controlled which results in fear, the more such entities will become confused and misguided. And the more situations will increase exponentially to give more opportunities for negative catalyst. So it is not the catalyst that is the work of this additional energy that is in the Earth planes at this time. The energy is there and is available to the spirit within, to the soul that you are, as you work on whatever catalyst that you receive. But guidance does not have to do with the catalyst. Your guidance has to do with you. Catalyst is an interesting subject in itself. For there is

the impression that there are some things that are excellent, and there are some things that are terrible, and then there are many things in between. And each within this room knows pretty much what those things might be. Pain is bad. Pleasure is good. Yet we say to you that this can be easily subverted, not because entities wish to become confused and misguided but because your surface cultural environment has a somewhat negative bias at this time. Entities function according to fear. Consequently, almost all of incoming catalyst, left to itself, will have somewhat of a negative spin.

Thusly, it is not catalyst that is positive or negative. This instrument has gone through much in the way of surgery within the last season of your year. Was this a negative experience? Emphatically not. For this instrument it was a blessed and inspiring time of studying and healing. It is just as easy to have great difficulty and to find great negative emotion when experiencing what the outer world would think of as positive catalyst as it is to experience the same difficult negative emotions because of seemingly negative catalyst. Any catalyst gives one an entry into a full range of response. Guidance has to do with the mechanism of the entity attempting to discover how to look at its own thoughts and its own responses. Guidance helps an entity take a longer point of view and see into interior patterns that are not necessarily obvious upon the surface. Often guidance will come second-hand and indirectly through those very flesh and blood angels that are about each of you every day, the friends and the family that seem to be either good or evil, yet are all equally perfect souls in perfect expression in terms of their own universes.

The one known as S has a good grasp on this aspect of that which we are saying because of having a nature which is more inclined to be philosophical than reactive, and this is a gift which many entities have brought into incarnation with them to help them deal with the discomfort of living upon a planet that is somewhat more negative than their native vibrations. However, those who seem to be very negative are very often expressing pain and negative emotion when they deal with each other because of being in the interior of self, extremely sensitive and very much in pain because of the same sensitivity to vibration as those who are expressing positively. The mood of an entity does not indicate an entity's basic polarity. It is more subtle than that by far and much more a matter of that which goes

on well below the surface of thinking. However, when an entity realizes that there is help available, then it is that there is the possibility of linking the conscious mind and the subconscious or unconscious mind so that the guidance may come from the deeper part of self and appear above the surface of that threshold of awareness. It usually comes in a still, small voice of silence. That this instrument has opened a larger channel to a conscious word-based form of guidance is simply a function of its long years of work in this area.

The guidance said to this entity, and to the one known as Jim, "You are now able to listen to our words because you are tough and have become tough enough to listen and yet make your own conclusion." Thusly we are free to speak. Each of you needs to be tough, to hew to your own sense of things, to seek your own guidance and to see all of those who come within your own purview as equally valid and valuable regardless of how they are expressing. This is your gift to each: the level of awareness with which you see them, hear them, and understand them. What can you do for another? You can see another. You can empathize with another. You can love another. You can forgive and accept another. These things are ineffable. They are not quantitative. Often they cannot be spoken. But we assure you that they can be felt and that they can help. And when the desire is to help and intercession goes up and the prayer is offered for those entities that you see in pain, that they may resolve their issues and may come to a balanced awareness that does not give them so much pain, these prayers are very effective. These very invisible and very silent voices that speak in the house of prayer have a real effect within the entities for whom prayer is offered.

Trust then, when there is concern, to turn it from anger, grief or whatever other emotion does not feel as if it were the emotion of the true heart, to prayer. For turning to prayer, turning to hope that another individual's suffering may be alleviated, is a turning to that love within the self and the worth within the other self that is not expressing at the moment but remains the truth of that entity. It is not always necessary that all entities know the truth. This instrument heard just yesterday that the subconscious works, psychologically speaking, without the necessity for words; that is, if one person knows something and is able to make a subconscious contact with another person, what one person knows

will become what another person knows also. Trust this level of metaphysical reality because it forms that reality which you speak of as the physical illusion or maya.

We would at this time transfer this contact to the one known as Jim, as energy begins to wane for this instrument and for this group, in order that we might address any questions that remain upon the minds of those present. We greatly thank you again, and leave this instrument thanking it also, in the love and in the light of the Creator. We transfer to the one known as Jim. We are those of Q'uo.

*(Jim channeling)*

I am Q'uo, and greet each once again in the love and in the light of the one Creator. Is there a shorter query that we may attempt to speak to at this time?

S: I have a question related to the initial discussion on our seemingly dysfunctional family affairs. My wife has a desire to help her family as best she can in working with us. It seems that with her brother this desire has really blown up in her face. When the desire to help another does kind of fall flat on its face, do you have any suggestions on how to help, what to do, where to go, what to say?

I am Q'uo, and am aware of your query, my brother. We do not specialize in the attempt to unravel the personal tangle of perceptions as a normal part of our service to those of this planet. However, we may speak in some general terms in this particular case. It is not often easy to determine when one has been of service when one looks at any particular situation, for all experience is in motion. This is to say that as one step is taken in a particular direction in the uncovering of personal blockages of energy that the step shall be recognized as that which is helpful. For oftentimes the momentary experience and expression of growth may seem difficult and be beneficial, may seem beneficial and yet prove difficult at a later date.

In this instance, where there has been the emotional tear in a relationship, it would seem that the effort to assist has failed. And yet, is this true? If an entity, in this case the brother of the one known as C, moves himself to a point of distress and expresses this distress in a public fashion, as was done, perhaps there is in this expression a movement of energy which was necessary, yet difficult, aided by those around this entity so that this entity might experience what you would call a traumatic

experience and share this trauma with the one known as C, and with others as well, then can one say that there has been no movement in this entity's growth and in the growth of those about it? For indeed, there has been movement. There has been experience and the sharing of intense emotions. That there has not been a resolution in your terms at this time may be interpreted as failure. Yet is this true? It cannot be said with certainty, not even by those of Q'uo, for the future is mazed by free will. We see possibilities. We see possibilities for great growth for all concerned, depending upon current and future choices. The stage has been set. Parts have been assigned. Roles are being played. Ancient energies are being expressed. There is the opportunity for further efforts in this endeavor. Do not ever feel that failure is all that is possible to determine from a situation in which anger has played a large part. Growth comes in many packages, my brother. Keep the heart open, the mind clear, the effort ever strengthened by the will to serve wherever possible.

Is there a further query, my brother?

S: No. Not right now. I would like to wish you a happy St. Patrick's day. I hope that you're wearing your green.

I am Q'uo, and we are indeed green with envy at the opportunity that each of you has within your illusion to celebrate such occasions and to move in the mysterious ways that are ever possible within the third density where the veils are so, so present within each experience. We thank you, my brother.

Is there another query at this time?

S: Not from me.

**Carla:** I am going to ask a kind of open-ended question because the catalyst for the question is the private guidance that I have got that seems to me to be somewhat ego centered, having to do with being a prophet of Mary, a prophet of the New Testament, a prophet of Sophia, these things that I have heard recently. I have seen many groups go down a bad road starting with some identified part of buying into some existing mythology and then painting oneself into a corner out of which one cannot go. I very much do not want to participate in anything of this vibration, and I simply would appreciate your response to my concern.

I am Q'uo, and am aware of your query, my sister. As we said to the one known as S, it is not our

speciality to speak in specific terms to personal questions that are of pivotal importance in one's growth. However, to this query we may speak briefly, for there is great possibility for infringement in this area of your concern. You have been, as you are aware, opening yourself to more possibilities for the energies of change, of growth, and of sharing yourself with others. As you have done this, so there has been a response from the time/space portion of yourself in the form of many tendencies, many urgings, many energies that are open-ended in that you may work with the effort to grow in a number of ways with the energies that you have experienced [in response] to your invitation. You know well how to challenge such energies and entities and have done this without fail. Look then to your own inner guidance, to that hand in whose grasp you place your being. Find there the comfort and security that you seek. We only ask that you return to that which you have chosen as your own North Star, shall we say.

Is there a further query, my sister?

**Carla:** Let me just follow up on that (and thank you for that answer, Q'uo) by saying that were I a practicing Buddhist I would probably be getting that I was a prophet of whatever energies of that particular myth would bring one into the heart more, and because I am a woman and because I am a Christian, I am receiving the rays of that energy which is Jesus Christ, which are especially intimate and fit in with my gender and personality. Could you confirm that?

I am Q'uo, and am aware of your query, my sister, and we can indeed confirm that which you have spoken well.

**Carla:** So that I do not need to take it literally. I can continue to invite the mystery and not lean on this as some kind of other mission. It is part of the same thing. Right?

I am Q'uo, and this is so. Is there a further query?

**Carla:** No. I don't have any further questions.

I am Q'uo, and we thank you once again, my sister, for your query, for your concern, and for your fastidiousness. Is there a final query at this time?

*(No further queries.)*

I am Q'uo, and we are most grateful to have been invited to your circle of seeking this day. As always,

it was a privilege and an honor for us to join you. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of the Q'uo. Adonai, my friends. Adonai. ❄



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## SUNDAY MEDITATION

APRIL 7, 2002

**Group question:** The question today has to do with some of the finer aspects of service. If we wish to be of service and offer ourselves in that way, is there any danger that we could distort the service or make it less than it could be by being proud of our service, by making it public, by doing it in a way that is not hidden, not pure. We would like for Q'uo to talk to us about the optimum way of really being of service to others in a way that does serve other people and doesn't activate our egos.

*(Carla channeling)*

We are those known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this day. We offer you many thanks for gathering in a circle of seeking and for calling us to your group with your question concerning service to others and how to optimize it. We are very glad to share thoughts upon this subject and would ask only that each of you listen to those things which we would say with an ear for that which is yours, being very quick to lay aside any thoughts that we offer that do not seem to you to be helpful. We would suggest that your powers of discrimination are very keen and are true for you, far in excess of what our opinions might be.

We give this instrument the vision of a blank, black night sky without even the twinkling of stars, but simply the black, full night that expresses itself as the foundation of your consciousness as it gathers itself into an energy web and forms itself into that which you know of as yourself. That gathering of energy,

that swirling into pattern, is a gathering from fullness into fullness. And we use the color black because it is that which cannot be seen, yet we might as well say a fullness upon fullness of light. However, the purity of this image is in that which forms itself as an energy field without any visual cue, without any proof of its existence or its identity.

Such is the foundation stone of each of your incarnational selves. The self within incarnation is a collection that you have put together for this particular life experience. You have chosen, very carefully, the attributes, limitations and gifts that you have within this incarnation. From a rather vast array of distortions which appear as gifts, and distortions which appear as limitations, which lie within the confines of a soul self, you might call it, that has been formed through many, many experiences, each adding its torque and twist to the swirling, spiraling energy of the self which has been formed without sight, without vision, but of energy itself, that energy which is love, that energy into manifestation which then becomes light, you have chosen that which becomes form, becomes being, becomes body, becomes personality, becomes ego, becomes "you." And that "you" then enters the blinding light of incarnational consciousness.

And yet what are you? It is well to reckon with the infinity of your own being. At the beginning of the discussion of service to others and of optimizing it is the foundation stone of knowing who and what you are. You are not a new being, and yet you are brand new to this moment. But by saying that you are not

new, we mean to indicate that those quirks and quiddities which make you just the personality that you are have a value that is not obvious to the conscious, human eye of reason. Your value to the Creator is precisely in those irregularities, eccentricities and inconsistencies that form you as you are, that distort and bias you as you come to the questions of your life and the pondering of those questions throughout your life.

Realize always that there is beneath your feet a profoundly concrete unmanifested security. You cannot fall from being who you are. You cannot fail to be who you are. Anything that you do, anything that you may consider a gross error, a silly mistake, or a foolishness remains part of the glory and goodness of who you are. It is useless and beyond useless to attempt to measure the quality of your self or the quality of the giving of the self. Not perhaps useless in the sense of being food for thought or "grist for the mill" (after Ram Dass) but useless in the sense of achieving a sensible and meaningful answer to the question of self-worth. You cannot estimate your worth. You cannot criticize your biases. Beyond a certain point, they are those things about you which are most powerful and strong to serve because only you can express within the infinite universe precisely as you express. Each of you is as the cub reporter who works to tell the story and write it down for the paper. Each of you sees the same world scene, and yet each of you writes a different story. What the Creator is fascinated with is the differences in the stories.

Therefore, in terms of pleasing the infinite Creator and in terms of fulfilling your hopes of serving, you cannot fail. For all that you do will inform that one great original Thought which is Creatorship as It cannot be informed by any other spark in the infinite universe. Each of you is precious and beloved by the Creator. So we ask each, beyond all discussion of this question, to move immediately to a place of resting when such concerns occur within the mind, bringing up the doubts of self and the worth of the self. Move to that place of safety and resting that this instrument would call Gilead and allow yourself to feel the balm of the Creator's love. For truly, in the Creator's eyes you can do no wrong.

The rhythms of your work days and your leisure days create within you the suggestion that the passage of time is real, that there is a coherence of

truth and meaning based upon the sequence of events, the past, the present, and the future.

Certainly within your incarnational experience this is the literal truth of experience. The days flow into nights, flow into days, the months flow into years, flow into decades. All the rhythms of your world of nature cycle round once again: spring, summer, fall, winter and spring again. As this instrument has been so exalting the past few days to see, the new green shoots forth from the withered branch, the blossoms come forth from the hopeful leaves. Daffodils and tulips, fruit trees in blossom, all scenting the air with their sweet odors and resting the eye with a delight of color and life.

And beneath these transient events lives an energy as slow and as firm as the heartbeat of the Creator Itself. It is a matter of gradually becoming able to cease the noise of worry, to cease gradually, little by little, the fretting of fear. It is this kind of allowing a slowing of the rhythms of conscious thought that will bring to the seeker the optimal frame of mind or point of view for being of service to the self, to other selves, and to the Creator. There is a surface to what this instrument would call consensus reality, much like the surface of a glass ceiling or a floor that cannot be seen, yet it seems to hold up the bodies and the experiences. Many are the entities that move through the incarnation that they experience upon your planet without once falling through the glass ceiling into the great reaches of deeper consciousness. It is possible to move from infancy, to childhood, to teenagehood, to adulthood, through to the grave, without ever leaving the surface of life. It is not particularly easy to maintain this comfortable shallowness of existence which allows almost complete control over the environment. Yet many attempt nothing more than simply to remain comfortable and, as this instrument would say, keep body and soul together. For those within this circle that has never been a distinct possibility. Each within this group seeks not just the surface of the truth but those blessed regions that lie beneath the surface, those areas which are more like a water world than an air world, a world of smooth, rhythmic gliding, the characteristics, shall we say, of water rather than of air.

The way that energy moves through water is pertinent here, for as water is pushed by a force from behind, it expresses itself in a way which is not from here to there. For water simply pushes on its force to

the next drop of water to the next so that something that occurred off the coast of Japan can eventually express itself upon the shores of your beach of California. The same energy, the same reason, is infinitely expressed across the ever interconnected drops of water. Study the way that water works to see a little bit more into how entities come together in their patterns and how they may express in ways that do not show but yet have their effect on a distant shore. Many times there is the hope of seeing a result and there is a demand put on service that it be quantifiable. This is an easily understood desire, to be able to measure the service that one is, that one can offer. And yet it is not always at all obvious how the service is going to express. For it may express not simply within a small pond of being, not in the immediate ripples but rather at a distant shore when that wave that you began washes up and expresses itself finally in just such and such a way.

So, we would suggest that there be a releasing of tension when that tension of worry is felt concerning the worth of an effort. Ask the self to release judgment. Releasing the judgment of how one is doing is very helpful in simplifying and regularizing the energies surrounding those gifts which you hope to offer.

Let us shift to another gear here and look at the question of being and doing, an old theme for us and for you, too. Some of service-to-others does have to do with doing, indeed, and we praise each for those kindnesses and services that each has agreed to offer freely from the heart of self. It is a wonderful thing to behold the helpful desire of each entity to do good, to serve truly, to run the straight race, to be a child of the Creator in all things. And each of you has these outer gifts that have been expressed by you in service to others in many different ways throughout your life, and yet always the truer and deeper elements of service have to do with your being. It does not matter in terms of the worth of service what that service is. Some services may seem more noble than others, some entities more able to serve than others, and yet all service is equal.

What ennobles service is the love with which it is offered. And that love can be held within the heart, can be withheld, or can be released. It is tempting to attempt to hold the picture of service within the mind and to adjudge the self then from that position

within the mind, and yet this is what this instrument would call the mind game.

We are finding, as we discuss this topic, that the energy within the circle is quite low, and consequently we would choose at this time to open the meeting to further questions. We would attempt at this time to transfer the contact to the one known as Jim. We are those of Q'uo, and would transfer this contact at this time.

*(Jim channeling)*

I am Q'uo, and we greet each once again in love and in light through this instrument. We appreciate your patience, as we have worked with this instrument, and would ask at this time if there might be a query to which we might respond.

T: Yes. I have a comment and I would appreciate your elaboration. I believe from what I just heard you say that our working on ourselves in any way is a slow chipping-away process. I had spoken earlier about having one very good day one day last week, and even that evening when I watched the boys usually I would be a little upset because I would like to read or watch some TV and they would be making noise. But it didn't seem to bother me that evening. Do you have any suggestions about how, once having attained that feeling or mindset, to continue, or to get that feeling back?

I am Q'uo, and am aware of your query, my brother. How to bottle the magic! It is our recommendation that to be and to accept yourself as you are is the quickest road to attaining those goals which you desire in terms of being as harmonious as you can be, learning what you can learn, and yet being aware that you have a distance yet to go. It is the fate of humans in this third-density to be in some degree seemingly deficient, for this is the lot of those who dwell within this illusion. This is not to be mourned or bewailed, for this is a process that is long in terms of your time and energy, yet which need not bring discomfort or concern to the hearty seeker. This is, rather, to be worked with as a given, shall we say, for each of you has those qualities which are what you would call strengths as well as those which you would call weaknesses. You will do well when you are able to exercise discrimination to the degree where you are able to accept one as well as the other. For your journey is one which is best accomplished when you are evenhanded, shall we say, when you are able to work with yourself, with these strengths



and these weaknesses, and bless the Creator, the creation, and yourself for being as you are. For in truth, all is well, all is one, all is as it should be. Yet this great dance, which all do as they progress through the creation and the evolution of the self, is accomplished in a movement that is truly fluid, that is ever present, and which can lead one on into the greater realms of understanding.

When you have achieved what you would call a success and have been able, to your own discrimination, to be able to do that which you wish to do, again do not feel overly glad, for to become attached to one form or another, one expression or another is, to some degree, to place small stumbling blocks within one's way. It is a balancing act, my friends, for you on the one hand realize that you have a journey to make and on the other hand are wise to realize that you are the Creator, that all is truly well, and that there is no need for any thing. This is the paradox in which each of you moves.

We hope that we have not overly confused you, my brother. Is there another query at this time?

**T:** No. Not from me. Thank you very much. It didn't confuse me at all.

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

**Carla:** I have a couple. First of all, I wanted to ask concerning a dream theme that I have experienced lately. I've had several dreams about a baby, and in this last dream I was able to get to the baby and pick the child up. My thinking about this is suggesting to me that I am going back to my own childhood and comforting the child that was not comforted when I was a child. In general, could you confirm that this is the direction that my dreams are attempting to speak with me on?

I am Q'uo, and am aware of your query, my sister. And we confirm that which you have supposed. Is there another query?

**Carla:** The other question simply has to do with my experience of the channel today. It was coming from a very deep place and I can still feel the energy. It was very powerful but there were fewer words than usual. It was very hard to bring up any content, but it seems like a very rich place and seems like a new area of conscious channeling, and I would be glad to hear anything that you have to say about it because it is very new to me.

I am Q'uo, and am aware of your query, my sister. The practice of the vocal channel is that practice which one may become more, shall we say, capable of producing as the experience continues. There are along the path of this service various steps or stages of growth which are apparent in some cases and in others not so apparent. You have begun to experience the beginning of a newer phase, shall we say, of serving as a vocal instrument. There are levels of consciousness that are available to each entity and to those who serve as vocal instruments that open doors, that offer great access to pure information or inspiration. Through another door you are beginning to pass. Is there another query, my sister?

**Carla:** Yes. One more. It's pretty silly, but I do want to ask it. I have had the inspiration lately to wear clothes for the channeling and only for the channeling and have them just be for that. I wonder if it is acceptable as a service to put the clothes on as part of being tuned, or is it simple vanity? I almost put on my brand new channeling outfit today and then I thought it was just too vain to be changing my clothes. I don't know where the judgment is and where the truth lies. If you can make a comment, fine. It's too specific, that's fine too.

I am Q'uo, and am aware of your query, my sister. The use of special garments for the providing of the service of a vocal channel is completely at your discretion. If you feel that this would enhance your ability to serve, then by all means do so. If you feel that it would, on the other hand, set you apart and make you feel better than, then by all means do not. This is your decision, my sister.

**Carla:** Thank you.

Thank you, my sister. Is there another question at this time?

**T:** Yes, it also concerns vocal channeling. In this last newsletter from Jim and Carla a graded group was mentioned and Carla explained it to me. I've never been much of a channel at all and never have had much of a desire, although I would like to do it if I felt it would be helpful. She also mentioned that in groups like this there were people who functioned as a battery or a conductor and I would like some guidance as to whether I should pursue active participation as a vocal channel.

I am Q'uo, and am aware of your query, my brother. Again, we come to that point which is more

appropriate for your own decision-making according to that which you feel drawn to do. You may be either, according to your desires, for you have abilities in both areas. However, the choice must come, not from any source outside yourself, but from that voice within yourself.

Is there a final query at this time?

**R:** I have one. Speaking of dreams, I want to encourage the dreaming activity because I look at it as a way of speaking to your self. Is that all that is necessary, the desire?

I am Q'uo, and am aware of your query, my brother. Desire and perseverance. Continue in the effort until you have been able to produce the fruits which you desire. Practice. Practice. Practice.

We are those of Q'uo, and we again thank those present for taking the time to join this circle of seeking and to blend your desires as one as you speak with your own hearts and with those of all of the creation. We appreciate your efforts and your sincerity. At this time we would take our leave of this instrument and this group. We leave each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣



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## SUNDAY MEDITATION

APRIL 21, 2002

**Group question:** The question today has to do with opening the heart and the center of love in our daily round of activities. Each of us from time to time has found ways of accessing this energy of compassion. We have insights and prolonged experiences of one kind or another that have let us know that there is an energy there. We would like for Q'uo to let us know how this process of opening the heart is really accomplished by those of us who live here in the third density but still behind the veil of forgetting, still trying to discover the unity with all things. How do we go about opening our heart centers and carrying that love with us into our daily round of activities?

*(Carla channeling)*

We are those known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we are. It is our privilege and pleasure to be called to your circle of seeking, and we thank each of you for the room that you have made in your life to ask for and to welcome these questions, this seeking, and the possibilities of new life. It is a great blessing for us to be called to your group by this energy, for it is our form of service at this time. And because of your dedication it is possible for us to do what we came to the inner planes of your planet to offer, and this is our greatest blessing. For we too are those who seek to be of service and to share our hearts. We are happy to share our opinions and ask only that each of you monitor that which we say, asking that you keep only those things which resonate to you on a

personal level and do not view us as authorities. For you are that one unique person who knows what the truth is for you, and we would not wish to put a stumbling block in your way.

You ask how to find the way back to the open heart when you have gone away. We would step back from this question and ask you to come with us in an envisioning of the beginnings of your creation, that which the Creator expressed when this intelligent infinity burst forth in the infinite number of sparks, each of which contained the stuff of the Creator in a holographic form and each of which was sent out to collect information. You are beings of light, beings of love, beings of infinity. You are citizens of an eternal universe that expresses itself at this time in illusion upon illusion upon illusion. Each of these illusions set in place in exquisite regularity and discrimination a fastidious arrangement offering experience after experience designed to create environments in which these sparks of creatorship would become progressively more and more articulated, expressive and unique.

What does the Creator hope for from you but that you be yourself and that you explore what the self is in an ever more profound sense; that you come to experiences with your whole self and allow them to affect you. The Creator's interest is in learning more about Itself and each of you is as the detective on that same path of discovery and transformation into ever more authentic versions of you. For in cameo, in small, you are the microcosm of which the Creator is the macrocosm. Each of you contains that

jewel that is perfect, but each of you has gone through incarnation upon incarnation in which you have been colored by experience. It is as though each of you has come through the refining fire that has progressively clarified and refined your nature so that you are ever a little more able to see that which is truly you. Your responsibility to the Creator, then, begins with being who you are. Not striving, not making efforts, but, indeed, letting go and releasing that which is not you.

This instrument experiences constantly the journey from the center of self as perceived by the self outward towards the expressions of outer experience, becoming entranced by various things of the illusion and finding the self dissatisfied with that position, that state of awareness, that experience of self, and cycling back into the heart of self by choice by the techniques of momentary prayer, remembering who she is, why she is here, what she hopes to express through her presence. There is no one within the energies of your third-density world that remains at all times in a perfect state of self-awareness. Truly, this is not the reason for which you took form within the Earth world. Indeed, each of you came specifically to be thrown off balance, to be confused, to be puzzled, even to be in distress and to suffer. For you knew before incarnation that the great opportunity that one has only within the illusion is that it cannot be seen or proven that spirit exists, much less that it is a transcendent state which, in fact, doubles the illusion. You are not here to be masters of the illusion but rather to be confused, puzzled, foolish and wrong. And in the process of this scramble and this struggle that aura which you bring into manifestation with the embedded gems of creatorship hidden within it is offered the refining process of your Earth, and in that friction and suffering you are processing this confusion and this suffering in ways that create great beauty as your emotions stabilize, deepen and purify themselves through the hard-won experience of all of the confusion and suffering.

Certainly, it is to be hoped that more and more of your experience within the illusion is able to take on that centered feeling which graces and blesses all environments with a beauty that comes from within. But the concept of remaining centered at all times sets up for entities such as this instrument the incorrect idea of coming up to a standard or being considered inadequate, and we would not suggest in

any way by what we are saying that any state of mind is inadequate or wrong. Precisely what you feel is that which is right for you, yet you are creators. You are those who have all of the infinite resources of that spiritual part of self that has nothing to do with the illusion. You are people of magic and power, and you can, as this instrument was saying earlier, dream a new present for yourself and envision a new future. You can use techniques that allow you to release old pain and embrace the present and the future with confidence.

Perhaps we would say that there is a secret to coming into the open heart once again. The secret is buried in each religion and we encourage each to play with and sense into the various religious and mythical systems to find those images and icons of the Creator that pierce your heart. For this particular instrument that image is of Jesus Christ. Whatever your image of unconditional and sacrificial love, the secret is to know in the deepest part of your soul that who you really are is the Creator, so that moving into the open heart is a matter of coming home. There is a home within your heart that this instrument would call the sanctuary or the *sanctum sanctorum*, the holy of holies, the inner temple of self. You might consider it a room that is locked against casual visitors, even yourself. The key that unlocks this door is silence. There is the momentary stopping of the voice within, the coming into the silence of sacredness and, once there within the heart, you are in a tabernacle with the Creator. And you may sit and rest and even, as this instrument often does, picture the self crawling into the lap of the Creator and resting against that comfortable, strong breast. For the Creator has a very deep and infinite love for you and is waiting for you in every moment of every day, hoping and rejoicing when you do come home.

One of this instrument's catch phrases is, "Christ is the I of me." In the cosmic sense, whatever your belief system, unconditional love is not something for which you need to strive because at the very center of your self, the truth of your self is this same shining, unconditional love. When all other things of the self are released, this is your truth. This is your nature. This is your being and your essence, and your outer personality becomes as a pane of glass, clear and transparent and able to let the light shine through.

The day has many moments, many common and ordinary chores, and we would suggest of you that you investigate each of these moments as if all were new and re-experience those common things of life, for they are full of light. They are open energies which include always that energy, bliss and peace. Again and again this instrument has asked these last months, "What is peace?" for each day there is a peace meditation and this instrument and the one known as Jim sit in silence visualizing Earth being healed and being brought to a state of peace. And so each night since that day in September of last year there has been this exercise in asking once again to "Show us the ways of peace." And as the energies begin to consolidate about this daily peace meditation, what this instrument is discovering is that peace is already established within the heart of self. We each know the ways of peace. Each of you knows what it is to love with every fiber of your being, to be open, flowing channels for the love and the light that is the essence of the Creator.

Wisdom is not "out there." Wisdom is not that which needs to be grasped for. Wisdom is that which comes in a moment when there is at last a willingness and a humility that allows the self to release all the preconceptions and all of what the one known as J was speaking of as the old way. Is there anything wrong with old ways? We would say, certainly not. What there are, are unending variations in a pattern. Each time that you do a day you are creating one set of ripples in the ocean of common being, and that which you think and that which you do and that which you envision for that day is your expression of beauty, of essence, that you give as a gift to the common race of humankind and to the energies of planet Earth of which you are her stewards. You cannot see the effects of that day, just as ripples move into the ocean and finally fetch up on a distant shore. You do not know what you have done. The joy of it is in the doing, not in the results. The gift was the day and the life is a gift to the future and others will reap those seeds that you now sow with your being this day. Each day is a brand new gift, a brand new life, a new opportunity to be you and to find the most creative ways to love.

Before we leave this instrument we would like to say something about this love. When you talk about coming back to the open heart, each of you is perhaps thinking mostly about how you can serve other entities, for that is your energy and your hope:

service to others. And yet how essential it is that you retain the energies to give to the self that love that you hope to give to others, and to do that before you attempt to give to others. It is as though each of you wishes to beautify the lives of others while leaving at home that self within that is as the neglected child. In this instrument's holy works the directions are to love others as you love the self. It is important to love the self. This is not selfish, nor is work done to untangle the threads that keep you from loving yourself selfish. It is important work. It is work that will probably need to be kept up day after day, ministering to yourself with the same joy that you minister to others.

Each of you has seen how easy it is to minister to others, and we ask you to forgive yourself in just that way for all perceived faults, not attempting simply to ignore those faults. You have a mind and a power of analysis. You have techniques and resources that you can use to work with yourself. And we are happy to speak to you about this. Each of you needs somewhat different ways in order to work upon various distortions which you have picked up, places where you are holding energy within yourself so that your energy is not flowing into the heart and through the heart in full measure. As the one known as R said, in the great urge to get into the heart and to do work in consciousness often that self that is expressing in the lower energy centers is simply left behind. What are your issues? Are they diet? Are they exercise? Are they emotional healings? Are they moving back into an abandoned and lonely childhood and bringing that child into the heart and giving it the love that was not perceived in the young days of that soul? Whatever your issues are, honor them, respect them, and minister to yourself. It is not selfish. It's needed work in order to free you up to be that essentially joyful self that you already are when you are not burdened with concerns.

We cannot take the concerns of the day and suggest to you that they not be attended to. We can only suggest that there is a rhythm and a harmony and a dance surrounding the energies of all things, no matter how seemingly mundane. When the image of the self is as the dancer instead of as the bumbler, then even falling down is part of the dance. Even dropping everything. Even the cat's exploration of gravity in the other room as occurred during this meditation, making great noise and clatter, becomes a perfection of its own and a dance into the kitchen

after the meditation to retrieve the tray and retrieve the broken cutlery and the broken glass. It's simply part of the dance of being for this day. It too shall be put to rest and a new day shall dawn. Cherish and protect your sweet, sweet essence of self, for each of you truly is a child of the Creator.

We thank you for this energy and this question, and at this time we would transfer this contact to the one known as Jim for further questions. We leave this instrument in love and light. We are those known to you as those of Q'uo.

*(Jim channeling)*

I am Q'uo, and greet each once again in love and in light through this instrument. It is our privilege at this time to ask if there might be any queries of a shorter nature to which we may speak. Is there another query at this time?

S: We're here to be of service to others. What are the others here for?

I am Q'uo, and am aware of your query, my brother. Each seeks to serve the Creator in each other entity that it meets in the daily round of activities and this is true of those who seek on the positively oriented path, that path of radiance, that path of that which is. As you are aware, there are some who seek to serve the self and who seek to manipulate others to serve the self as well. However, since all beings are portions of the one Creator, even these who seek upon the negative path serve the One, for there is no other.

Is there another query, my brother?

S: Not right now. Thanks.

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

**Carla:** I'd like to ask about this idea of envisioning a road to fourth density. From your point of view is this a good way to think about serving in the next decade, or is the concept of building a road into the next density an inadequate vision?

I am Q'uo, and am aware of your query, my sister. We feel that your image of constructing a road, a path by which those who seek love and seek to serve the Creator in all may move ahead, is indeed a most adequate image to envision at this time in your spiritual evolution. We give this instrument the picture from your tarot images of the Fool who

seems to walk off the cliff and who is momentarily suspended in mid-air. As the seeker of truth moves along the path of spiritual seeking, many times this is the image which functions well to describe this journey. For when one seeks beyond what the world about you recognizes as real then there is that magic of the thinking, and the acting to follow the thinking, which creates the sure fundament under the foot as it is placed foolishly upon the path, and we say foolishly for many will feel that it is foolish to seek to love all beings. For is there not evil in this world? It is foolish to move intuitively in a world where reason wrests its reward from all. It is foolish to seek to give the self full of love to those whom you do not know. And yet, my friends, is it not foolish to love the Creator that you have not yet met? Is it foolish to seek the heart of love when love is that force which has created all that is? Is it foolish to walk upon the dusty trail of the seeker of truth when that trail so often seems isolated and alone, yet when explored fully is filled with fellow seekers and pilgrims who walk that same trail and who seek in that same vein to love without end, to give without stint, and to be in harmony with all that there is? Yes, you build a road. It is a road that is made of things not of this world but those principles and qualities that are the center of the heart of a Creator of love.

Is there a further query, my sister?

**Carla:** No. Thank you. That was wonderful.

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

S: What kind of changes and trends do you see as we go from third to fourth density on Earth?

I am Q'uo, and am aware of your query, my brother. As we look upon your Earth world at this time it is our privilege to witness to the growing of light within the hearts of those who have previously felt no urge to seek in this manner. For the events of your days, these latter days of third density upon planet Earth, have served and will serve as catalyst to bring forth that which is the highest and the best from the hearts of those who are beginning to sense that there is more to this life that meets their everyday eye. There is within many people at this time the beginning of questioning of those values which have long been held and which have held entities long within a certain restricted way of thinking and of being. When it seems that there is

less security within a world filled with a desire for security, then it is that there is the seeking of that which is true, firm, sure and dependable. This brings the hardy seeker back to the heart of the self, the heart of the journey, the heart of the illusion in which each finds itself at this time. Each seeker, as a portion of the one Creator, has within it that, shall we say, homing device that is awakened at the proper time for each seeker, that reminds each it was planned aforesaid that this is the time to begin that conscious journey of seeking for truth, and so each takes the first step of a journey which in truth has never ended, shall not end in the foreseeable future, and which shall grow more fruitful and abundant as time and experience accumulate.

*(Tape change.)*

I am Q'uo and am once again with this instrument. Is there another query at this time?

**Carla:** In thinking about materials for building a metaphysical road, am I on the right track by thinking about qualities like faith, hope, will, the creation, the world, the lightening-struck tower?

I am Q'uo, and am aware of your query, my sister. Indeed, we feel that you have mentioned those qualities which are central to any seeker's journey and to the road into the fourth density, as it has been called this day. For, in truth, the faith which each seeker expresses as further steps are taken upon the journey of seeking is matched by the will which each seeker also expresses as the perseverance is called upon to continue the journey of faith. Indeed, these two are the rod and the staff which bring great comfort to the seeker as it moves through what your holy works has called the Valley of the Shadow of Death. For upon this journey there are many tests, the ordeals by which the seeker's desire to continue is burnished, is tempered, is made stronger by the testing. And as one exercises the faith that there is a journey to make, and a goal to reach, and a grail from which to drink, then it must be matched by the will to continue and to pass these tests that the daily round of activates will bring to each. For it is by such testing that one is able to measure the mettle. It is by this testing, that which seems to be negative at first glance, that you are able to build the metaphysical muscles, shall we say. It is such exercise of faith and will that makes you stronger as metaphysical beings. It is your intentions, your desires, that have strength, that have power, in the

spiritual world, for there, thoughts are things, and it is by the way you think, the attitude that is your fingerprint in the metaphysical sense that you are able to do work in consciousness, that you are able to change consciousness in the magical sense, that you are able to access deeper portions of the subconscious mind and to bring them forth into consciousness that they there might find a room and a reach into which they might have effect in your daily life. And that, indeed, you begin to change yourself as you continue this journey, a continual movement from one image of yourself to another so that you are a new and risen being moving into the fourth density of love and compassion.

Is there a further query, my sister?

**Carla:** No. Thank you.

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

**J:** I would like to ask if the electromagnetic field energy work that I have been doing is, in your opinion, a good way to serve others? Or if there is another way that I could be of more service to others?

I am Q'uo, and am aware of your query, my sister. We do not as a regular practice care to judge another entity's efforts, for we see each entity making the greatest possible effort in its personal life each moment that that life is lived. However, in this instance we may comment in a general sense and suggest that that which you do in the way of magnetic healing has great benefit for those with whom you share this work. And we encourage that which you do, in that you will be able in your future to expand upon this work as each entity will expand upon all efforts that are made. This is the nature of growth: to begin at a point, to assess the situation, to gather information, to make choices as how to proceed, to proceed with or without fear, to learn how to drop fear, to enhance that which was begun, to add unto it, to alter it. This is your path. This is the path of each seeker of truth and we support each effort that is made at this time by those who intend to serve others. For it is your intention that is your strength, and your power, and your direction.

At this time we feel that we have spoken a relatively reasonable length of time. We are aware that the one known as Carla is concerned that we speak overly long. We do not mean to make each sit in uncomfortable positions for too long a period of

your time. We thank each for inviting our presence this day. We bless each. We tell you now that there are many within the realms of what you call your heaven worlds that rejoice at the gatherings of entities such as this that occur all over your planet for the purpose of seeking and sharing the love and the light of the one Creator and to go forth then into the daily round of activities to take that with you and share there with those who perhaps share not so consciously but who appreciate your sharing of your love and your understanding.

We are known to you as those of Q'uo. We leave each now in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ❄



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## SUNDAY MEDITATION

MAY 5, 2002

**Group question:** The question today has to do with putting the puzzle pieces together, remembering our being, our knowledge, our ancestry, our connection with each other and with the planet. We are hoping that Q'uo can give us some information on how this spiritual journey works for us. No matter how long we've been on the journey, no matter how newly we feel revitalized, we need to know how it is that we remember our mission. Are there stages to our remembering? Is there a process that we could accelerate or harmonize with in our daily round of activities? How do we keep that excitement that we all felt at the workshop last weekend alive in our daily round of activities?

*(Carla channeling)*

We are those of the principle known to you as Q'uo. We greet you in the love and the light of the one infinite Creator, in whose service we come to you today. We thank you for putting so many things aside in order to make the time to form this circle of seeking. It is a great blessing to us to be called to your group, and we thank you for the dedication that it takes to form such a circle as this. It is an especial blessing to us because this is the service that we have entered your planet's energies in order to offer and it enables us to serve in speaking through instruments such as this one. So we are most grateful to you for giving us this opportunity to share our thoughts. As always, we would ask of you that you use your discrimination in listening to our opinions, for we are not authorities and we would not be a stumbling block before any. We would ask you to

take those thoughts which seem helpful to you and leave the rest behind. This will enable us to speak freely within the limits of our own ethical feelings for the preservation of free will.

We thank you for the question concerning how to continue to remember more and more of the truths that create within the heart the peace that passes understanding and the joy of realizing who you are and why you are here. It is certainly a challenging thing to retain the freshness of the vigorous enthusiasm that accompanies initiations and transformation. There is that feeling of being lifted to a place that is infinitely more desirable than the seeming contents of consensual reality. The challenge always is to become able to express these feelings of bliss and joy throughout the moments and days and months and years. The expression of joy is a natural state. It has to do not with any portion of the physical body but rather the movement of the energetic body into a position of balanced openness so that the energies that are moving through are able to do so without what this instrument would call distortion. The set energy of the universe, that OM of which you were speaking earlier, is a vibration that is utterly joyful and blissful, much as those physical feelings that explode when there is the sexual orgasm. In the sense of higher consciousness this state exists as the steady state and when an entity reaches a certain balance within the energetic body and is able to open within that balance in utter trust, the result is that one

comes into a state of consciousness which the one known as R was so eloquently describing.

We are aware that in the course of a lifetime there are many times when the intersection of circumstance and personality grants a window of opportunity for the opening of the gateway to intelligent infinity. It is a direct experience of the Creator. It is never to be predicted as to how this shall occur, under what circumstances it shall occur. There is no one combination of efforts or words or positions or rituals that can bring about this particular state of consciousness. It is almost as if one emerges into it from a fog, a fog that you did not see, a fog that you did not know you were in the midst of until suddenly the mist clears and the sun shines, and all is made perfectly, and quite perfect. This state is a true state. It is not the same as happiness which, as it comes, guarantees its own departure. This is a state that can be and has been by many allowed to remain through tragedy and times of personal difficulty. This is a state that cannot be destroyed. This is the temple within that no power of life or death can destroy. Yet the experience that many have is of coming into this temple and going out, coming out and going in, being in that state and then abruptly being abandoned on the shores of consensus reality.

The techniques of hard work and dedication have a certain justice and a right place within the efforts to find and to retain that state of consciousness which sees all beings as one. There is a certain degree of simple persistence which equals very hard work for most entities in keeping a practice that is daily. This instrument has oft spoken of a rule of life, for she has found it helpful in her own process of coming into her bliss and certainly we would recommend this simple, hard work and the perhaps rigid ethic of a daily practice that places before the eye in every day that lit candle at the altar within where time is spent in silence and in opening the heart to the tabernacling with the one infinite Creator that always awaits within the tabernacle. This tabernacle is your own heart and it is a blessing indeed that so many entities upon your planetary sphere have at this time that practice of daily seeking through silence. More and more entities among your peoples are awakening and are feeling that need to move within to a place of worship, of ideals, of adoration, of dreaming that within your Western culture has become increasingly unavailable from the standpoint

of those religious institutions that attempt to offer the feelings of the spiritual community.

Perhaps it is well to say at this time that the freshness of love is that which spiritual communities are most excellent at maintaining within the members of that community. We do not wish to criticize or to judge your churches and temples and holy places except to say that, more and more, those entities which are awakening have not found their home within the established buildings that hope to be spiritual communities by virtue of their name. What we find is that, as it has always been, the liveness and freshness of spiritual seeking is a matter of people and not institutions. The hope of creating an institution that will carry on the practice and make it available to people is in essence an anthropomorphism where the spiritual entity seeks to re-create the family as a permanent thing when in fact each family is always renewing itself as entities leave this plane and other entities are born into this plane within their family. Consequently, those who are moved to be pastors and ministers and priests may well have that open heart which creates a loving atmosphere and authors a place of safety for those who wish to seek together. It is possible to find this within the church, within any religious practice, but it is a matter of moving from group to group until one has found not only the way of worship that appeals but also the energy within the leader and also within those within that particular group that is comfortable and supportive and encouraging to you personally.

We find that in groups such as this one which gather in homes and are unofficial and spontaneous, the likelihood of fresh energy is higher because there is no reason to come to a group such as this one to express a social or a political or an economic kind of feeling or beingness, but rather, the only reason to come is that sense of a spiritual family that together may more efficiently and effectively seek than each by himself alone. We would say that this is extremely true and is a great help to remembering who one is, for there is within the earth plane at this time a tremendous number of people who have incarnated in large groups of people to serve together and much of the joys of spiritual community are involved in re-linking with those entities with whom you have spent lifetimes in the past serving together and learning together. Each time that you reconnect and re-link with these beloved strangers that are very

much a part of your energy of being, there is laid another golden strand of connection within the net of love which surrounds the Earth and is glowing brighter with every day. We are rejoicing at this point to see the outburst of newly awakening people. There is a tremendous, shall we say, population explosion of those who are awakening at this time. It makes us feel most blessed to see entities taking hold of their being and knowing themselves and their power for the first time.

As each of you moves into this awareness of the open heart and desires more and more to live there and to express that love within the light, each effort to do so makes it easier to do so once again. And each persistent effort to remain open to that which this instrument would call the Holy Spirit creates an atmosphere in which others find it easier as well, so that each of you becomes that light that is set upon the hill, that is not hidden any more beneath a bushel basket, that is not tucked away but that is glowing and burning for all to see, glowing not with the energy from the self but with the energy that moves through the self, so that this is not a tiring or effortful thing but, rather, an expression of the utmost peace.

This instrument has for some time had the feeling that she dwells within a very critical and interesting time, and we also have that bias towards that feeling that these are very precious and very powerful times within your planet's cycle. The new heaven and the new earth of fourth density has been nearly completed now. Your Earth entity which may be called Terra or Gaia has come through most of her labor. She still labors and each of you may be very strong in helping her through these labor pains. The practice of moving into the creation of nature, the kingdom of the Father, as this instrument is wont to call it, is very helpful in stabilizing and deepening the energies of the balanced and open heart, for each flower, tree and breeze that blows, each element that exists, exists within a complete awareness of the one infinite Creator. Rocks, fire, wind, grasses and blooms do not have words and they do not move in the way of being self-aware in choosing in each movement whether it is in or out of harmony. The creation of the Father has no knowledge of how to be disharmonious. All things, rather, are working towards the help of the entirety of the Earth.

This natural energy has been distorted and compromised by those feelings of aggression, greed and other heated emotional states which tend not towards peace but towards the unwise use of power, whether by money, by influence, or by various means which your civilizations have developed through the millennia of your history to collect the resources that seem to be fair and to attempt to create a safety that is forever specious because the vehicles which you have chosen for this incarnation are in no case free from the limitations of birth and death. Consequently, there is a great energy within your Earth sphere at this time which tends towards the breaking down of coherent energy and the invitation to chaos which is the result of the unwise use of power.

Each of you has a tremendous ability to alter this picture, not because you can change it physically but because belief is the truth of perception. What you choose to accept as true has a very powerful effect upon that story that you tell yourself, and the story that you tell yourself is that which creates within you a safe place from which to love, to accept, and to embrace those that seem like you and those that seem distinctly unlike you, those that seem positive and those that seem drawn to a darker shadow world. Every difference that can be distinguished is helpful to that self that must conduct a life within third density. However, that ability to distinguish and discriminate betwixt souls does not serve the spiritual life. Certainly it is well to use the intellect and the powers of analysis that were given as a portion of those resources with which you meet the world. And yet beyond the intellect and its limited ability to assess true situations or the truth of the self, there is that within you which does have a far more informed point of view. You may call it your higher self. You may call it guidance. In this instrument's case she calls it the Holy Spirit, but however you personally find it useful and fruitful to characterize to yourself that guidance that comes from deep within you and which was yours before this incarnation and will be yours after this incarnation, this is that which you may depend upon. This is the foundation upon which the feet truly rest.

As each of you becomes more spiritually mature you will go through cycles of losing the balance and regaining it. This is a natural occurrence. There are very few entities who move through a life without

going through these cycles or spiritual seasons of light and dark. Certainly this instrument has had experience with the Dark Night of the Soul. We believe that each in this group has had significant suffering to bear. This is as it should be, for although it is a hard truth to understand, it is a simple truth that each of you chose a plan for incarnation, some have said a contract, and in this contract certain lessons were chosen to learn and to share in the learning of with those beloved entities with which you made agreements before this incarnation. As well, there were services that you hoped to offer.

Each of you has one central service in common and that is the ministry of essence. The task of each that is primary is simply to be yourself. It always seems as though one must do something in order to be of service and yet as we have said many times through this instrument, it is in how you are within yourself that you serve in the greatest capacity since each of you is as the crystal that transmutes and sends forth the light that is received from the infinite Creator. Each of you is an unique crystal, then, which can allow the light to flow into the Earth plane in just such and such a way that is unique to you. And when your heart is open and the light is flowing through you and you feel transparent to that energy, then it is that the most beautiful light of all colors, depending upon the personalities involved, is able to move into that grid that this instrument has sometimes called the Christ grid and which others have called the grid of unconditional love or the Buddha. This grid is that web of light, that pattern of love, that is beginning to stabilize fourth density upon your planetary sphere. Each of you is doing tremendous work for those who shall come after you, sowing seeds of light and seeds of love whose blossoms you shall not see, for you shall move on. Yet those who come after you will be able to do as they do because of reaping the harvest that you now sow with each loving thought and each contact made in love and in light.

We may say that it is well to be aware that there are many who are uncomfortable with unconditional love, as the one known as T has said. Do not be discouraged if it seems that your light is not accepted by those about you. That which is upon the surface is an illusion. The energetic work that you do is as it is, and it is not necessary for any to be aware that you are doing this work. It is not necessary for people around you to respond or seem to accept you

as you would hope to be responded to and accepted. It is only necessary that you do the work, that you keep your body, your mind, and your spirit in enough balance that energy may flow through and not be stuck in this or that place, or overstimulated so that there is a distortion because of that hectic energy of overstimulation. Realize that the spiritual path is one which extends throughout the incarnation, moment by moment, and unexciting chore by unexciting chore. There is no life which is nothing but the glitter and the sheen of holiday times and mountaintop moments. Realize too that by connecting with those around you who are of a like mind you are helping them and you are allowing them to offer their love offerings to you also.

But be steadfast in those situations which do not seem to be so full of love. Allow yourself to be the love that is brought to that meeting, to that moment, to that situation. And if, for some reason, you are flagging and your emotions are tumbled and you are weary, reach out and allow someone to give to you that which you have so often given to others. For there will be times of weariness for each soul within illusion. There will be times when circumstances come upon one which seem most difficult. And there are those stubborn traits which each of you carefully brought into this illusory incarnational experience for the express purpose of butting your head up against, of being confused by, of seeming to be flattened by, in order that you may stand in the refining fire of the spiritual distillery that Earth is and work upon these traits that you have chosen to balance within this lifetime.

It is easy to feel discouraged when the process takes you into your shadow side and you find yourself dealing with blockages or over-activations or some other kind of imbalance that seems to vitiate and attenuate your ability to be a crystal that is steady in its opening to the light and the love of the one infinite Creator. Do not be discouraged when these times come upon you. Do not chide yourself because you are not in a state of bliss. Know that your memories of that time are perfect, that they are valid, that they are the truth of you, and know that in honoring that memory and in remembering those mountaintop times you allow yourself to rise once again to that mountaintop where all is well and all people are one.

We would speak a little bit more along this subject before we open to questions simply in iterating the efficacy of meditation. The joy that lurks within the center of your being is invited by silence. It is a playful energy. It is full of light and full of dance and each of you was intended to be a dancer through this illusion. Each of you, upon the brink of incarnation, gazed at that which was to come and thought, "This will be so much fun. This will be so simple. How could I possibly forget any of the truths that I know simply by being born into this illusion? I will remember. I will remember." And yet birth comes and the air of Earth hits the face and there is the necessity to breathe in order to live, and all of a sudden the environment has completely changed and you are a helpless infant, dependent upon others for absolutely every need.

This creates a situation where the tiny child that is newborn has its first experience of vulnerability and a lack of emotional safety. Within your experiences as a child there are almost guaranteed to be repeated times where this feeling of panic and distress becomes almost overwhelming, as the environment seems not to be a safe one, not to be a secure one emotionally and spiritually. And the understanding of others about you seems to be lacking. The pressures and distortions of the birth family, the parents and so forth, almost always create these biases within one which are carried upon the back like a burden until they are once again named and greeted and faced and embraced and loved and forgiven and placed within the heart to be healed and to be forever then part of the strength of the entity that has come through many waters and is as fresh and young and strong as in the days of greatest youth.

This is the permanent state of each entity which has no age and has no falling away from strength. And it is from this perspective that it is most helpful to gaze upon the world of ten thousand things. It is far more accessible, this world, in meditation, in silence, in contemplation, in walks within the natural world, in all ways in which you can remove yourself from the various, shall we say, pernicious thought structures of your civilization. Your song that you began this meditation with was about living on the outskirts of civilization. And we recommend that you think of yourself in this way, not physically. Physically it is helpful for entities to be everywhere, especially in the urban areas that are so crying out for positive energy,

but rather in terms of being in this world but not of this world.

Thinking of oneself as an outsider is a way of preparing yourself to be a dweller upon the road to fourth density and not simply one who is stuck in third density. For the one known as R is correct in saying that heaven is here. Heaven is now. It is so each time one becomes aware of the self as a lit candle and encourages that light, that vulnerable, living light that depends upon the oxygen of the open heart. Breathe that love and light in. Breathe that love and light forth through your being, for truly it comes in and it moves out, and the blessing that you give it creates infinite brightness within it.

This instrument is instructing us that we have overstayed our time, and so we thank you for your question, and we transfer this contact to the one known as Jim so that more specific questions may be asked at this time. We thank this instrument and we leave it in love and light. We are those of Q'uo.

*(Jim channeling)*

I am Q'uo, and greet each once again in love and in light through this instrument. At this time it is our privilege to ask if there might be any shorter queries to which we might speak. Is there another query at this time?

J: My question today is about a blockage in the red ray and I would appreciate a suggestion about how to clear this with grace and ease. Thank you very much.

I am Q'uo, and am aware of your query, my sister. We would recommend in the meditative state, at the end of your day or during a portion of your day where you have time to relax and reflect, that you look at the blockage as it has been experienced in your daily round of activities. Within the meditative state then look at the experience which represents to you the blockage of the red-ray energy center. Relive that experience, allowing it to fill your being, and then in a natural fashion allow that image to dissipate and allow its opposite to emerge into your consciousness so that you see it with the same intensity that you saw the blockage to begin with. Allow this image to continue for as long as feels comfortable. Then see both the blockage and its balance as means by which the Creator may know Itself through you, and accept yourself for having both as means for the Creator to know Itself in your

being. Repeat this exercise upon a daily basis for as long as is necessary for the blockage to be resolved.

Is there a further query, my sister?

**J:** No. Thank you very much.

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

**S:** Sometimes I wonder if my dog is in more pain than I am aware of, or if you could comment to me on the right course with him?

I am Q'uo, and am aware of your query, my sister. We examine this entity. And we can suggest that the pain which this entity feels is ameliorated to a great extent by the love which you give this entity and that any pain which this entity feels is worth the continued existence within the shower of your love. For this entity learns most by being loved and by being able to give love. In this manner then, this entity then is able to become, shall we say, inspirited, vested in a fashion which increases its consciousness and its ability to perceive the love and the light of the one Creator.

Is there a further query, my sister?

**S:** I understand. Thank you.

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

**Carla:** I was contemplating using a technique in counseling where I help the person focus by moving that person down into a fairly deep state of concentration which is the essence of hypnotism, and I was wondering whether it is recommended, as an ethical person, to help a person in this manner? And also I was wondering if by my tuning I am able to assure the person's safety throughout the experience?

I am Q'uo, and am aware of your query, my sister. We are also aware of the potential for the infringement upon your free will as we attempt to comment upon a choice which you have not yet made of your own free will. We can suggest that the tool of that which you call hypnotism is indeed a powerful tool for some entities who are susceptible to entering the trance state in an easy fashion. Whether your tuning is able to provide a safe place is uncertain, for the susceptibility of each individual varies greatly. We suggest your continued meditation

upon this topic and the consideration of other means of allowing a focus to be achieved.

Is there a further query, my sister?

**Carla:** No. Thank you. I will do just that.

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

**T:** To follow up Carla's question, if Carla engages in counseling someone but if this person also comes to her with an intention of receiving counseling is this not the choice of each person, and should we not allow each person to decide whether to enter into something like this that may have an effect in one way or another?

I am Q'uo, and we are aware of your query, my brother. Indeed, each entity which enters into the counseling relationship is doing so of its own free will. However, many entities are unaware of their susceptibility to such techniques as the use of hypnosis and would not be able to give a free will choice from this inability to assess its own susceptibility. Thus care must be taken. Is there another query, my brother?

**T:** No. I understand. Thank you.

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

**R:** I have some medical problems and I think it's related to emotional blockages that I have. I have chosen to treat it with an alternative healing method. Is this a good method for me?

I am Q'uo, and am aware of your query, my sister. Again, we wish to be of service by responding to the query which has been offered to us, yet we fear that there may be some potential for our infringement upon your free will if we speak too clearly or if we advocate one means over another, for the seeking of healing from whatever means of healing, whether it is orthodox, alternative or any other kind of healing is a choice which is fundamental to the spiritual path of the seeker. For any medical problem, as you call it, is a reflection of catalyst for growth which has been offered the seeker and which the seeker has in some degree appreciated but in another degree been unable to penetrate, so that the lack of understanding of the catalyst then transfers itself to the physical or the spiritual realms in order that the attention might be gained upon another level of experience where it has been, shall we say,

unappreciated upon the mental level where all catalyst begins its journey and transmutation with a seeker.

We may suggest that the course of action which you have chosen, being that which was chosen by your free will, is helpful in that regard, for you in your conscious and subconscious abilities have assessed your situation in such and such a fashion which then has resulted in your choice of alternative means of healing. We suggest that you continue in choosing that which feels most appropriate to you. There are many means of seeking healing. That which speaks to your inner voice, to your heart, then, is that which will, in most cases, be the most efficacious in bringing about a resolution of the medical situation, shall we say. We apologize for seeming to be unable to speak to this query more directly, but we hope that you will appreciate our desire to maintain your free will. Is there another query, my sister?

**R:** Can you give me any advice on my spiritual development?

I am Q'uo, and again we find ourselves up against the full stop of the infringement upon free will, for to give advice in such a general fashion would be to seem to judge, and we do not wish to be a judge of any entity or the path that any entity follows. We affirm each entity's choices and can suggest again that the path which you follow in your spiritual seeking must needs be that which speaks to your heart rather than that which another suggests, whether that other be revered and honored and seeming to be possessed of greater knowledge or to be an ordinary entity upon your street. For there are as many paths to the one Creator as there are entities who seek that One within all and within the self. Follow, then, that which is in your heart. Follow that which speaks to your heart and be always willing to increase the intensity of your seeking, the intensity of your desire, and the meditation that we always recommend for every path, for every seeker, for meditation is the surest means that we know for any seeker in third density to approach the infinite Creator.

Is there another query, my sister?

**R:** No. Thank you.

I am Q'uo, and we would ask if there might be a final query at this time?

**Carla:** A question came to me as I was looking in the mirror. Sometimes I just look into my eyes in the mirror and I am always struck by a quality that is more than me and really I can see the citizen of eternity that is living within me. Is there something about the eyes that has this capacity to reveal the soul? And is there some way to encourage that?

I am Q'uo, and I am aware of your query, my sister. The optical apparatus which you have described as the eye is the primary means by which stimuli are appreciated by entities within your illusion, for most do not see with their hearts the great panorama of experience that is available to each within every moment of the incarnation. Yet this way of seeing is possible for those who have opened their inner eye. Thus, the ability to see is that which has been relegated to the physical optical apparatus and the inner ability to see then must needs be translated, shall we say, so that when an entity begins to see with more than just the outer eye then there is the ability to apprehend more qualities of the self and of the life experience than are normally to be had with the physical eye. Thus, when one who seeks in a conscious fashion upon the spiritual journey takes the opportunity to look within a mirror, as have you, the perception begins to expand beyond the image first seen. There is the possibility of viewing other qualities, other resonances, shall we say, within the current incarnation, so that the experience of seeing within this fashion and with this feeling/tonal becomes enlarged and there is perceived more than the image in the mirror. This ability to enlarge the range and depth of vision then can be extrapolated so that previous incarnational characteristics may begin to flash before the outer and inner eye. Thus, one may begin to see other aspects of the self, not just from this incarnation but from those previous to this one which have significance to the current incarnation. Thus, the experience of looking within the mirror and concentrating upon the eyes may indeed begin to show more of the soul aspect of the entity. And this may also begin to trigger memories that are from other incarnational experiences but which play a role in the current incarnation.

Is there a further query, my sister?

**Carla:** No. Thank you.

I am Q'uo, and we thank you, my sister. And as we are aware that we have spoken overly long this particular session of seeking, we would close this

session by thanking each once again for making those sacrifices which were necessary for each to join in this circle of seeking this day. We are always most honored to be invited to join you in your meditations. We cannot thank you enough for the heartfelt queries which each has offered to enhance the understanding of the spiritual journey. We assure each that you do not walk any portion of this spiritual journey alone, for each has those teachers and guides that are unseen to the physical eye but surely walk with you each step of your way. There are no mistakes upon your journey, my friends. There are many coincidences and to the seeker which keeps the open eye, there is much that each journey's experience can offer. And we thank you for your diligence, for your intensity of desire, and for the love in each heart that springs forth at these times and at many other times during your daily round of activities.

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





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## SPECIAL MEDITATION MAY 16, 2002

**Question:** Q'uo, this is a question for T1. The question will be sort of broad and possibly double-based: "I'm interested in the best way to deal with the catalyst in my marriage and how I can be of service and love in that area as opposed to adding to the catalyst and direction for life in general. I feel there is a beating in me that I can touch and feel, and I seem to be doing something with the soul purpose sort of like what I was reading about in *The Law of One*, Book V, what you had mentioned about 'silver flecks'; how everyone has their own knowing that they are on the right track. Well, sometimes mine, I guess, may be just a quickening pulse, shivering, you can call flecks at some times. The burning in my lower and upper chest, sometimes, throat. I'm of the mind that this is a 'use it or lose it' type of phenomenon, and I don't want to lose it because I'm not focusing or listening in the right direction to what's happening. Synchronicities happen all the time in my life, but I don't know what they mean. I dream and record my dreams many times a week, but I have no idea how to interpret them even though I attempt to. Even trying just sort of confuses me, or they're more complicated. I know this is a way for God to guide and direct me, anyway. I know there are two big, huge issues or maybe one in the same, basically, about my marriage and the catalyst there; how to learn from it; how to take advantage and learn from the synchronicities in dreams and moments in my life that are filled with soul and direct them into

what I should be doing with my life or even spare a love time that I could have to be creative, write, sculpt, etc."

And, Q'uo, we'd also like to know how you feel about doing personal sessions like this. We'd be interested in your comment, maybe, this time.

*(Carla channeling)*

We are known to you as those of the principle of the Q'uo, and we greet you in the love and the light of the one infinite Creator. It is a great privilege to be called to your group this evening, and we thank you very much for this opportunity to serve. We are glad to share our opinions with you upon the interesting subject of how to be a part of the good in someone's life and not part of the difficulty and of how to use those bits of pieces of guidance that drift from the infinite world of the metaphysical and the unconscious up into and across the threshold of the conscious mind. As always, we ask only that you use discrimination in listening to and judging those things which we say. For we are not authorities but, rather, your brothers and sisters of sorrow. If something seems good to you, then by all means use it as a resource, but those things that do not seem good we ask that you lay aside and think no more about them. For, truly, each knows the resonance of truth within her own mind.

The one known as T1 has said that the two prongs of this double question are perhaps intertwined and

perhaps more unified than double, and we would agree that in a way they are two sides of a mirror or two faces of a coin. For the same information is, perhaps, helpful in many ways in answering those questions. Let us start with that question concerning how to be a servant of the light within a personal relationship such as a marriage. Our model or paradigm for responding to this query is a simple assumption but a sweeping one, and that is that all is one, that that entity which is a mate is the projection of the self into the face of another self; both entities being the Creator. The efficiency of this method of mirroring and projecting images upon the screens of each other's field of energy is precisely the purpose for which many entities chose to make commitments and form relationships. The catalyst, indeed, is the prize, not the problem, of the relationship. For it is in working with the catalyst of the self as projected onto the other self that the entity comes face-to-face with the refining fire of realization that this, too, is a part of me. This is what enables people to look at, to accept, and to come to love what this instrument has sometimes called the shadow side, the darker side of self, that side which knows the good but enjoys that which is of the darkness. It is not possible to remove the shadow from the self, for each contains the seeds of all things; each is truly the holder of the universe within the self. And if the self is all things, then it also is in part a shadow self; a darker, richer-hued, and more difficult to comprehend part of the self.

It is easy for this vision and view of the self to generate fear, and, as the one known as T2 was saying earlier, in whatever guise this fear is, it is there that the catalyst will be rich upon the ground and ripe for the plucking. So we would suggest that in a relationship it is, perhaps, not a skillful goal to wish not to perform the function of acting as catalyst for another, for this would suggest that catalyst is an unfortunate thing. And, indeed, we would suggest that that which is truly unfortunate is that which never changes, for it is not a part of the experience of rock or air or wind or water or plant or animal to remain the same. There is a flow to the destiny of each entity that is as close as breathing, too close to reach for, for it is already part of the environment, the ambient atmosphere of the self. It can be sensed, although usually within the conscious, daily round of activities it cannot be seen or heard or touched. There is, as the one known as T1 has said, that quickening of the self that gives the intuitive,

conscious mind a small affirmation that energy is moving, that magic is near, and that there is guidance and power in the very atmosphere about one. And, truly, these are what the one known as T1 called soul moments, and yet we would suggest that each moment is, to the one whose senses are fully unguarded and undefended, a soul moment. Each instant is a now that is infinite, and the possibilities of each present moment of now are stupendous.

We would suggest that in the outworking of dynamics between two entities there is a fine and movable line betwixt viewing catalyst as difficult and viewing catalyst as a rich and welcomed opportunity. That fine line has to do with safety and trust, and the question then becomes within relationships: "How does one become a place of emotional safety for another entity so that even within a disagreement, even within the tangles of personality and circumstance, there is a feeling of trust that enables each to feel comfortable in misbehaving and apologizing and discussing with utter honesty those things which lack between the two?"

The grit of life can easily be seen to be a thing that is unfortunate, and we would offer the image of the pearl, which is the result of the irritation of the sand within the shell of the shellfish known as the oyster. Without the refining fire, without that distillation of spiritual maturity that such seeming difficulties offer, that pearl, which is each of you, should never properly be polished into its complete and perfect beauty. We do not suggest that there is an easy way to do spiritual work, either by the self or within relationships. It is not even easy to deal with the self or with relationships following the rules of the physical world and what this instrument would call consensus reality. The advantage of dealing with such issues as a spiritual entity is that advantage which sees a wider and more fundamentally powerful point of view, a point of view which offers a more sturdy resource than the shifting values of your third-density world.

The values of the density which calls each are very simple. If one looks within your holy works and reads those words which this instrument calls the Beatitudes, much can be learned of the way of love. For those who are humble and poor in spirit, those who mourn and those who are peacemakers, are those who are blessed; are those who have gifts in their hands and good work to do. This is what this

instrument calls process: the moving into the tangled part of a relationship buoyed and lifted not by rules and regulations and agreements and those things of the linear world that keep the lawyers among you so busy. But, rather, we speak of a spiritual world that calls one to look for ways to offer the self, as a radiant sun offers sunshine upon the whole earth; not judging betwixt one person and another, one species of plant and another, one place and another but, rather, shining impartially and lovingly upon all.

When one allows the wings of faith to lift one, there is much love that begins to circulate around in that spaciousness that is made by living in faith. There is something about the leap into midair that strengthens that which was being sought: faith itself. There are times when it is very helpful by faith alone to realize the most fundamental truth of all relationships, which is love, unconditional, absolute love from one soul in its perfection to another in its perfection. All those things that seem imperfect are part of the illusion of personality and what this instrument would call ego. Beneath each difficulty that tangles two upon the soul level lies a unity, a oneness, a union, that is profoundly more the truth of the relationship than any structure of description that contains itself in words rather than in the open heart which knows that it loves, though it knows not, perhaps, how to respond to a certain situation or to a certain moment.

It is an interesting thing to look at what the self tells the self, for there are many times when the self that is not fully aware of the possibilities may find many faults within the self and within another. And it is well to be able to speak of these things, yet, beneath this level, there is the level in which the truth is love. Consequently, when the moment comes to have a response to catalyst, let that response be the response that answers the question, "Where is the love in this moment?" The goal between any part of the Creator and another self that is also part of the Creator, is to serve, to love, and to accept the love offerings of others. Often, these love offerings are clumsy, mis-expressed, even meaningless in a linear sense but only containing the non-logical meaning of emotion itself; emotion that is carried, perhaps, even from lifetime to lifetime, looking for a way to balance those energies that are unbalanced.

So, we suggest that each see a relationship as an opportunity to be in love with the Creator, to tend to an angel that is in your care, and to refrain from the judgment of behavior but rather find ways to express those positive aspects of love which come from the open, accepting and forgiving heart. We do not offer that which is easy to do as a suggestion, but we do offer that which is, shall we say, the higher path, the path that will tend to bring the relationship into its own balance, whatever that may be. For beneath the questions of this kind of love or that kind of love flows the current of friendship, companionship and that wonderful ease that comes to those who truly and unguardedly love.

We would gaze now at the question concerning the use of synchronicities and dreams and the concern that there might be a bus that the one known as T1 is missing, because there is not very often at all that feeling of linear understanding and the feeling of controlling or being able to grasp that which is occurring within that flow of the unconscious into the conscious mind. And we would say to the one known as T1 that she is in her young years for working with this question and that this is, indeed, a very profound and central question within this particular incarnational experience and certainly looms large in that experience that is the life of any awakened soul.

The nature of the subconscious or unconscious mind, as it is known among your people, is that which is of a different order of magnitude than the conscious mind. Rather than having a tremendously complex machine, which is that which your brain is as a human being, your consciousness is one atom of an inorganic organism which is the infinite Creator, so that you are the sun within your own constellation of being and are the center of your world, and yet, at the same time, every other soul is also a sun. And so, those near to you are as the galaxy, and you dance as stars dance, rotating about each other and swimming in a sea of infinite possibilities. In the subconscious mind an infinite number of things may be happening at any moment that are coming into the unified soul-stream of the entity from various places within the circle of incarnations that is all of the incarnations that you have experienced and will experience within the entire octave of densities that makes up this particular creation. Consequently, that which makes it through the threshold from the infinite

metaphysical unconscious into the relatively limited, structured, almost cartoon-like shapes of the conscious mind and its logical thought constructions, is, indeed, only the hint and the whisper and the nudge that suggests and creates feelings and emotions. Thusly, it is not well to bear down too hard upon attempting to understand how each message works.

The magic lies within the feelings that synchronicities, dreams, visions, coincidences, magical experiences, in general, create and rouse within the self. These emotions are precious, precious things and throughout the incarnation each is working to purify, beautify and make more truthful those expressions of pure being that emotions are. So, in looking at synchronicity, in looking at the parts of dream, ask the self, "How do I feel? What color is this emotion? What part of myself does this seem to figure for?" If the synchronicity has to do with an animal, what does that animal make you feel like? What emotion has it roused? If it is a dream, the purpose of such as dreams is to speak to the self concerning the self. Consequently, each figure, each detail, each process within the dream is the self. There is no need to seek far for who these characters are, for they are all the self. It is as though each entered a world, within dreaming, where everything was a symbol that is used because it is the closest construction to create a precise shade of feeling that can be found by the ever-creative subconscious mind in its great desire to communicate its essence to the conscious self.

The sharing of gifts is a portion of the question that can be responded to best taking the fruit of the statements that we have made concerning the expression of radiant love that flows through one, rather than from one, and the allowing of symbols to enter the life and to move the heart and the emotions and then simply to realize that one is on a voyage of service and discovery. Sometimes one is about one's lessons, sometimes one is concerned only to serve in a certain situation, and sometimes the opportunity comes to share that most precious thing of all, the essence of the self.

And that is what we would share with you concerning the question of what one "should" do in order to express the joy of spirit and the pleasure of service to others. We would ask each, then, "What do you desire if you close your eyes and envision the

peak of peace and contentment? What do you start to imagine?" In times of change, in times of awakening and transformation, often it is that the most meaningful ways of sharing gifts are not seen, because they are too common and too ordinary. However, the ministry of essence, as this instrument has called it, the priesthood of being who you are and allowing your truth to shine, is a most precious gift to give, and it is truly the deepest and the most central gift that each life does give to the world. For each came into the world to be the light of the world; each has the capacity to be the hands, the arms, the loving hearts, the loving mouths of the Creator that speak, that reach to hug, that curve to smile and stop to recognize and honor the divinity of each other self. This principle that is you is unique, and yet you carry crystal within you through which the light may shine.

This energy does not need to come from you. All you need to be concerned with is allowing yourself to be ever more truly and deeply yourself and in that comfort of self to bless and welcome and open to the infinite energy of the one Creator as it flows through from the limitless white light of the great original Logos. Once that energy has been begun, the energy itself, as it circulates, rotates and spins, begins to bring naturally to the self those opportunities for outer service that one has planned aforesaid for the time when spirit within was mature enough to take it up.

We may suggest that there are many opportunities to heal, to be a healer, to be an agent of healing energy and that this healing has as many avenues as there are personalities. It is as though each of you were as the stained glass of a rich and beautiful design. All those colors within the window that is you are your very own; no one else has selected the way that you move energy through your energy body. And this means that you are creating a constant tapestry of color and music that is the personal signature of yourself, and this energy vortex, as it moves through the cosmic energy vortexes that are figured forth in the outer world by your planets and your stars, moves you along with the flow that you and your guidance created at the beginning of that web of energy that is called a given incarnation.

We would suggest that the silence and the intent are those two things which shall be most helpful as practice that creates habit that creates a

predisposition to an increase in the level of awakening. There are many ways to be silent, meditation being one, contemplation being one. Any form of silence within is to be welcomed and to be applauded, for that is an atmosphere which opens the self to the self; that is that attitude which allows the intent within to come clear, to speak lucidly within the self so that the self ceases asking and begins to know. The asking comes first and then repetition and persistence carry one forward. It is not known when such a process will ripen and come into the conscious mind as a pattern that is seen and [understood]. But we ask that there be the continuing attempt to trust this process and to trust the self and its discriminatory powers. It may seem that much is not understood, and yet we have often said through this instrument that understanding is not something that any within third density may expect to achieve. Rather, what one may achieve [in] third density is an increasing purity of choice, and, once that choice is made to the full satisfaction of the self, that choice of radiance, of service to others, of unconditional love. Once the path of the open heart has been taken, then we would suggest trusting and embracing the light that you feel and moving as a dancer even when you stumble and fall. Let there be the light touch as well as light, and let the self be merry and have its laughter and its happy times.

We would at this time speak a bit more through this instrument and then we would transfer to the one known as Jim. The one known as Jim asked concerning our feelings about working with this instrument on the behalf of the questioner who has made a donation to this instrument's bank account. And we would say to you that our issue is always with the preparation and the tuning of the channel. It is not relevant to us whether or not your money, which is a kind of energy, has been given a spin. What is our concern is always the honesty, the integrity, the purity of effort made by a sincere and willing servant of the light to speak those things which we offer. The only difficulty that we see is in the instrument's own reservations concerning the appropriateness of such actions as the one known as N and she were laughing about earlier within this situation.

It is entirely appropriate to seek the truth, and when it is done with the sincere effort that this instrument and that this group offer, we are grateful and overjoyed to be of service by offering those humble

thoughts we have to share. We would ask this group to realize that there is energy in all actions. There is as much energy in refusing to take money as there is in the energy of taking money. It is a different energy. Both energies could be positive or negative. Allow the energy to spin always clockwise, to move always towards the light. Follow those magical principles which the one known as Jesus the Christ offered so simply. Each is here within the Earth plane as a messenger from the Creator. May your light shine forth; may you serve, and, truly, you cannot help but serve.

We would at this time transfer the contact to the one known as Jim in case there are any remaining queries within this group. We thank this instrument and leave her in love and in light. We are those known to you as Q'uo.

*(Jim channeling)*

I am Q'uo, and greet each once again in love and in light through this instrument. We would offer ourselves briefly for any shorter queries which may be upon the minds of those present. Is there a query at this time?

**Questioner:** Yes, I have a question that concerns a great and grand friend of mine, my son, M. He at this moment is experiencing catalyst with his employment and also with his status of being about to become a new father, and he's caught up in a thing, a situation, job-related, that is sorely testing his self-esteem, and I've tried to advise him as I can, but I guess I'd just like any comment that you may have. Now, I either myself can go about helping him, or he can help himself which, ultimately, is the same thing. Anything that you could comment with, I would appreciate it.

I am Q'uo, and we are aware of your query, my brother. When one wishes to reassure another who is worrying and fretting concerning an outcome that rests within the future, it is well to do as you have done and that is to give your patient counsel that all will be well, for, indeed, there is a plan which each entity follows, whether it is known or not consciously. This plan has been created by each of you with assistance previous to the incarnation from those teachers and guides who are your fellow travelers, who themselves move in other realms yet walk closely with you here in this illusion as well. Though it may seem that there is difficulty, doubt, confusion and a myriad of other emotions and

possibilities, each foot is set upon firm ground to teach just that lesson the moment has to offer, and this lesson is appropriate to each entity. Though those times of difficulty may not be sought consciously by any seeker, yet they teach as well as any and, perhaps, better than most, especially if one is able to look consciously at each situation for the fruit that may be gained by partaking fully within that situation. You do not live lives that are truly chaotic, out of balance or off the beam, shall we say. It may feel that way to you for a while, yet, this too teaches. Learn everywhere, everything, at all times! This is a possibility; this is actually what occurs for each. Most of what is learned remains between the worlds of the subconscious and the conscious mind. The conscious seeker seeks to make this a more conscious activity. Many blessings on this journey and for this effort. It is a valiant one and the outcome is well. Be assured the outcome is well.

Is there a further query, my brother?

**Questioner:** No, thank you very much.

I am Q'uo, and we thank you, brother. Is there a final query for the evening?

**Carla:** Yes, I have a question concerning my vital energy and the frequency with which I can accept such channeling opportunities. My guess would be no oftener than once a week. Would that be something that you can confirm?

I am Q'uo, and am aware of your query, my sister. As we assess your vitality as an instrument expressing the vocal channeling, we would suggest that there be no more than the one session that you have determined yourself in addition to any regular channeling that you partake in on your first and third Sundays of each month. Thus, most weeks would have but one; two each month would have two as possibilities. Do you understand, my sister?

**Carla:** Q'uo, I think I do. You're saying that I can have one a week for private people and once every two weeks for the public channeling, and that will be adequate, and there's no lower limit; it's okay if I don't do any and just do two a month. I should not do more than six a month. Is that correct?

I am Q'uo ...

**Carla:** Or seven ...

This is correct, my sister. We would agree with your former number, that being six.

**Carla:** Ah, but, Q'uo, four times a year, there are five Sundays in a month, so that was why I added seven, because four times a year I would have seven opportunities instead of six. (*Laughing*) Moving right along ... Thank you very much. Thank you so much. I appreciate that.

I am Q'uo, and we thank you once again, my sister. We find that this session of working has exceeded the comfortable period of your time, thus, we shall take our leave of this instrument and this group, thanking each for asking for our presence and thanking also the one known as T1 for her heartfelt query. We hope that we have been of service.

We are those of Q'uo. We leave each now in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✽

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## SUNDAY MEDITATION

MAY 19, 2002

**Group question:** Our question today is sort of two-pronged. The first part has to do with the energies, the spiritual vibrations, of the evolution of the planet, its population, and each of us individually as well. Some people spoke of being able to feel these vibrations more intensively now, and we are wondering if you could describe these vibrations to us, their nature, and how we could work more harmoniously with them so that they are not so overwhelming. The second part of the question was: when you speak to groups like ours, could you give an indication of how it is you feel when you have been successful? What are the usual needs of the group and what are the services that you provide to meet those needs?

*(Carla channeling)*

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank each of you for being part of this circle of seeking. It is a true blessing to us to be able to be called to your group and to share in your meditation and the beauty of your energies. It is a unique pleasure, different each time, as each of you has come to a different place in your seeking and in your process, and each shows us new colors and tones of colors each time that we meet. We also greet those who have not been to our group before. Each is most appreciated. The time that you have found for the seeking creates the opportunity for us to serve, and we are most thankful. We ask only that you listen to our words with discrimination, taking only that

which seems good to you and leaving the rest behind. This enables us to share without being concerned that we will infringe upon your free will.

Your query this day is most interesting, covering as it does two seemingly disparate subjects: that of the energies that are transforming your planet and that of the way that we serve and the kind of results that we hope for.

Let us begin by becoming more aware of the energy that each of you sits with, as if you were the center of an energy nexus, which, indeed, you are. Feel that feeling of being the self, the energies of essence, those energies that are so familiar and so near and at the same time perhaps often unthought-of, as though because they do not show, because they do not have substance within the physical world, they are left somewhat neglected. Relax all of those tensions that are confining or narrowing your energy stream and come into the full feeling of yourself. For each of you is a spark of the Creator. Through each of you the universe has its being. That consciousness which you carry is the heart of yourself and is infinitely precious.

Now we would ask you to become aware of the energy of others within this circle of seeking. Feel that entity upon your right and that entity upon your left. Begin to sense the link between each, the overriding unity of identity between you and those within the circle with you. Allow that sensation of shared aura to begin to rotate in a clockwise manner about the circle. What color is that light? It will be

somewhat different for each as each views from a unique point of view. To some it may be white. To some it may be golden. To some it may be violet. Whatever your perception, for you it is an accurate and helpful one. It is your subconscious way of describing to yourself, for yourself, this sensed energy.

Now we would ask you to become aware, if you will, of our energy, as a kind of engirding support to your meditation. It is as if we are a carrier wave that enables your meditation to be somewhat more sturdy and more stable.

Now we would ask you to open up your senses and become aware of the energies of the earth under your feet, the sky, the air, the wind above this roof, the warmth of the sun, the motion of the planet, and the energies of the planet and stone, sea and river, plants and animals. As your heart beats, so the rhythm of the earth itself is affected. As the tides turn, so the beating of your heart is affected. Each of you has ripples of effect upon each other. Each whom you meet ripples out and affects you by the wake of energy that each brings and shares.

This is the world of your energetic body. This is the world of an incredible variety of beings that live within the inner planes of your planet, many teachers and many healers, many wise entities and certainly many beings of mischief and fun as well as those darker entities that would delight in feeding upon the darker emotions that you may offer: pain and fear, the suffering. It is a rich and challenging atmosphere, the atmosphere of this energetic being that you are. It makes the world of physical reality very simplistic and almost like a comic book. For the strokes are broad and not as subtle as the gentle and infinitely moving and flowing waves of the energy that you are.

At this time among your people and, as the one known as D says, for some time before this, the energy upon your planet has been transformed as the Earth mother of your planet itself moves inexorably to and through the process of giving birth to fourth density. The change within your planetary energy grid is remarkable. Indeed, there is a new grid which this particular instrument tends to call the Christ grid but which may be seen in general to be a pattern of energy nexi which surround the planet like a net, we would say a net of love, a net that is made of fourth-density light. It is woven with golden

strands offered by each of you and offered by many, many entities within the inner planes of your planet as well. There are many beings who have dedicated themselves at this time within the inner planes to the ceaseless task of offering thanks and praise as they move along these lines of energy and connect one point to another with strand after strand of coherent light which is that stream which is created when each of you prays, meditates, or opens the heart in any way.

This transformational light is profoundly different from that light which you have been processing through your physical body and the finer bodies of your energy system in previous years. Its energy is of an entirely transformed nature and may we say that this energy is oftentimes that which creates some discomfort for those who have become aware of it and who have begun to respond to it. In any change there is discomfort, even in the happiest of changes such as in the occasion of marriage or upon the occasion of birth, and in a way there is both a birth and a marriage taking place at this time.

The birth is that of the planet beneath your feet, and the marriage is that between the self and the fourth-density portion of yourself which you have brought within you into this incarnation to be activated by this light at this time. It is a marriage of self with a higher aspect of self. And yet this new aspect of self is a stranger, a new portion of the self that has yet to be fully recognized. Under the influence of this light, at the cellular level, your genetic structure is being offered the opportunity to become more organized. This instrument's scientific knowledge is slim but we find within her mind the concept of DNA and we say that at this time, each of you is capable of creating new strands of DNA which allow a far more open door between the contents of the conscious mind and the treasures of the subconscious mind.

Many of you, perhaps, are experiencing various aspects of your subconscious at this time flowing far more freely into physical awareness. This can have very discomfiting effects at different times. It depends entirely upon the amount of attention that you are paying and the growing ability that each has to see through the circumstances of your daily life into its essence. Some of you have been speaking of experiencing various symptoms, and this is to be expected. This is a typical response to new vibrational levels and, indeed, it does create a sense



of great intensity from time to time in most awakening entities.

Is this a blessing? We feel certainly that it is. We feel that it is a very helpful and powerful time for each of you. It is as though you are rediscovering an aspect of yourself that we would call mastership or priesthood. For within this new vibration, it is possible to sense yourself as a spiritual being entirely, a creature of spirit, a minister of love and light. Within this very exciting time among your people, our hope is to assist in opening the awareness of those who seek to do so. The one known as S was asking what sort of service we provide and what the results are. The service that we provide through this instrument is linear and yet we find that when we speak these poor words of language through instruments such as this one, we are able to use the coloration and timbre of that instrument's emotions and personality to enhance and to stain our very simple message of love and light with the colors of individual personality, incarnation, and point of view. We must blend with the energies of instruments such as this one. We find it a most interesting and creative way to work with those concepts that fit so poorly into the shape of human language and yet explode with meaning when allowed to rest in the space between the words.

In the next density you will be able to open that telepathic sense that eludes you most of the time within this density and you will grasp the poverty of language compared to the richness of concept communication, for words are a filter to the wholeness of truth, straining out many things in order to say one. Perhaps our most fundamental service, as we perceive it, is in bringing to people, in groups such as this and as they ask individually, an experience of unconditional love. We do come to you in love. We come to you in radiant light. We float upon the wings of utmost purity and meaning that we know. We hope to blend with each of you in such a way as to enhance your own sense of joy and peace and balance. We open our arms and embrace you. We love so much. Each of you is a master who has not yet become fully aware of that. This instrument was speaking earlier about how foolish she felt. We find that this is the human experience in cameo, that feeling of being inadequate to the moment, of being imperfect and one step behind. Of not being the one who has a clever word, but the

one who stands in silence thinking seriously of something clever to say.

How true it is that each of you suffers within this illusion of life on Earth, each in a very unique and personal way. Not all entities experience the same thing, but each has its patterns of light and dark. Each has its travails and sorrows and its joys. Each has those shining moments and those moments of bleak despair. Our hope in this work is to enter into relationship with those who ask for communion and companionship in such a way that there is an enhanced sense of the reality and sturdiness of love within your being, within your life experience, and in the very air around you. We would like to create for each a more substantial bubble of fourth density that you may walk within as you go about your business upon planet Earth.

Oftentimes we work on the individual level to join a meditation. When entities do not meditate or ask for us on the conscious level, but are calling for comfort upon the unconscious level, then it is that we work with dreams in order to create within the dream state that comfort and safety that oftentimes is missing in the life of those who wish to serve the light. It is a peculiarity of the spiritual path that it at once brings all entities together and isolates each within its own process. We hope to be a healing influence for those who sense themselves as being isolated and stuck in lack of communication and lack of companionship.

For those who, like this instrument was saying earlier, are attempting to pray on the run we simply attempt to act as a carrier wave beneath the chores of everyday. Our advantage is that we are very used to working with the energy bodies. It is our version of a physical body. As beings of energy, in a far more conscious manner than each of you, we are somewhat more able to facilitate the blending of energies.

It is as though we come to encourage and support each of you and then call you forth, as the spirit and spiritual energies always do, to minister to each other. For in truth there is nothing that we do that you cannot do as well. It is a matter of experience on a conscious level versus inexperience on a conscious level. However, beneath the threshold of consciousness we are completely and utterly equal and that which you know within yourself is precisely

as full and whole a knowledge as that which we hold and know.

Our results are, in the sense of feeling that we have been effective, enormously uneven, and we are quite content with this apparent variation in success. It is not a matter of filling a specific quota or creating a specific result. For us it is a matter of finding ways to communicate within your density that do enhance, but do not infringe upon, the identity, the wholeness, or the integrity of each of you. If we could give you a feeling of how we see you, it is as entities of enormous courage, sacrifice and beauty. Each of you, in choosing to come into incarnation, did, indeed, take a chance in terms of the sacrifice of comfort. For within the spirit world, there is that lack of a veil between the self and the glory of all that is. Wordsworth once wrote in a poem that infants come into this world trailing clouds of glory. Glory is a much underused word in that there truly is a glory to the present moment, there truly is a glory to the universe and there truly is a glory to thank the Creator for. One has only to gaze into the creations of the Father to become aware in a deep and an intimate way what glory is there, the blooms of the iris and the coral bell, the shoots of the tree that are fully green. This burgeoning and swelling time of spring among your people is truly bursting with glory from every hedgerow and every roadside.

Yet, there is always that glory within, there is always that urge to seek for the Shangri-la, the place of perfect meditation, the place of great power that somehow will assist in bringing those powers to a place where they can be used. And we say to you that it is your divine self that contains the power that you seek. Certainly one can feel the strength of places of power, and yet we suggest to you that as the planet itself evolves, those places of power move around. Also as the fourth-density energy takes hold and becomes stronger, each of you will become more and more aware of yourselves as places of power, people of power.

How much you did give when you gave up the knowledge of who you are, of the tremendous experience that has been your palette upon which you have drawn to create this particular lifetime! There is within each a watchtower. In this watchtower, there is a light. When you turn on this light you are as a lighthouse that beckons the weary

sailor home from the sea, that warns of rocks and shoals so that the boats may come in and land safely.

We call you masters and then, perhaps, your question is, "What shall we do with this mastership?" And we say to you that you came here to be healers of one kind or another, but not in the old sense of the healing arts, such as doctors and nurses, for each has the capacity to heal in his own way, some of you by the things that you say, some of you by those whom you attend and take care of, some of you by the sharing of the energies, some in the more specific ways of healing nature, in the laying on of hands and body work.

The difficult thing to express to you is the healing nature of many things that do not appear, within your culture or your experience, to be those things that have a profoundly healing influence. Yet those that clean their house with a certain kind of love and blessing are creating a healing space and claiming that space as sacred. When one is scrubbing a toilet, one does not particularly think that one is healing and yet you are creating an atmosphere for yourself of cleanliness and beauty, taking care of, loving, and nurturing your environment. This too is a healing, the cooking of food, the paying of bills, all of these very mundane things that this entity was speaking of earlier as her "Quick Books week." All the ledgers and columns and figures are not abandoned to ugliness, but yet contain beauty also, contain sacredness also, when they are approached with love, when they are approached as honored and respected activities within the life, they too become lessons and create blessings. Most of all they come to invite you to a fuller life, to an expanding and enhanced life. And we hope to help in your stability as you open like a flower.

We would at this time transfer this contact to the one known as Jim. Ask any questions that remain within the group before we adjourn. We thank this instrument and leave it in love and light. We are those of Q'uo.

*(Jim channeling)*

I am Q'uo, and greet each in love and light through this instrument. It is our privilege at this time to ask if there are any further queries to which we may speak. Is there another query at this time?

S: Well, I'll start out. I have one of major universal import. War Emblem won the Preakness and the Derby. Is he going to win the Belmont?

I am Q'uo, and am aware of your query, my brother. We have but a small idea as to the outcome of such events, for we do not move along those lines of investigation that would require that we invest a great deal of our energies in such endeavors. The kind of contacts that we are able to enjoy, given our origin outside of your planetary system, is that which we enjoy at the present moment, the mind-to-mind contact that has as its focus the nature of the spiritual journey and how it is accomplished through the daily round of activities. We are sure that there are sources more formidable than ours that may offer an opinion upon this topic.

Is there another query at this time?

S: No, not from me, I was just yanking your chain.

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

T: Yes, I have a question. My son is going through quite an emotional ordeal with his job and he is going to be a new father. I am trying to advise and help him, but there is only so much that each person can do. Each person has to push their own load. It all boils down to trying to advise someone about their spirituality, whether they name it as such or not. Do you have any suggestions as to how I can aid a person who is going through a pretty hard time?

I am Q'uo, and we must pause briefly so that this [instrument] be allowed to work the recording devices. We are Q'uo.

*(Tape change.)*

I am Q'uo, and am once again with this instrument. We apologize for the delay and appreciate your patience. It is the desire of many seekers such as yourself, my brother, to be of service to those who are in a kind of distress, as you might call it, needing that which they do not know, seeking in a general fashion that which specifically speaks to the spirit. As you seek to be of service to such entities, our only recommendation is to speak those words from your heart which are appropriate for the moment. Each moment is different, each entity is different. Thus, there is great room for individual expression in the sharing of that which you have to offer. As you are the same as they, your opinions may be weighed in

an evenhanded manner, shall we say, there being no great reason why any entity should listen to or follow your advice. You are free to speak as you will. We have oftentimes recommended that it is well to put oneself in another's place mentally before attempting to serve that entity, in order that you may achieve a certain amount of appreciation of what the entity whom you wish to aid experiences in its personal life. We would recommend this once more, as you seek to apprehend the qualities, the energies, and the opportunities that are making themselves available to such an entity in order that this entity may take the next step upon its own personal journey.

Is there a further query, my brother?

T: Yes, just a little follow up. There are lots of times that I feel that I know what to say to a person like that, my son or whoever. Sometimes I want to leap ahead and say this is something that he or she would want to hear. What I hear you saying is, speak from your heart, speak the truth, and if that person doesn't like it, then that is probably catalyst for them to move ahead. Anyway, is that correct, just to speak the truth and whatever happens will happen?

I am Q'uo, and we agree with your estimation of the message that we were attempting to deliver. We find that you have spoken with eloquence and have spoken to the point.

Is there a further query, my brother?

T: No, not from me, thank you.

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

**Carla:** I just want to thank you, the vibrations were beautiful.

I am Q'uo, and we are most grateful to you as well, my sister, for each in this group has provided us with the vibrations of love and compassion which make it possible for us to blend our energies with those of your group. We are most appreciative of the effort that each entity has made in order to be here this day and to share those vibrations that are from the heart.

Is there another query at this time?

*(No further queries.)*

I am Q'uo, and it appears that we have exhausted the queries for the nonce. We shall again thank each for inviting our presence on this day in your circle of seeking and we shall at this time take our leave of

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



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## SPECIAL MEDITATION

JUNE 14, 2002

**Questioner:** I feel difficulty in just plain loving so much of the time. What blocks have I created to the love within me? Where or how am I preventing that infinite energy from reaching my heart? What can I do to love and accept my family more? Is there anything I can do to bring healing where it is needed in this family, my father especially? I seem to be very stuck in orange-ray concerns which keep my focus on myself. What can I do to finish my own processes enough that I might place that focus outwards and work to actually serving another?

*(Carla channeling)*

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we come to you. We thank you for creating this opportunity for us to communicate with you through this instrument. It is indeed a great blessing to join your meditation and we thank each who has laid aside the concerns of the day in order to form a circle of seeking. It is a great blessing to us to share the beauty of each of your vibrations and to be able to serve as we hoped to serve when we joined the inner planes of your planetary sphere. For being called upon to speak upon such subjects as love and its increase is that service which is that which we hoped to offer and so we offer a thankful expression of gratitude for this opportunity and are happy to share our humble thoughts with you, asking, as always, that each choose the thoughts from those that we

offer that seem to have virtue and leave the rest behind without a second thought.

When we come to the subject of love we find that there are as many ways to approach the subject as there are stars in your night sky and yet, the energy of each star has its center in the one great original Thought that created all that there is. The expression of discomfort and distress shared by the one known as G is an expression that is very common to those who dwell upon your planetary sphere at this time. It is an ironic truth that before awakening from the planetary dream the mind of an entity is effectively asleep in a metaphysical sense so that the discomforts of being conscious and fully aware of the situation around one are muted by the dream of consensus reality. Whereas upon awakening it becomes obvious that the consensus reality is, in fact, an illusion with a gaudy surface but very little actual content, and that which was before a comfortable sleep becomes an all too sensitized awareness of the seeming gap between that which truly is, in a metaphysical sense, and that which can be expressed by the life of the everyday chores, and duties, and honors of being in the human condition, shall we say, whereas once one was able not to question but simply to abide by those suggestions of that which is worthwhile and that which is not; that which is good and that which is bad. Upon awakening, there becomes the awareness of the state of pain, and difficulty in identifying one's nature, one's goals, one's service

and one's path ahead. The life stretches out before the gaze, full of days that are empty of true meaning and vital energy. Within this condition there is one hope, one call, and that hope and call is the call of love. For love calls not only within the being but surrounding and emanating from the being. There is the hope of multiplying, by the actions of the self, the love that is available to the world without one, and the soul begins to wonder if it will ever find that seemingly secret path through all of the twists and changes of the winding road that seemed so straight, when one was asleep, but now opens out into an increasingly mazed and seemingly confused pattern of turns and twists and dead ends.

Many are the souls that sit upon a rock by the edge of this winding road alone, feeling dry as the desert, aching for company and yearning for true purpose. And this is the feeling of the desert within this dry time of awakening and getting one's bearings. It often seems as though the road truly does go on forever with no relief from the smallness of detail in the daily landscape or the yearning of the heart for greater and more abundant surroundings. We come to this group this evening with a very simple message, and that message is that this experience of dryness, and aridity, and difficulty, and discomfort is as the shell or the husk of the self and the worlds that are full of vitality, crammed and stuffed with essence, with meaning, and bursting at the seams with opportunities to be of service to the self, to the Creator, and to the world about the self. Yet, how could eyes that are so open and so aware be missing that oasis of plenty and comfort in the midst of this vast desert of experience?

We would move back with each of you, backwards in time and in mind, to a point before birth, before the approach into this illusion that you call third density. Each of you had undergone a process of planning and prayerfully, thoughtfully choosing the relationships that would serve to bring forth the patterns of catalysts that were those patterns that would engage the self in very precise and intended ways, with certain key lessons that had to do with love, with learning how to love, with learning how to accept the love of others, and learning how to be of true service and how to accept the service of others towards you. Resting in that very supported environment of guidance and planning, gazing at the incarnation ahead, may we say that each of you felt fairly confident that you would not forget your

purpose, your dreams, your goals, your hopes, and your desires for learning and for service within the incarnation to come. From that viewpoint beyond the veil of forgetting it truly looked as though it were going to be enjoyable and all too brief an experience. As this instrument has expressed it, each thought this is going to be fun. And then that point of view was lost in the rush of coming into third density fully, of beginning to breathe in and breathe out, of experiencing the limitations of the physical vehicle that must be fed, and clothed, and comforted with sleep and rest in order that it may survive, let alone be of service.

The one known as G wonders why the bulk of its thoughts and concerns at this time revolve about the self and about personal relationships. And yet, we would say that in each entity's life experience there is a constant and never-ending need for the processes of investigation into the nature of the self, and those relationships about one that have been so carefully chosen before times. In each life experience, no matter what the expectation has been beforehand of how enjoyable this experience would be, the illusion itself creates a most efficient feeling of being completely overwhelmed by the ocean of experience. The waves mount upon one another, seemingly often without rhyme or reason, and when one is washed up upon a shore in this archipelago, that shore may well be created from confusion and unanswered questions. We can only suggest to each of you that this is precisely the position in which you desired to be before incarnation. Carefully, studiously and with great love and compassion for the self, each of you planned this descent into seeming madness and chaos. Not to punish yourself, but to give yourself the opportunity to be lost within the body, the mind, and the experience of being fully vulnerable, fully blinded, fully submerged in this puzzle which is never fully worked but which cycles around so that once the puzzle is worked one way, the pieces are tossed into the air and come down to form a new pattern, a new maze, a new puzzle, in order that the incarnational lesson may be viewed once again, and then once again, and then yet again. Again, not to punish but to provide a continuing classroom in which the self begins to know the self, begins to know the mind and the heart of the self, begins at last to refine the self in the sense of coming to a new balance in that winding road of love and light. For balance there needs to be,

and it has been your judgment before incarnation that just these lessons and just these relationships would give a rich and varied diet to the soul of choices to make, of puzzles to solve, of keys that unlock chosen doors within.

There is concern within the one known as G that there is a selfishness within that is causing too much the concern of the mind and the heart to rest within those knotty problems of self, and yet we would say that this is precisely that concern which needs to be upon the mind of the individual who is young in years, and, indeed, in a cyclical manner, this process of discovering the heart of self recurs regularly throughout the incarnation. There is no sense ever of being finished. That is a vain and shallow hope, that has nothing to do with the soul within. There is not a curriculum which one may learn and then be finished. Rather, there is an opportunity, for as long as the incarnation lasts, to place oneself in what this instrument would call the refining fire, to allow the soul to be distilled again and again in the distillery of incarnation so that each time the cycle moves a round of catalyst, experience and learning, the soul is more known to itself, more available to the conscious mind, more open and unafraid, more vulnerable to joy and sorrow, and more comfortable in the midst of suffering as well as in the midst of happy times.

Within this cycle of experience at the very center of self lies that same original Thought of love which shines out of the night sky from each star. Each soul within incarnation is also a star. Each drowning in the sea of confusion is also a master. And yet the goal is not to remember the masterhood as much as [to] begin to sense the lack of necessity for understanding. The goal of this sea of confusion is to drive the attention at last from trust in the logic, and the sense of the mind and the intellect, into the heart, to release at last the demand that the life experience make any certain kind of sense, and the creation of that energy of fearlessness that is able at last to say that, "I know that I do not understand and yet, I know that I live in a world that makes complete sense. I know that I do not understand the plan and yet I know beyond a shadow of a doubt that there is a plan. I know that I shall never understand what I am doing but I have come to know that I cannot make a mistake." Then, at last, the soul within is free to take that which this instrument calls the leap of faith, where the meaning

and the sense of life, in the metaphysical way of looking at it, begins only when that leap into midair is taken. The demands of sense and logical neatness are abandoned in favor of the full confidence in the support that comes in midair.

Perhaps each of you has seen the cartoons where the coyote dashes off into midair, chasing the roadrunner. Finally, the coyote looks down and realizes that he has run out of cliff, and once he realizes that he is running only on air he sinks like a stone and plows into the ground below. This is the human condition, yet when it becomes possible for the spirit within to cease looking down, each will find that midair is a very firm support. It is written in your holy works that the one known as Jesus was walking upon the water, in the darkness of night in the Sea of Galilee, and when those who were within a boat saw this entity walking upon the water, one of those within the boat started out to join his beloved teacher, and he, too, was walking upon the water until he realized what it was he was doing, and when the conscious mind took over the faith was lost, and the one known as Jesus had to reach out his hand, and when those hands met, the one known as Peter was once again able to navigate the water, and was able to get back safely into his boat.

The daily life is much like this small fishing boat. It is apparent to the conscious mind what is needed. A support is needed so that one does not drown, and, yet, to the soul within, it is perfectly possible to walk upon the water, or, indeed, to move into the water and breathe the water as if it were air. For the soul within is a citizen of eternity and is not limited by those things which seem to limit that human body, which each of you now experiences life from within. To the outer mind, all is this detail and that; to the spirit within, it is a unified experience. Water flowing into air, flowing into stone, flowing into fire. All things transmuting and changing, yet remaining harmonious and connected in a way that is rhythmic and musical. There is a harmony and a dance that is hidden within the folds of the everyday.

The one known as Jim presumes that he is taking large machinery to the cutting of grass and yet, in the metaphysical sense, this entity is merging his energetic being with those spirits of grass, and bush, and tree, and breeze, and dancing with them in such a way that the environment is redolent with the odor of his energy, and the energy of the grass, and the

energy of the air, all combining to create a pattern of love and joy. The one known as G has experienced the large machinery of forklift and the bulky boxes and loads which are moved back and forth endlessly in that which is called the warehouse and yet, in reality this entity too dances, in a dance with wood, and dust, and air, and light, in such a way that the atmosphere is forever changed in a harmonious and loving and joyful fashion. For there are no boundaries within the metaphysical world, and that which seems most humble and most usual from the outside in is in fact simply one more way to love, one more way to share the self. So that there is no work that is better than other work, there is no service that is more appropriate than another service, but, rather, there is only that moment in which all that is needed is there, and all that needs you is available for you to touch and bless by your being.

How does one find this being within? Certainly, there are periods of time in which it is appropriate for the entity to be almost consumed with concerns about the self. This entity was speaking earlier of the concept of critical mass, and it is as though within the awakening being, there comes a time of critical mass when that which has been must be laid aside, and that which is to come must be taken up, and it is just such a season that this entity, the one known as G, is experiencing at this time, and, indeed, each of those present happens also to be experiencing a point within the cycle of the experience of learning, where there is the letting go of the old and the embracing, reluctantly or enthusiastically, of that which seems very new. Such times are times when one must move within, more than seems perhaps appropriate to one who wishes to serve others and yet, perhaps we can give you the model of the light bulb in which that light gives light to others only because it is appropriately connected to the source of power, and develops that power in such a way that the filament of that lighting mechanism is activated. An entity is not designed simply to serve others. There is an inner loop of service which is entirely appropriate, which needs to be not only created but maintained so that the filament of self within is whole, and perfect, and free of blockage that it may glow with the love and the light of the infinite Creator. No matter how much energy is developed and given out from such a light, the light itself needs to retain enough power that it may continue to serve as a light. This loop, shall we say, of power within, is

fed by a self that sees the value and acknowledges the worthwhileness of that self within. Can each see that it is perfectly appropriate to retain some energy for the self? This instrument has often spoken of being transparent to the energy ...

*(Tape change.)*

... and yet until that instrument is properly empowered it cannot be a lighthouse, it cannot fulfill those services it has intended and for which it took breath.

The love that lies within is waiting at all times and in all places and conditions. There is never a time when this love is not resting quietly, glowing incandescently within the heart of self. The love of the Creator dwells within the heart, and it is the self in its concerns that often lead one away from connecting with the self in the search outward for sources of light and guidance elsewhere, and so we would complete the beginning part of this message by suggesting that for each entity there is a most congenial way to enter into the self through the use of silence and the resting in trust. It is as simple as releasing the breath and the energy of striving so that there is deep breathing in and out, that is not stressful but rather greedy for that life-giving fuel of air that fuels body and spirit. It is possible to breathe in peace and to breathe out stress, to breathe in light and to breathe out weariness. The key always for this kind of inner work is silence. We would encourage the one known as G to take deep breaths of that infinite love and light which are always flowing from the source of all things in infinite supply. There is the desire to love, and yet love is already present. There is the desire to serve, and yet by the beauty of being, each already serves.

We would at this time transfer this contact to the one known as Jim in order that the one known as G may ask any further questions that it wishes to ask at this time. We thank this instrument for its service and would leave this instrument in love and in light and transfer this contact at this time. We are those known to you as Q'uo.

*(Jim channeling)*

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves. We attempt to speak to any further shorter queries which the one known as



G may have for us. Is there another query at this time?

G: Yes, there is. For several years now I have been unbearable fatigued. Some days I can literally feel my vitality being sucked from me, I can't find that life force and I've recently begun to suspect an infection called candidiasis. Can you tell me the cause of this fatigue or a measure that I can take to alleviate myself of this condition and ways that I can find that vital energy within?

I am Q'uo, and am aware of your query, my brother. We find that there is some information which we may share without infringement upon free will, however, there is the boundary of infringement which we must serve, for there is catalyst here that is of use in the spiritual growth of your being at this time.

The viewpoint of the self standing upon a prominent precipice and making the self ready to take a leap of faith into that which is your destiny is the basic situation with which you deal. There is the eagerness and the anticipation of the adventure that awaits, for it is that soul's destiny which you have created before this incarnation as the pattern for the incarnation which you feel is now ready to unfurl before you, as the marker, the guide post, the beginning of the great work. The dual feeling of anticipation and weariness is not so surprising when one considers the nature of spiritual paradox. Knowing beforehand that there is a great work to accomplish and yet seeing this work within the eyes of the work-a-day world, the illusion of this density, and translating the amount of work that lies ahead into the ordinary terms, causes one to feel a great burden, a great weight upon the soul, and this expresses itself in various ways in the physical vehicle, in the emotional vehicle, in the mental vehicle, and to a lesser extent within the spiritual vehicle as well.

If you choose to see this configuration of energy within your being at this time as this or that disease, and determine that you shall treat the disease, even in a superficial sense, as well as other levels of interpretation and application of remedy, then it is well to do so and to use the various healing modalities available to you as means by which you shall clear a path for full energy flow through your vehicle.

Thus, this particular catalyst can be used at any or all of the levels previously mentioned to enhance the

personal understanding of your need to make a choice, to take a leap, to begin a journey, and to be of service in every manner possible for you, and to learn that which is yours to learn, to give and to receive the love that you feel is within your being awaiting release. It is a choice which you may make upon various levels and it is the key to beginning a great work for you.

Is there a further query, my brother?

G: Yes, I have had many recurring dreams of being in school, of missing homework, not showing up to class, missing deadlines ... also dreams of playing in the school band that I was in and having difficulty playing basic songs. Can you give me any insight into what these dreams are trying to tell me? What am I missing?

I am Q'uo, and am aware of your query, my brother. We would again refer you to the beginning of our previous response in which we suggest that it was a matter of a point of view. This point of view in this instance being that opinion of yourself and how you feel that you have responded in your past to various opportunities and challenges that have been significant for you in your own growth in this illusion and within your own spiritual journey as well. It is a point of view which may be enhanced by seeing the self as the Creator, as a co-Creator of all that you experience in your incarnation.

Is there a further query, my brother?

G: Yes, by definition of being a spiritual outsider I am a wanderer. I was wondering if you can answer me whether my spirit is native to this planet or not?

I am Q'uo, and am aware of your query, my brother, and can respond in this case with the suggestion that you are of another planetary origin, of another density of origin, indeed, that which has been called a wanderer by those in this group, who has a mission to accomplish upon this planetary sphere, and who now seeks the nature and the heart of that mission.

Is there a further query, my brother?

G: Yes, I haven't experienced a loving relationship with a female in quite some time now and was wondering if I am, I don't know, meant to have one and where ... is...she out there, is that person, if there is such a thing, out there for me? Will I experience something like that?

I am Q'uo, and am aware of your query, my brother. Ahh, this one wants dessert before the main course. There is a great deal of work, my brother, that lies before you before, indeed, you find this friend upon your journey, for those of the nature of the wanderer are quite often solitary for a certain period of time, during which they find the heart of the journey, the road upon which they wish to travel. When the feet are firmly set upon this road then perhaps one day you shall notice another set walking closely beside you.

Is there another query, my brother?

**G:** Yes, if you need a description I will give you description but I'm sure you can read my mind in a sense. What did I experience the night of June 11th at two a.m. in the morning?

I am Q'uo, and am aware of your query, my brother. We are not usually of the disposition to speak to that which has not been spoken, yet, clearly in this instance we can suggest that this was an indicator, an initiatory experience that will find further repetition and permutation within the life pattern in the days to come.

Is there another query, my brother?

**G:** Thank you for offering me all these chances to ask my questions. When I am able to meditate, when I'm not very tired, I feel as if I am on one side of my head or my energies somehow are distorted; I'm angled, I'm twisted. Can you offer me some sort of explanation as to what is happening? What this is?

I am Q'uo, and am aware of your query, my brother. As your inner sensitivities become more sensitized to the experience of a metaphysical nature which is being born within you, these sensory perceptions of an inner nature will begin to be aware of the flow, or the blockage of the finer energies as they move through your chakra system. Indeed, as you feel that you feel you are distorted in one direction or another, this is a fairly accurate perception of how energies currently are configured within your metaphysical or time/space being. These energies are those with which you begin to work now as you seek the heart of your journey. The opportunity to balance them shall come to you in each daily round of activities as you are given the opportunity to express various levels of response to the catalyst that awakens these configurations. Thus, we recommend

patience and persistence in working with that which is given to you each day.

Is there final query, my brother?

**G:** In my mother's—if this isn't too long to answer—on my mother's side of my family there's been a big family blow-out, and my mother doesn't speak to her six brothers or sisters, and I've tried to find ways to mend fences and have not accomplished that. I know, I guess anything can be healed and the possibilities are infinite, but do you see it being probable that healing can take place within that family, within that situation, and, if so, can I do anything?

I am Q'uo, and am aware of your query, my brother. Indeed, there is always the possibility of healing, yet the desire to do so being absent in this case from many of those who are involved in the loss and seeking for love, there may yet need to be a time for the inner reflection, even upon the subconscious level, of some of these with whom you are closely aligned, and your part in this process may simply be to offer yourself as you are, to be spontaneous within the moment, guided by love and offering that which you feel, without dedication to any particular outcome. In other words, shining the light of your love as best you can and letting what comes of it be as it is. Perfect in it's own balance, though mysterious in it's manifestation.

At this time we would thank each present for making those sacrifices necessary to join this circle of seeking and for inviting our presence within your seeking this day. We are always most grateful to join you here, upon that dusty path which each pilgrim seeker of truth travels within the great density of choice that is yours at this time. We would remind each that we are but your brothers and sisters, who seek perhaps a bit further upon this same path, and who offer our opinions to you as those who have experienced what you now experience and who wish to be of service to you. Take those words and thoughts of ours which ring of truth and leave all else behind which does not ring of that truth for you, for we would not be stumbling blocks upon your path. Realize that each step you take is perfectly planned, if not upon this level of experience then upon that pre-incarnational level which anticipated the great range of experience that would be yours within this illusion, that you have within you each capability of meeting each catalyst with a successful

processing and ability to blend those lessons to the great tapestry of your life experience. Know that others of an unseen nature walk with you to help, to guide, to teach. And finally, we would recommend that each give praise and thanksgiving to the one Creator each day for all experience, whether understood, confused or distraught. For all is a great opportunity to learn the heart of love.

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



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## SPECIAL MEDITATION

JUNE 21, 2002

**Question:** This question is from T1, and his first question is concerning the possibility that Earth might be about to experience some major catastrophes in the next eight to ten months. He's seen a number of prophesies that suggest that this could be so, and he feels that, well, if that is so, then he should be spending his time helping people to discover this and take part in the evolutionary process, and get out and be diligent and serious about his service, but, if it's not true, if Earth is not in great danger, then he wonders should he continue to do what he likes in this life: playing games, seeing movies, going dancing in the pub. The second question is, he would like Q'uo's comment on his current progress in soul development, and perhaps some general advice as to how to be more in harmony with the Law of One.

*(Carla channeling)*

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator. His service we are proud to call our own. We thank you so much for forming a circle of seeking at this time and welcoming our thoughts. We are most appreciative of this opportunity to share our thoughts with you and would ask only that, in listening to these thoughts, each be perfectly aware that we are your brothers and sisters, not authority figures whose opinion necessarily needs to be weighted with more importance than your own opinion, your own feeling of resonance with the

material. Take what you will, and leave the rest behind. In this way, we are able to share our thoughts with you without being concerned that we will infringe upon your free will.

The questions that you ask this day concern the drama of the end of the age and the beginning of the new age, and the gentle, almost afterthought of a question concerning the general spiritual state of the one known as T1. And yet, in a way, these are one and the same question, for the spiritual state of the whole world and the spiritual state of each entity within the world are very, very closely linked. And the story that this planetary sphere shall tell to the archeologists of the distant future is a story that depends vitally and centrally on the true spiritual situation of each entity upon the planetary sphere that is interested in making a difference in the core vibration of the energy grid and the planetary population of third-density entities upon the planet Earth. It is overly dramatic to say that the fate of the world is in your hands, and yet, in a very real sense, this is so, in the same sense that it has always been so, in that the thoughts and perceptions of humankind have shaped the experience of humankind, and the thoughts of the fathers have often planted seeds that have been reaped by the sons and the grandsons and the generations to follow. So there is a very, very real connection between the spiritual situation of each entity and the way the story plays out upon what this instrument

has called the game board of free choice within third density, [the land of Earth's] reign upon your spirit.

Let us for a few minutes focus upon the concerns of the one known as T1: that many sources have expressed in recent months the concern that there is a pivotal period in the beginning of 2003 beyond which humankind shall not be able to pass without a planetary catastrophe occurring. To address this concern head-on, we sort through this instrument's recollections of a period of some decades of experience with such predictions. This instrument has long noticed that the predictions of urgent and critical time periods have never manifested at the predicted time period with the predicted effect upon planet Earth in the physical realm. We have said through this instrument before that it is not that these critical times do not occur but that they are a part of a metaphysical process having to do with the entities upon planet Earth. This metaphysical process has its shadows within the physical consensus reality of your shared outer world, but the depth and profundity of danger of a physical nature is in every case—as it turns out—greatly overestimated and inaccurate.

Continuing to gaze at this question, we would also note that there have been time periods in your recent past, that is in the '70s and in the '80s and in the '90s, when there was a concerted effort on the part of many groups to raise the consciousness of planet Earth. In all cases, what has occurred is that, as more and more entities awaken and join the ranks of those who do consciously work in spirit, in prayer, in meditation, even in worry for the well-being of the planetary entities and the well-being of the planet at this time, the tendency of the Earth itself to express in a manifested and physical [manner] these metaphysical processes has been alleviated and ameliorated so that, while there have been a continuing stream of smaller and non-global difficulties upon your Earth, with tornados and fires, with floods, hurricanes and tsunamis, with earthquakes and terrible fire, none of these occurrences has triggered the predicted worldwide catastrophes. The one known as A has pointed out to this instrument that the one known as Edgar Cayce predicted in 1998 that there would be a global shift, and we may say, since this period has come and gone, that it was entirely due to the awakening and the linking up of positive consciousness upon this planet that this prediction

did not, in fact, manifest at that time. What the positive energy upon your planet, as it grows, has done is progressively put off that time period in which third density's shadows shall cease to be present upon your Earth world. In other words, as entities have awakened and begun to offer their hearts, their minds, and their strengths in the service of the planet Earth and its peoples, this mass of positive consciousness has bought time: time to increase the harvest, time to make the most of these latter days of third density upon your planet. Indeed, we may say that at this point you are dwelling within fourth density. That which separates each of you within your third-density bodies from fourth density is nothing more than a state of mind, and this state of mind is far more vulnerable to or transparent to the biddings and the whisperings of fourth-density positive consciousness than ever before because of the fact that your Earth mother is in the process of birthing this fourth density now. And, as we have said before through this instrument, within the next ten of your years, this process shall be complete. We are not suggesting that at that time, either, there will be global catastrophe. Indeed, this future is completely fluid; we would say more fluid than it was ten years ago, and more fluid by far than it was twenty years ago. Your people are awakening one by one, not from a level of authority down, as in the old days of your, shall we say, state religions but in a far more modern and democratic manner, shall we say, in that it is a grassroots movement of soul to soul, of memory to memory, of the open heart being so attractive and calling so strongly to entities that are hungering for that energy that they are pulled into and called into an awakening.

It has become more and more attractive once again within your Earth world simply to come down on the side of love, faith and peace. The humble and the meek are beginning to gain the confidence of their experience with positivity and with negativity. The entities are so close now to that graduation time that the great struggle of choice of polarity is not as pernicious and as painful as it used to be for entities, because there is the underlying strength of many, many entities who are also attempting to open their hearts and to express the love and the light of the one infinite Creator in their everyday lives.

As we said, this is completely a humble and individual movement where entities are being called by themselves into service as harvesters, and, as

entities are awakened, then they become as those who awaken others; not because they have gone out and brow-beaten or convinced anyone by fact or data but because it is simply so attractive to awakening entities to experience unconditional love that such entities, once switched on like the lights that they are, call entities to them and help entities to remember why they took incarnation upon planet Earth at this time. For each has that hidden memory of a very good plan; a very good reason to come to planet Earth at this time, just precisely at this time. There is nothing sloppy about the inborn and flowing system of motivations and catalysts that has brought each of you to this present moment. As the one known as T2 has observed earlier this evening, there are many, many ways, but they all lead to the top, and this is precisely true.

The one known as T1 has a particular path that this entity will do well to cooperate with, to explore, to investigate with the kind of curiosity most often found in children and lost when entities become older. It is very well to encourage within the self this infinite curiosity as to why and where and how. This open attitude, this questioning mind, yields great benefit for those who persist in seeking. However, that which is within the mind can only serve an entity to a certain extent. It is the tendency of many who are awakening to their spiritual selves and feeling the distance between themselves and what one might call the world of normalcy and conventional belief and behavior to feel the safety of the philosophical stance wherein one has a very good, distant point of view and is basically an observer that is attempting to figure out the way that things work. This is opposed in our description to the entity who simply opens the heart and embraces the day and attacks whatever comes to him with great love and enjoyment. May we say that, for all of the benefits that wisdom does bring, it is the open heart itself and the passion with which the entity allows that heart to flow that bring the best results in terms of spiritual learning, because, you see, in preparing the self for graduation into the density of love and understanding, that which is most efficacious is the vividness of the entity's experience within third density.

This entity was speaking earlier of its tendency towards being critical of the self when it discovers that it is, yet again, caught in the snares of its bookkeeping software which it seems to have

difficulty in learning. The entity spoke of how it had distracted itself with various amusements so that it would not begin one of the many tapes within its head that would bring it from a point of joy to a point of self-critical aggravation and even despair. Such is the nature of the human realm of perceptions that a choice of whether or not to be triggered by the seemingly negative events of the day could be more powerful in creating a positive atmosphere around this instrument than the very serious question of whether or not this instrument was able to perform its duties in an accurate and professional manner. This entity chose to walk away from the problem and to celebrate those things which it enjoyed, knowing that it would eventually move back into that atmosphere of correcting errors and creating the necessary bookkeeping tidiness that a business demands. In a sense of "this world," it is the books that are important; in the sense of fourth density, it is the heart remaining open, undefended, loved, forgiven and accepted that is important. It is very deceptive to attempt to work in both worlds, and, as spiritual beings, we encourage each to consider what is important in this world and what is important in fourth density.

The one known as T1 was thinking concerning what it should do if there were, indeed, a very real possibility of planetary catastrophe. We have never denied the possibility of planetary catastrophe, we have simply been unable to determine whether the probability of a planetary catastrophe is high enough to speak about. We have not been able to determine this because each of you is powerful and has already made changes in the energy level of the fourth-density grid of planetary energies that is attempting to establish itself as the basis for fourth-density positive on this planet. As a race, the human race is more than adequate to maintain this delicate balance between harvest and a comfortable landing into the next density. Yes, there is great potential for difficulty. Look about the Earth at this time, and one sees many difficulties. Yet, is it not something to be encouraged by, that all of these difficulties have been cunningly placed in time and space so that there is not a cumulative effect but rather the ability after each catastrophe for the human populations concerned to help each other to come together and to survive for the most part?

One of the reasons that we encourage entities not to focus upon the negative possibilities involved in

global times of shift into the next age is because that which one focuses upon becomes far more potentially possible. If entities all focus upon fear-based information, that will actually greatly help bring about the feared conditions. There is a very careful difference to be made within the mind concerning thinking about information sources such as those quoted to this instrument in preparing for this channeling session. Each of these sessions was couched in spiritual language by those channels of very good intention and positive hope of service who nevertheless were receiving questions of a fear-based nature and responding with the attempt to satisfy the request for specific information as to the schedule of these negative events. And may we say that we in no wise wish to address any specific questions concerning global catastrophe. We simply ask each to choose which thread of meaning and energy to follow: that thread and energy of fear which would guard and protect and make safe and deal with third-density concerns or that energy of unconditional love, faith hope and the desire to serve which translates into a prayerful and confident feeling that all is well and that all will be well. Which energy feels like the one that each of you wishes to choose?

And this is not simply true, as we said, on the global level. For you as a people are saving the Earth, but you as a mind, body and spirit working as one unit to gather experience and enrich the quality of your soul have the self-same choice to make, because each of you faces an individual global catastrophe that is absolutely certain. Each of you faces the death of the physical body; perhaps not today, hopefully not tomorrow or next week or next year, but soon, and inevitably. Each mote of dust that has had life breathed into it by the infinite Creator shall cease breathing and shall once again become dust so that the qualities that bring forth from the subconscious mind to the conscious mind the concerns concerning global catastrophe are those same qualities of personality that bring forth those concerns about the health of the body, the safety of the body, the protection of the body, and the defense against that great enemy which is seen to be death. One can move without a quiver from the microcosm to the macrocosm here and see the same energies at work: fear and love, protection and growth. Do you wish to protect yourself, maintain what you have, guard what is yours and so forth, or

do you wish to release all fear, embrace all things in love and trust and believe in all things hoped for but yet unseen? It may help, when there are concerns within the mind about the world, to bring that concern back to the kingdom of the body, the mind, and the spirit of one entity, because each of you is in the microcosm the authentic Creator, the creation, the universe; Creator and created in an infinite Celtic knot that is different for each entity and yet in each entity retains the elegance of utter unity within the complexity of pattern.

The ones known as Jim and T2 were joking earlier concerning part of the query of the one known as T1 concerning dancing and making merry if all things were, indeed, all right and there was not the need to concern himself with warning the world about the catastrophe that is at hand. They were saying, "No matter what happens, we should definitely be dancing," and we would agree with this assessment. For is not the life itself the dance, and is not the secret to enjoying that life to remember that one is dancing; that there is music that is unheard, perhaps, by most? But that music is always playing; it is being played by the petunias and the impatiens; it is being played by the roses and the geraniums; it is being played by the songbirds in the trees and the sky and fire and water; it is being played by every mote that lives and breathes within the creation of the infinite One. This music is forever, it is infinite, and it is closer than the breath that you take. Each of you is living in a wonderful ocean of music and rhythm and dance, and everything in creation is moving in rhythm at a level beyond the capacity of the human mind to comprehend. Even your own bodies are a part of this wonderful rhythm unless the power of negative thought within the mind clamps down so much upon the body that it can no longer express that harmony that it truly does feel with every other living thing that shares its biological space.

Techniques for moving more and more into the Law of One in the way one lives are as simple as the techniques of learning to appreciate anything. It is a matter of becoming sensitized to that which one is attempting to appreciate. When one studies art, for instance, within your schools, one is taught to have taste and to appreciate the beauty of this or that style of expressing images. Each subject that one begins to look into has its standards of good taste in it. As one becomes more and more familiar with that particular part of the universe of learning, one develops taste

and knows what is beautiful in that which is said or written or performed or imaged, and just so it is in living the life of the open heart. It is a matter of beginning to see that there is an art and a science to living what this instrument would call a mixed life; a life that is made up not only of third-density or fourth-density concerns but a grand and confused mixture of third and fourth-density concerns so that there is the skipping between the densities in everyday life, seeing the profundity of the tiniest chore; seeing the sacredness of the hardest and most humble work while at the same time seeing the vanity and the uselessness of all efforts whatsoever, because all of these efforts are within an illusion that is brief as a candle and will gutter out for lack of fuel at a certain time not too far in the future. There is a delight in the juxtaposition of beauty and meaninglessness that this instrument has often noted and [it] is very helpful, perhaps, at this point to consider that all things may be turned and looked at upon the other side. And, indeed, what is needed at some points is the ability to see both sides and to come to balance between them.

The one known as T1 has, as this instrument is well aware, devoted a tremendous amount of effort to translating other material that we of the Confederation have produced in the past into its native language so that more entities may grasp this material, and we thank this entity for its great service. It is tremendously helpful, we feel, that this kind of spiritually-based information be available to those who would seek it. It is why we are here. We have remained with this group and with this instrument for many years, because we truly feel that there is efficacy in this ministry that we offer and that instruments such as this also offer. There is a very real purpose to sharing our opinion, and there is a very real purpose for the one known as T1, the one known as Jim, the one known as T2, and this instrument to express those things that each feels are appropriate to the situations that arise day-to-day. We would not discourage the one known as T1 from sharing information that it finds helpful. We would simply suggest to each that there are ways to share information in a positive sense, and there are ways to share information in a negative sense. If one approaches things from a positive sense, this will tend to build up the structure of fourth density; if things are approached in such a way that there is gloom and doom and the raising of fear in those

who are being warned, this will not encourage fourth density.

The one known as Jesus said it very simply: when it was asked if the coin of the realm of its time which had the face of Caesar upon it truly belonged to Caesar, the one known as Jesus replied, "Render unto Caesar those things that are Caesar's; render unto the Creator those things that are the Creator's." You may see Caesar strut upon a stage at this time expressing, no matter what nation from which they come, that sting of the dragon's tail; that fear-based concern for protection and safety and the accumulation of resources. The life can be subsumed into the concern for the suffering of the planet Earth, and yet this will not help bring about an increase in the harvest or a softer landing into fourth density.

Consequently, we encourage the one known as T1 to dance, to play the games, and to realize that there are no mistakes. It is perfectly well to work to share the information that it finds important, but it is just as important to share it in a way that expresses the quality of the open and flowing heart that is grounded in trust and shaped to express that love which flows through the instrument of the human body, mind and spirit in an infinite supply at all times. This is the heart of the mission shared by all those who are awakening upon planet Earth at this time. Each of you came here determined to make a difference. Each of you has those tools and resources that are needed. It is a matter of stepping forth in peace, in confidence, and in the sense that each is not alone.

And here we would encourage each more and more consciously to realize the strength of linking up with one's spiritual family. It is as the anchor that truly does help those who were not particularly used to the exigencies of third density to feel more and more comfortable within the realms of your planetary sphere and the incarnation you are experiencing at this time. We are aware that each within this circle has serious difficulties in enjoying all aspects of planet Earth. There are memories, shall we say, of better times, of happier vibrations to rest in, and yet, once one begins to link in a comfortable and subconscious way with one's spiritual family, one is able to recover a good bit of this sense of comfort, knowing that one truly is not alone on the level of intention and desire and group service. For this is a



mission that can be done not by one but by a group. The one known as Jesus pointed out that, if an entity has perfect faith, it can move mountains, and that entity known to this group as Ra pointed out that, while it takes a pure entity to move a mountain, if a group attempts to move a mountain, each within the group may have an acceptable amount of distortion, and the mountain will still move. That is the power of the very deeply felt linking into one's spiritual family. We leave this phrase very loose, because you have a very large family. And it is not simply one group that has come into this Earth to serve but, rather, you are experiencing a very complicated, interrelated bunch of groups from fourth density, from fifth density and from sixth density, from the inner planes and from other planets that all have been attracted to the Earth sphere at this time because of the stunning clarity of its passage at this time from one heaven and Earth to the next.

As to what specifically may be done in the life of each present to come more and more into a way of living that reflects the Law of One, we would echo the words of the one known as T2 in the discussion that preceded this circle of seeking: to begin the day with that movement of the mind towards the silence that beckons is to enhance the energy with which one has—we correct this instrument—with which one is able to meet those catalysts of the day. It is as though the day were on wheels, and each day there was the beginning of the movement and, then, as the day moves downhill, it gathers speed. Once the day has gathered speed, it is very difficult to rein that mind's attitude back in and to move on the track of love and light throughout the day. And there is no one upon planet Earth who does this perfectly in any one day, yet that commitment day after day and week after week to spending time with the Creator before the day gets away is extremely helpful. Not everyone is able to do this, and, as we have always said, at any point during the day it is very helpful to tune, to meditate, to walk in nature, but in some way to invite the silence. We are full of words, we can only do so much, but, ah, the eloquence of that still, small voice that speaks in silence.

We commend that wonderful resource to each, and we commend the effort to bring oneself into a heart relationship with all that occurs so that you are aware of the aliveness, the vitality, the infinite worth of all with which you deal. All entities, all qualities,

all ideas, all beings whatsoever, all creatures of rock and sky, anything that can be pointed at or thought of, has its own sacredness, honor and worth, and you are among those things which have those qualities. This is the kingdom which does not have Caesar's face. "My kingdom is not of this world." That is what the one known as Jesus stated firmly. And we would say to each, as a metaphysical being, your kingdom is not of this world. You are in the world, you are a blessing to the world, but you are not of it. You dance with your frail bodies, and you dance beautifully.

We thank the one known as T1 for this interesting question and would at this time leave this instrument in the love and in the light of the one infinite Creator. It has been a great blessing and a joy to speak with you at this time. We thank the one known as Carla and would leave this group rejoicing in the love and in the light of the one infinite Creator. We are those known to you as Q'uo. Adonai. Adonai vasu borragus. ❄



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## SPECIAL MEDITATION

JUNE 28, 2002

**Question from T1:** “I have noticed that my human eyes are drawn by beautiful women, while I do not notice less attractive women in the same way. And I know that some beautiful women are cruel, while many unattractive women are beautiful in spirit. I feel that there is nothing wrong with appreciating physical beauty, but I cannot appreciate all women’s beauty, and furthermore I find myself fantasizing about beautiful women, even if they are spiritually mean. I find that I am failing to see all equally as the Creator. I’m quite concerned about this. Is this just me or an issue for men in general? I also wish to know about the karmic link between beauty and previous lives, as Edgar Cayce has mentioned in his trance sessions. What role or catalyst does beauty play in our soul evolution?”

*(Carla channeling)*

We are those known to you as Q’uo. Greetings, dear ones, in the love and in the light of the one infinite Creator. It is a great privilege and pleasure to join your meditation this evening and to be able to share our thoughts with you on the subject of beauty. We find it such a blessing to be able to do this, for this is the service that we have chosen to offer at this time, and you greatly aid us in allowing us to do what we came to your beautiful planetary sphere to share. We ask that, as always, you listen to that which we have to say with an open heart but reject without a second thought any concept or opinion that does not resonate within your heart and your mind and your

emotions. For there is a very keen keel and rudder within each entity’s spirit that will express itself in sound opinion as to discriminating between that which is for you and that which is not. With this caveat in mind, we are then able to offer our opinions without being concerned that we are infringing upon your free will. And so we thank you for your indulgence in this wise.

This instrument’s day has been filled with beauty, and so we find it a happy coincidence to start a conversation about beauty with the emotions and feelings of this instrument towards the beauty that she has been experiencing all about her. The beauty of the lilies, the mimosa, the wildflowers and all of the blooms of this entity’s garden have enriched and enlivened this instrument’s emotions this day. The way the light glances off this instrument’s mate, his face and shoulders, the planes of his jaw and throat, have pleased this instrument as it looks upon its mate. The beauty of kindness and service to others has very nearly swamped this instrument’s emotions; the beautiful gifts that it has received this day from those about her; the kind volunteering of the one known as T2, and the gift of just the right stone from the one known as C, and the gift of this instrument’s husband: hour upon hour of work, that it may pay the bills and keep this instrument safe, and warm, and comfortable. These things are almost too much for this instrument to express. There is a wonderful feeling of being so richly endowed with

beauty that there is not enough expression in this instrument's personality or character to do justice to the richness of the experience of the passing moments of this exquisite summer day.

It has well been said by philosophers that beauty is in the eye of the beholder. What is beauty, indeed? And this is not an idle question. For there is a great deal of similarity between such questions or issues as beauty and the construction of the onion. If you will think about an onion that is cut in half, you will see that there is layer, upon layer, upon layer. All of those layers are onion, but each one is slightly different, and, used as an analogy to the human spirit, mind and body, each layer is of a different constitution entirely. There are different geometries and different constructions of thought and logic upon each layer of the human energy system, and, indeed, one may move through each of the chakras or energy centers of this energy body system and gaze at this onion-like, layered effect. The definition of beauty and the issue of beauty, then, is not the shallow and simple thing that it might seem upon the surface, for each entity is working primarily with one or more of the energy centers, but usually with one primarily. And this colors the way that the layers of self appear to the self, and an entity working primarily through red ray will be seeing different things than an entity working primarily through orange ray or through yellow ray and so forth.

So the question of what triggers the appreciation of beauty is a question that cannot be answered in a simple way. The one known as T1 asked the question from the standpoint of observing physical beauty, and so we shall first address the question from red ray, which is the root chakra and the seat of sexual desire and the desire to survive. Within this energy center, the definition of beauty is colored heavily by the reptilian and mammalian brains, which are instinctual and concerned with nurture and groups, respectively. Instinctually, the great ape is geared to reproduce as thickly as possible. This is a survival mechanism and is a very deep and dependably substantial part of both the constitution of men and of women within your species. The energies of the sexual triggers to beauty are different between men and women because the biological roles of men and women are different. The male of the species is geared towards procreating with as many women as possible who have the markers for fertility and ability to reproduce. This, as the one

known as T1 surmised, is not simply the experience of this one entity but is an experience common to the male gender. Within the female, there is also a heavy coloration of biological bias when gazing at beauty through the filter or prism of red ray. The energy in this case has to do with the instinct of the woman to find attractive those qualities within the male of the species that would suggest that this entity would be a good provider, a virile person, and one who would remain faithful to and loyal to the family group over a long period of time. This biases the female of the species towards finding attractive even those males who may not be so physically attractive but yet have attractive personalities or qualities that would appeal to the instinct within the female that suggests to this entity that this particular male would be a good mate. Consequently, those who are male within the human species will predictably and steadily throughout the mature life of the individual revolve around the noticing and the appreciation of those females which seem to be of child-bearing age and of a healthy and attractive physical appearance. It is neither a positive nor a negative quality in terms of service to others and service to self. It is that which is in terms of the experience of the energy body of this particular physical vehicle and the way that it is set up to interact with the many other aspects of the energy system of the soul.

When gazed at through the energies of orange ray, beauty begins to take on more of a depth, both from males and from females. At this point, the energies of communication, personality characteristics, and like interests begin to add to or subtract from the beauty that is perceived by the physical eye. This energy of personal relationships and relationship with the self creates within the eye an esthetic that is primarily focused upon enjoying the self and feeling safe within the self and within the relationship with the other self. It becomes more and more subjective within the choice of any individual as to what the elements of beauty are. Within the red-ray approach to beauty, the culturally-determined points of attractiveness will more or less evenly spread throughout the population so that many, many entities can agree that such and such an entity is beautiful and such and such another entity is not. However, within the dynamics of a personal relationship, the coloration of orange ray begins to spread out the choices that entities make so that

there begins to be more of an appreciation for emotional beauty, spiritual beauty, mental beauty and other types of beauty that are not easily seen within the physical skin.

And this is a point worth gazing at for a moment, for there is almost a feeling of being locked in a small room in terms of feeling nearly forced to notice physical beauty from the red-ray level. This is the quality of instinct that is so powerful within the human animal and so important to the survival of the physical mechanism in general. Were such instincts not native to the very bone and blood of the human species, the heart would forget to pound, the lungs would forget to breathe and the body would forget to breed children. This would not be appropriate for the survival of the species. Consequently, there is almost an element of being hounded by one's body, especially for those within the male gender. And we would suggest, for those who feel limited by this compulsion to notice physical beauty, that it is without polarity and without fault to experience momentary attraction and the tendency to fantasize concerning beautiful women. Indeed, this is to a certain extent true for those of the female gender as well. There is, shall we say, a very active sex life for almost everyone upon your planet whether or not the entities involved are having sexual intercourse or even relationships at the physical level. For, metaphysically speaking, that which one fantasizes, one is accomplishing; that which is thought becomes that which is true. This is part of what this instrument would call the background clutter of an incarnation. It is an aspect of having a physical body that is nearly inescapable and, as we said, is a benign and perfectly acceptable function of the soul within incarnation.

Beauty from the yellow-ray energy becomes a far more subtle and rich-textured thing, for within the yellow-ray energy lie family and the mated relationship, and it is within the safety and intimacy of such continuing and prolonged relationships that those who become spiritually mature are able greatly to broaden and enhance their concept of beauty. The qualities of a mate, a mother, a father, a child, or a sibling can be imperfect in the extreme, and yet, over a period of time and the blessing of shared history—we correct this instrument—with the blessing of ever-lengthening shared history, the entities within the family group or within the mated relationship become so over-drawn with the patina

of loving and being loved, that even the homeliest entity becomes perfectly itself and therefore beautiful because it is that person. And finally the leaden and heavy weight of physical opinion of beauty becomes that which can take off like the kite in the wind, soaring with the energy of the wind of love.

When the heart is opened and beauty begins to be examined from the green-ray level, then it is that the entire question of beauty is transformed. For, at the heart level, the eyes of the soul are open, and all entities begin to be seen not as bodies but as beings. Within the heart, then, beauty is a function of one's own heart. The tyranny of the outward eye is lifted at last, and the only limitation is with those who have not yet come into an awareness of their own beauty. If an entity cannot conceive of itself as worthwhile or good enough or beautiful in the sense of being a good person, then that poor opinion of the self will cast ugly shadows upon all of the outer world, and entity after entity will come up short within that poor heart that does not see its own sun, that does not see its shining glory. To us, gazing at each of you from the whole system of our bodies, minds and spirits, we see your beauty as an ever-shifting kaleidoscope. Each of you has a beauty that is endlessly describable, and yet it is the harmony and the combination of energies involved in the spectrograph of self that are so fascinating about each entity. Each of you is a vibration that is actually a complex of vibration, upon vibration, upon vibration, endlessly colored by the subtleties of an incarnation full of choices and biases and flowing from moment to moment in a thousand different ways that each of you is most likely not aware of for the most part, yet, within the flowing and subtle regions of the energy body, the changes are constant, and there are no two moments within the life of an entity when that entity is vibrating precisely the same. And yet, as a whole, the energy signature of an entity remains fairly clear and unified throughout an incarnational experience, for each of you comes into incarnation with a tremendous amount of already prepared bias which has been chosen to bring in as a part of the, shall we say, structure of "givens" that form up the structure of an incarnational experience. There is not a person, no matter what his station, his state, or expression of morality, that is not beautiful. Each entity at the soul level is tremendously beautiful. Indeed, each entity—being the Creator—has a beauty beyond all imagining, for each is all that

there is; each contains the universe. And would not each, then, have all aspects of beauty and ugliness, the entire range of esthetics within the self, locked in many, many treasure troves within the personality, waiting to be opened by the right combination of circumstance and motivation?

This entity, throughout its life, has had a love affair with beauty in the sense that, as a metaphysically functioning entity, it has long preferred to look at life from the standpoint of beauty rather than from the standpoint of some outwardly determined truth or learned intellectual set of properties or ways of fulfilling the need to be attractive. This entity has long been attracted to the concept of creating a beautiful life. It is not particularly concerned with the beauty of its physical body, although it greatly delights in decorating itself and creating itself as being beautiful, but oftentimes we would say that this instrument judges itself for being too concerned with the esthetics of its actions. What this comes down to, in terms of action and function, is that this entity oftentimes will choose a very impractical and difficult ethical decision, because it is to this instrument a thing of beauty to choose in such and such a way. This has created in this entity's life no end of interesting forks in the road, the path taken being the one that was less traveled. Is this entity correct or incorrect? This entity is itself. The question of beauty is truly a subjective one. However, we would say, as your poet, Keats, has said, that truth is beauty, and beauty is truth. That is all you know and all you need to know.

When it comes to evaluating beauty from the standpoint of the indigo ray, then it is that choices such as this instrument makes become the focus of what beauty is and how entities are seen. Indeed, looking at another being in the physical from the standpoint of indigo-ray beauty, it can easily be seen that the lines of the face, the attractiveness of the body as judged by cultural standards, the gracefulness of expression of communication and personality, begin to pale beside the sheer force of an entity's soul character. For within the eyes of one who is seeing from the standpoint of doing work in consciousness, beauty lies almost entirely in the power and peace of an entity, in its ability to show you joy and bliss and true wisdom, according to the place in the process of spiritual evolution that your particular indigo-ray energy center has found itself enjoying the dance of working within.

Indeed, it is so that such a bias as this entity has towards beauty has, through many incarnations, somewhat biased its soul evolution. Woe betide the entity whose soul evolution is stuck at the red-ray level, for it is as though one were never able to peel the onion, never able to get to the inner surfaces. However, we would say to the one known as T1 that it is extremely doubtful that this entity is much troubled by being stuck within red ray, but, rather, this entity is mistaking a certain type of experience with beauty for the whole gamut of the question of esthetics.

Which energy appeals most to each of those within this circle? That is an ever-shifting question, is it not? Certainly, if an entity finds itself obsessed with physical beauty, there is some balancing work to be done, for it is not acceptable in the sense of metaphysical work overly to be preferring any one situation over another. It is a toxic environment for spiritual growth to be obsessing concerning almost anything, for the great key to spiritual advancement is balance. Rather, we would suggest that the way to work with such a concept or issue as beauty is to move the self through the various experiences of beauty, observing and appreciating the qualities at each level or depth of the energy at each layer of the onion realizing that, as the consideration of beauty rises through the energy centers, the quality of the considerations and the thoughts of such an entity are improving all the while. The experience of beauty is pleasant from any of the layers for depth of truth within the experience<sup>1</sup>. But, certainly, the more profoundly rewarding of the esthetics begin to come in with the richness of the higher energy centers. Yet, we would not for an instant remove that wonderful, primal gusto and brio involved in the physical appreciation and delight in beauty. Should a male not delight in the beauty of the female? Should the female not delight in the handsomeness of the male? Should one not appreciate the delicious taste of good food and good drink? Should one not rejoice in the beauty of song and dance and movement and the physical world and the feast that the eyes and the ears have? Should one not enjoy the touch of soft and firm and rough and smooth? Should one not, indeed, delight as much as an otter

<sup>1</sup> Carla: For instance, an experience of exhilaration after a close call may be completely red-ray instinctual responses, yet the feeling is deep and pure. Any feeling, thusly, is beautiful as a *ding an sich*.

in the play of life? We see no harm or error in such delight in beauty and would only encourage each to open the eyes more and clear the senses more deeply to appreciate every passing beauty of the day. The one known as Jim was saying earlier that it wished to keep a positive attitude, because it so much changed the perception of the life by the self. The one known as T2 mentioned also that the most constant prayer was keeping a positive thought at all times. These, too, are ways of increasing the beauty in the life, of opening the windows of the soul to let the sunshine of love and light in.

We would not have any worship beauty. We would not have any worship at anything that has a name or form or shape. We would suggest to each that, in order to remain balanced, it is well to examine strong feelings about beauty just as one would examine emotional feelings of any other kind. The assumption of preferences and biases is part of that which you came to this incarnation to refine. In order to refine one's concept of beauty, one must first become able to be completely honest with the self concerning opinions of self and opinions of other self. This is not particularly easy to accomplish. The self must be more and more known to the self, more and more accepted and, finally, more and more loved. What is beauty? Gaze within your childhood with the eyes of a small child. Were you not gloriously beautiful? You were innocent of anything except wishing to exult in every experience of life and it is very telling that much of the experience of the young soul of an incarnation tends to be experienced as difficult so that, little by little, that beauty of innocence begins to be warped away and scratched away, and finally knocked into flinders by the seemingly poor opinion of one's parents and authority figures; by the cruel taunts of other children; by the disappointment of the self by the self. All of these things begin to rob the growing soul of its ability impartially and lovingly to feel beautiful and to judge things as beautiful. Indeed, we would say that, for most entities coming into an awakening process, the ability to appreciate beauty has been stunted and warped. And so, there is much work to do within an incarnation to recover that innocence of eye and ear, that allows an entity to sense the beauty of the nature of each thing as it is, or what this instrument would call the *ding an sicht*. Appreciating the real heart and essence of each thing is the key to a balanced esthetic. And when the

esthetic is balanced, and balanced for that incarnation, there is no adhering karma stemming from the decisions made within the incarnation.

We encourage, in this regard, the daily balancing of emotions. We have spoken of this often before and in this wise, we would find it particularly useful. Meditation in general is tremendously useful and inviting the silence is a way of saying inviting balance, inviting reality, inviting essence, inviting wisdom. But in a specialized meditation at the end of the day, it is very helpful to pull out all of the experiences of the day from the mental pockets in which you have quickly put them during the day and gaze at each of these emotional moments with a far more thoughtful and judicious eye. Not to judge the self, but to judge the color, the quality, the particular layer of the energy body that was seen through and, basically, to come into more and more of a familiarity with one's own patterns and one's own preferences.

As each preference is identified, then, the technique of balancing meditation is to allow that first feeling, that first bias to flood the emotional self, saturating the self with that precise feeling that was felt earlier in the day. Then, when that has been emphasized and over-emphasized to the satisfaction of the self, the technique involves lifting up from that extreme and allowing the other extreme, the diametrical opposite, to fall gently into and gradually replace the original emotion. And then one encourages that distortion until it, too, is extreme, so that one would see the beauty of a particular thing and one's rush towards it and at the same time one would be able to see the diametrically opposed lack of beauty of a particular perception or opinion or impulse, so that one may see the self as a 360 degree sphere of being that includes all biases. Once one has begun to get the hang of such a technique, one becomes gradually more comfortable with one's biases, whether or not they seem to be fair or just within themselves.

This instrument is informing us that we begin to speak too long and so we would close this very interesting question and our response to it by encouraging each to enter into the essence of the self in silence. Allow the silence to speak, for it, more than words, more than ideas, more than thoughts, have the pith and the heart of the truth. What is beauty, what is truth? Enter the silence, turn the key

and enter your own heart and enter a universe of infinite discovery.

We thank the one known as T1 for this question and we leave it and this group in the love and the light of the one infinite Creator. We rejoice and we leave you in love and light. We are those known to you as the principle of Q'uo. Adonai. ✽



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## SPECIAL MEDITATION

JULY 4, 2002

**Question from V:** The question today has two parts.

Part 1: Given the tumultuous history between K and myself I've come to the belief that ours is a karmic relationship. Can you speak to the origin of this karma and if the karma will be satisfied during this incarnation?

Part 2: Several years ago I met with a spiritual entity who identified himself as Kega. Can you tell me if Kega is currently in a physical incarnate form and if there is a possibility of a relationship between Kega and me?

*(Carla channeling)*

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator in Whose service we are. We thank you for the great privilege of being asked to join your meditation and would be glad to speak with you concerning this question concerning a relationship and the one known as Kega, with the understanding that each present take those thoughts of ours which are resonant and meaningful and leave the rest behind. This allows us to share our opinions without being concerned that we will infringe upon the free will of those present. We are extremely appreciative of this opportunity to share our thoughts. For this is the service that we have chosen at this time and it is greatly a blessing to us to be able to do the work which we came to do.

We gaze at the relationship between the one known as V and the one known as K and can indeed confirm that the relationship has what could be called a karmic burden. However, it is our opinion that this is not the kind of karmic relationship which the one known as V suspects, but rather has a metaphysical, that is to say, a non-earth oriented origin and is not indeed a matter of previous incarnations upon this planet, having sown the seeds of imbalance that would produce adhering karma in that sense of the word "karma," but rather is a relationship between, shall we say, one of the children of the light and one of the children of the darkness. This instrument has had a relationship of that same nature with the one known as D and this instrument also was unable to, shall we say, master the dynamics of the relationship from a human level and was able simply by sheer reason and intensity of focus to withdraw itself from energetic bonding with this entity after four years of marriage.

How to understand a relationship in which one mirrors to the other light, the other mirrors darkness? It cannot be taken literally or in a linear manner because the energies involved are more subtle and more profound than those energies produced by an imbalance in a previous incarnation of an earthly nature. Rather, it is as though one of angelic energy were being pursued through various dimensions that only peripherally extend into the physical dimension by that which could be



reasonably described as a negative entity of that which this instrument would call fifth-density origin. It is unlikely that such a thing would occur for it is dangerous to those of the origin of fifth density to incarnate into the physical and especially dangerous to the entity who incarnates into the physical and then does not manage to contain or control that energy of light that lives with angelic wings in bone and blood and body.

We can say that [in terms of] such karma as previous experiences between these two entities [is] concerned, there is now a balance and an end of adhering karma of the metaphysical nature. The one known as K is as the entity who is at some level aware that it has failed and yet at other levels much more concerned with the physical body, is unable to realize or process the information or the finality of this failure. Thusly, it is as the maddened bull or the unreasoning anger that possesses entities so that, as the entity known as K lives through its days it is as though the entity were in a dream where the actual personality remains asleep and the metaphysical portion of this entity acts out in a cycling and continuous loop of energy that it is at this time unaware of how to release. This is why the one known as V has not found forgiveness and compassion to be useful tools or resources to use in this relationship. For this entity is as the unreasoning and maddened beast which knows no human behavior but only its instinct and since these instincts are baffling from a linear standpoint and only understandable from, shall we say, a more historical standpoint, it is a situation which this entity has the possibility of resolving within itself but not the likelihood.

Typical of negatively-oriented entities, the one known as K thrives upon fear and pain. This instrument and the one known as V and the one known as Jim saw a movie entitled, "A Beautiful Mind" recently and it is a useful example of how the mind can be cast loose of its moorings to the point that private and metaphysical portions of the personality become segregated from and antithetical to the waking personality and indeed the one known as K is as one who sleeps while, shall we say, a walk-in type of energy lives its life. This entity which overlays the human personality has never been a physical entity and its energies are quite intransigent in their inability to harmonize with the experience of inhabiting a physical body. Consequently, this entity

is not vulnerable to the healing techniques that would normally be used to correct such a disintegration of personality. Nor would we be of the opinion that it would be helpful to address the situation within the one known as K in any way. For this is this entity's walk, this is this entity's choice.

Perhaps there is a tiny portion of this entity that hopes for rescue. But it is not situated in such a way as to be accessible to any but the one known as K's own will. It is a situation not penetrable by any other self including the one known as V.

Let us step back and gaze at the underlying energies involved in this interesting relationship. This instrument and the one known as V alike shy away from thinking as the self as angelic or pure or positive beyond anyone else and we are perfectly in agreement that both of these entities are distinctly human, quirky and imperfect in the way that those among third density must be imperfect in order to have a very fruitful and helpful incarnation. However, each of these beings knows too that it carries that which is angelic, pure and positive. It carries it not as a burden but as the breath, as the life, as the [odor], and as the incense. It carries what this instrument would call the goddess, that female energy that makes safe places and whose hearts are full of compassion. This is not an aspect of femininity that is carried except by choice and most usually it is brought into the incarnation with love not for the purpose of helping the self, but for the purpose of being an instrument of the love and the light of the one infinite Creator in the sense of essential beingness so that whether that energy is expressed in changing diapers or in washing the dishes or in teaching or channeling or singing or other activities that would seem far more service-to-others oriented, the incarnational purpose of carrying this energy is satisfied.

There is now activity that an entity cannot accomplish as a vehicle for expressing this angelic, pure love. It is not affected by the cycles or apparent mood swings of the personality but is rather a gift that is firmly and safely hidden in the folds and recesses of the feminine heart. It is part of the very hopeful and energetically radiant attempt by an entire spiritual family of large numbers to balance an Earth that has great need of the fullness of love that is wrapped up in the archetype of the feminine. This energy is using each of these as instruments and we

may say that each of these entities, the instrument and the one known as V, have conducted their incarnations with awareness of the gift they carry, respect and honor for that gift, and close attention to preserving the integrity of their positivity as instruments.

On the other hand, the one known as K has moved into the earth planes as a hunter. It has identified a source of light and it wishes to control and take on itself the power of that light, and further it wishes this in a way that is also, in its way, a gift brought into incarnation but as a walk-in in nature, rather than as a part of the personality. In other words, in order for this energy to move into physical form it must be out of balance and wedged into and overcoming the personality of the carrying entity.

It may be helpful to the one known as V and indeed to this instrument, who was earlier expressing its distress at the one known as K's behavior, to realize that this entity is not in the usual sense even aware of its behavior, but rather is as the instrument that is sadly out of tune. It is interesting that the one known as V mentioned that it was surprised that the one known as K still remained in this density. Indeed, we may say that this entity hangs by a thread, both to its sanity and to its physical incarnation. Yet we would not wish to express a complete lack of hope in that there is always the possibility of one shining moment of clarity in which the personality that lies within the one known as K, that is currently suppressed, is able to see that it carries a dark rider and chooses then to shake it off. Were this entity to perceive its true situation, that personality which is the one known as K would indeed ask for help and be the first to remove itself from its dark and overpowering angel.

Thusly the one known as V may pray that the one known as K have a moment of clarity at some point before the incarnation ends, thus becoming able to be vulnerable to healing, health and life in the sense of the greater life within the physical. The one known as V is very much helped by the energies of beauty and harmony and we agree with that which it was saying earlier concerning the need in the life for the providing to the self by self of the magical circumstance. The singing of the sacred songs has been for this entity a very helpful thing in the past and would indeed be that place wherein this entity could derive great refreshment on a daily basis. This

instrument, for instance, always includes a hymn along with its meditation in the morning and we might suggest to the one known as V that the discipline of including the sacred breath is a good one that has good results for this entity as well. The silence itself is a very powerful experience for this entity and there is perhaps the opportunity to arrange for the self the opportunity to experience that silence, either within the dwelling or in walking in nature in solitude, to enter into the silence and thus into the tabernacle of the heart. There the Creator waits and there the weary soul may truly rest and find healing. This experience of the beauty of the creation of the Father is most helpful and we would recommend the time in silence and the time spent in praise of the Creator by sacred songs on a daily basis.

In this instrument's mind we find the concept is very helpful. It does not understand this concept completely but we will attempt to use it. It has read a work called *The Flower of Life* by Drunvalo Melchizadek and this entity expresses a way of moving energy through the energy body. This involves moving the energy up into the yellow ray and as it moves into the heart there is a 90 degree phase shift that needs to be taken in this entity known as Drunvalo's system of understanding in order for the energy to move up through the heart and on out into the creation of the Father. Interpenetrated with this concept and helpful to understanding its essence is the advice of the entity this instrument calls Papa concerning retaining energy for the self before allowing the energy to move through the self and out into the world. In this entity's zeal for blessing and sending forth the energy of its love it was reserving, according to the one known as Papa, nothing for itself and acting the role of martyr. Consequently, the image that begins to emerge here is that of the light flowing through the entity into the heart and then back in a loop through the body making sure all parts of the body, mind and spirit are washed completely in the infinite love and light of ...

(Tape ends.) ❀

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## SPECIAL MEDITATION

AUGUST 9, 2002

**Question from T1:** The question today is about pain and suffering, as I am experiencing pain in my nerves around the right side of my waist that leaves me sleepless and concerned about my future virility and health. Why do traumas such as pain and disease occur so often in the lives of spiritually sincere and seeking people? I know I'm a kind soul, so why would I or my higher self include pain in life? His Holiness the Dali Lama said the purpose of life is to be in happiness. I deeply agree with that. Some philosophy books taught us that pains would help us grow. I just don't feel comfortable with such thinking. Should I just communicate with my higher self and say, "Just tell me what to do to make you and us happy? Spare me from such a thing."

*(Carla channeling)*

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator in whose name we serve with joy. We are most happy and grateful that we have been called to your circle of seeking this day. We thank you for allowing us to share our thoughts with you and to be of service in the one way in which we intended when we came to this sphere. We would ask that our words be heard with an open and listening mind and heart but that all of those ideas which do not resonate with the hearer or the reader be left behind. For we would not be a stumbling block before any but only those which are able to add to the resources which each seeker has in the awakening process.

This day you ask about the reason for, the value of, pain and suffering. Certainly, it goes against the values that are dear to the body and to the culture in which each lives to embrace suffering. The instinct of the third-density physical vehicle and the training and enculturation of childhood learning alike suggest the value of comfort, safety and the unimpaired maintenance of the self and those whom the self feels are dependents of that self and worthy of being taken care of. It would in no way be a plan of the conscious mind to invite suffering of any kind, whether physical, mental, emotional or spiritual.

Consequently, the question is most understandable, and indeed the conscious mind of the one known as T1 has not even once requested the painful difficulty that the one known as T1 is now experiencing within the physical body.

To begin to grasp why suffering exists, it is necessary to take a few steps back from the physicality and the immediacy of the experience of pain. So let us draw each with us as we retrain our focus upon, not pain itself, but the mechanism by which physical pain arises.

The goal of third density is the awakening of the self to the true and ever-deeper identity of that self. This involves several key concepts concerning the self.

One concept that is involved is the concept of change. The intent of the soul entering incarnation within the physical plane of your planet is to alter the condition of the vibratory rate and the vibratory

strength of the self. That is, the self desires both to change in the way the self perceives the illusion and the power which the self can bring to bear upon that which is focused upon, in the processes of recognizing and dealing with catalyst. The natural tendency of the third-density entity, whether awakened or asleep, is to resist change, and yet the purpose of the incarnation is never achieved without embracing the process of change.

Another concept that is involved in effecting the purpose of third density is an increased accuracy in the perception of that dynamic known to your people as polarity. What is positive; what is negative? What is service to others; what is service to self? How does this creature that you experience as your self respond to perceived light and perceived darkness; to perceived positivity and perceived negativity? Very often, those entities which wandered to this planetary sphere from elsewhere are those who are working very hard in sixth density upon the precise balance between love and wisdom. This means that chances to experience polarity and respond to it are precious, because only by gathering the harvest of catalyst and allowing the winnowing of that catalyst by the processes of conscious and unconscious portions of the self can one begin to redefine and more accurately balance the forces of love and wisdom within the self.

These two concepts work together to create a situation in which each entity receives a series of catalytic happenings, from self, from other selves, and from the creation about one. Each then is responsible for processing this catalyst, using the processed catalyst to incorporate and integrate new learning, so that catalyst is ripened into experience. Thusly, the self comes to know more about the self and about the dynamics of polarity within the self.

Because the self has begun to observe the self making decisions, making choices, especially with regard to polarity, this shows up most often in those choices which this instrument would call ethical. Within the boundaries of the third-density human experience, the illusion is thick enough that the entire experience of incarnation has some of the attributes of a stage play, where the characters are sometimes roughly drawn, the staging sometimes shabby and the lines sometimes poorly written. Every so often, it becomes quite obvious to the self that that which seems to many to be a smooth and glossy-surfaced reality is

actually a profoundly skewed illusion in which it is very difficult to see accurately, yet in which one is moved to respond, skillfully or unskillfully.

This being said, we may look at that which the one known as T2 spoke of, in the conversation preceding this meditation, which was that the one known as the Dalai Lama Spoke of being in joy, being in happiness, not necessarily the cause of any perceived catalyst but because the being itself was in that state. This is a challenging concept to one who assumes that, in order to be happy, one must be safe, comfortable and secure. The one known as Elkins frequently said to this instrument, when it was alive in incarnation in this density, "Happiness is not an objective." By this, that entity meant that the state of being happy had little to do with the state of one's spiritual awakening. However, as the Dalai Lama is perceived by us to have used the word, happiness, there is more of the expression of an abiding and universal state of mind which is bliss or joy; not happiness that is the result of a comfortable life but happiness, joy or bliss that is the result of having found the center of the self, found the point of balance within the self and thusly found the peace of a certain degree of self-understanding so that the self is at peace with the self and is able to release all fear.

The one known as T1, in wondering why there must be pain and suffering, is absolutely accurate in feeling that it is not necessary to suffer and have pain. However, it is almost inevitable, for the simple reason that change is inevitable, and the process of change is uncomfortable to almost all entities.

Now, as the one known as Ra has said, the energy of the self is first that of the mind. Catalyst comes first to the mind. The body is the secondary receiver of catalyst, and it receives that catalyst which the mind does not balance. Those who do achieve a state of bliss, joy, peace, realization or happiness in the sense the Dalai Lama used, achieve this state because they have been able to use the catalyst in such a way that the value of the catalyst is honored, the response of the self is known and honored, and those areas within which the self feels it needs more discipline are addressed.

The first receptor, then, is the mind, and when there is catalyst that moves into the mind and is not used by the mind, that catalyst moves into the physical vehicle and resides there as points of distortion, sometimes causing the symptoms which could be

considered suffering or pain and sometimes hiding from the detection of the observer because of an efficiency of repression that buries the unused catalyst like a treasure beneath the earth of the body. Indeed, many are the entities who have mental difficulties because of an inability to recognize the truth of catalyst or inability to respond fully to the catalyst.

However, this question has to do with physical pain, so we focus upon those catalytic experiences that are not used by the mind and are instead repressed and unexamined. These move into the portions of the body that represent some aspect of the particular catalyst that has been received.

For instance, within this instrument, the present catalyst has to do with an overload of items that must be handled: chores and duties that must be attended to, physical things that need to be done. Consequently, as this entity began to settle down and prepare for this meditation, it discovered that there was pain within the wrists and that it was substantial enough to require the work braces that this entity often wears. Why would this entity experience pain within the hands and arms at this particular time? Because there is too much to handle. It is not precisely on this instrument's shoulders; it is moving through her hands, and her hands are carrying too many items.

It may be productive for the one known as T1 to examine the area of the body in which this distortion that is causing pain is taking place. The solar plexus energy center is the characteristic energy center that expresses this planet; it is the yellow-ray energy, and included in the yellow-ray energy are issues of society: the relationships with the birth family, with the marriage and children, with the work, with the various groups, such as nations and sports teams and companies, with which the incarnated entity has to do. This is a way of beginning to enter into the process of unraveling the tangles of emotion and fear that have distorted the normal, open flow of energy through the energy bodies.

There is tremendous subtlety to this subject, and we do not wish to suggest that there is a simplistic solution that would render one free from pain and suffering. Rather, we would suggest that there is great strength and power in realizing that the self is not bound by any detail of incarnation but rather is

one who is here within incarnation to learn, to experience, to change.

Now, large changes within the physical incarnation do not show up as large changes within the context of the entire soul stream of an entity, that is, that entity which includes all incarnations, past and future, as well as the present incarnation in one great circle of soul being. The changes one is attempting to make are not that which they seem on the surface but rather it is through a filtering system of experience that, very gradually, realization itself begins to alter the perceptions of the entity within incarnation so that catalyst may be more skillfully used, and thusly the perception of pain and suffering will respond to that skill and art of beholding that which seems to be and seeing within it that which is. It is an eternal winnowing of truth from fiction.

And this is not easy when all of the details are steeped in illusion and human opinion. How many are the distortions which are fed to the entity with his mother's milk? How many are those that are added through the processes of schooling, relating with others and, more and more, beginning to tell the self stories about the self that make us seem like this or that character upon that stage of incarnation that you were speaking of earlier?

Sometimes it is possible to have a sudden realization that cuts through all the layers of illusion and distortion, especially within the lives of those who experience an intensity of seeking, whether it be for a short time or for a long time, as any process of dedicating the life to self study. The realization can come quickly, however this is not usual. Usually, there is a step forward, a step back, two steps forward, one step back, and so forth, so that the net result is a very slow garnering of a wonderful harvest which is self-knowledge. As the self-knowledge increases in quantity and in quality, the self begins to discern patterns of distortion that do not serve to increase understanding within the entity. Once these types of unskillful reactions to catalyst are identified, it becomes possible to intervene in the process of distortion in order either to remove or at least to lessen the distortion that is being processed from catalyst into experience.

Many times, the reason for distortion is some opinion concerning the self that is negative. Sometimes the self interprets catalyst to mean that it has been abandoned; sometimes an entity may

interpret catalyst in such a way that he feels that he is not good enough. Whatever the negative perception concerning the self, such perception robs the self of its own peace, talent and magic. If an entity is not pleased with itself, if an entity does not feel that it is doing well, it is simply, by this attitude, hampered in the accurate determination of the nature of catalyst, because all negative perception tightens a net of fear about the soul, and within that net the soul within cannot breathe and cannot express itself with freedom and accuracy. It is only within an atmosphere of love that the self begins to be able to see the self clearly.

This does not mean that it is possible for the self to be, specifically and generally, completely pleased with the behavior and the functioning of the self. The removal of fear from the self simply means that, when the self perceives the self to have failed, that failure is loved, honored, accepted and forgiven with the same facility and gladness with which the self is able to pat the self on the back for perceived excellences and virtues.

Moving back into the thought of polarity, it is important to love the negative portions of self, the shadow portions of self, as much as the sunny, daylight portions of consciousness that one is most desirous of sharing with the world. Blessed is the entity who is not only able to share positivity with the world but is also able to share the perceptions of his own negative nature with a calm and peaceful heart, with a forgiving and accepting heart.

This does not mean that an entity embraces the darkness of self and becomes the murderer, the rapist, the thief, the sloth, the prideful one, and the one who disrespects or covets or lives in envy and hate. It means that, when those emotions are encountered within the self as response to catalyst, that the self is able to gaze upon itself with an unblinking eye, not troubled by judgment but remaining within a peaceful and unconcerned heart. To be afraid of the shadow side of self is to invite the entrance into the life of increasing numbers of what this entity would call vampires or those who attack or greet psychically.

For there is the polarity of the light and the dark that is willing and ready to amplify the basic truth of that person as perceived by itself. Thusly, if that person is able to embrace its perceived failures, its perceived suffering, its perceived disharmony, there

is no bias incurred towards punishing the self through the contractions of fear that one is not behaving well or not doing enough or not being supportive enough. It is very easy for an entity experiencing negative emotions to begin a spiral that moves ever downward, where there is self-judgment and self-despising and then the outside consensus reality gradually offers an increasing number of mirrors that project the self to the self, showing images of fear-producing feelings. Thusly, the entity considers itself more and more of a failure; it becomes more and more willing to live in fear, and therefore it shuts itself off from those feelings of harmony, unity and the open flow of catalyst and experience. And thusly suffering occurs.

However, there is just as much efficacy in the smallest improvement in releasing fear. As the entity perceives fear where before it did not, thusly it begins to perceive those key elements which provide the catalyst that increases fear. Once these imbedded points of entry for negative catalyst are located, it may be seen that these are like triggers towards contraction, self-protection and fear. Thusly, the process becomes more and more transparent to the seeking self, and the self begins to be able to disconnect the seemingly fear-producing catalyst from the actual process of turning catalyst into experience. It is a matter of identifying that point when an entity is entering into fear, and, as we said, this is a subtle and usually long-term process. It is an awakening that is most salubrious and certainly, usually, most dearly bought.

There are those things which enrich and deepen an entity's ability to work with catalyst, and predictably we feel that this bliss begins with the silence.

Entering into silence is an unnatural decision to the earth-bound entity. There is a tremendous amount of letting go implicit in the training of the self to enter into the silence and to release the contents of the intellectual mind. We heartily recommend this entering into the silence upon a daily basis, because it is a kind of training that is like the exercise of the body that strengthens the muscles.

There are improper exercises that are too strenuous for the body, in that instead of building up the body, they break the body down. It is entirely possible to break the self down through an unwise and excessive use of silence. There are few entities who can work with silence all day, every day, for the change rate is

dependent upon the amount of time spent in silence. Thusly, we suggest a moderate amount of meditation, producing a moderate rate of change in which the self is not drowned in mind, body and spirit-altering catalyst but rather is able to keep the nose above the water of chaos that describes the nature of change in process.

A further refinement of the entering of the silence which is quite appropriate for the process of getting to know the self well is that which this entity calls the balancing meditation<sup>1</sup>, which is recommended to be done at the end of the day, perhaps as one is seeking one's rest, whereby the self moves through the day in imagination, remembering those feelings that were either negative or positive in any degree of intensity and substance. These are the points of catalyst; these are the points of entry into the self of those gifts of destiny and synchronicity which produce for the entity that unceasing flow of incoming catalyst that is designed by the self as it expresses its biases within the incarnative days and weeks and months of its living.

It is an ongoing process, and it does not stop. There is not a point at which one may say, "Now I understand; now I am through with my seeking process; now I am a realized and blissful human being who has entirely awakened and who now is a creature of fourth density, not third density." This is in fact never so. The learning within third density does not stop until the breath is removed from the body, and the consciousness moves on from the physical body to that which this instrument would call Etheria through the processes of the death of the body.

<sup>1</sup> From *The Law of One, Book II*:

QUESTIONER: I am going to make a statement and ask you to comment on its degree of accuracy. I am assuming that the balanced entity would not be swayed either towards positive or negative emotions by any situation which he might confront. By remaining unemotional in any situation, the balanced entity may clearly discern the appropriate and necessary responses in harmony with the Law of One for each situation. Is this correct?

RA: I am Ra. This is an incorrect application of the balancing which we have discussed. The exercise of first experiencing feelings and then consciously discovering their antitheses within the being has as its objective not the smooth flow of feelings both positive and negative while remaining unswayed but rather the objective of becoming unswayed. This is a simpler result and takes much practice, shall we say.

It is as though there were a certain amount of food that is on the table, and the food will continue to be brought to the table until the meal is over. When the meal of life is over, the Creator calls the soul out of incarnation and into the beginning of its next experience. Once this incarnative process has been accomplished, once the plan has been completed, the spirit moves on, freely, easily, indeed effortlessly.

So the issue becomes how one wishes to sculpt and self-create the story that is playing out on the stage of incarnation. The one known as T1 at this point is experiencing catalyst that creates fear. How shall the one known as T1 respond? The answer to this lies within the learning processes of the spiritually-awakening and very sincere seeker. We would not solve this puzzle for the one known as T1, but we hope that the thoughts we have shared offer many points that will aid thinking about this situation.

Remember that each is in truth love itself. Love does not contract; love does not fear; love drives out fear. If the entity is at heart a being of love, and if an entity is able to experience the self as a being of love, this is a tremendously important step towards becoming more skillful in the process of experiencing the self as a person of power, peace, bliss and magical effectiveness. That which is perceived as the truth will become the truth. Thusly, be extremely choosy about that which is accepted as the truth.

One can either protect itself, or one can move into a lack of fear, release protection and embrace learning, with all that that suggests. This would seem to increase pain and yet in effect it works effectively to reduce the pain of living.

None within incarnation is ever alone in this *jihad* or spiritual struggle of self with self. It is tempting to sacrifice the self in various ways in order to reduce suffering. However, it is not skillful. Rather, seek to embrace that which is not understood, asking for understanding but not demanding it; not waiting for it in order to forgive and accept the self and to move on without fear into the daylight of each new morning.

We are always glad to enter into the meditation of one who requests our presence in order that we may help to deepen the state of meditation, and there are many, many others within the inner planes that are glad to be of help if help is requested. Within this instrument's spiritual belief system there are angels

and archangels and saints, a savior and names of the Creator that color this instrument's ways of addressing the issues which it perceives. Within the mind and the heart of the one known as T1, there are also aspects and names of the Creator as perceived by the self, ways of thinking that have been developed by the self. And these are very personal and intimate and individualistic. Consequently, each entity's path is different.

Each entity's pain is unique to it. Not all entities suffer physical pain, but we assure the one known as T1 that all of those within incarnation are no strangers to negative catalyst or to the suffering that is the inevitable concomitant of life within third density.

We ask you to look at this not as a punishment but as a fertilizer that enriches the soil of self and enables it to grow a better harvest of blossoms and fruit. We wish to each the utter beauty of the blossoming spirit that is increasingly aware of its creator-self and is increasingly willing to lay aside the fears and perceived limitations of the self in order to embrace the one original Thought that is the Creator and that is that Logos which is creative love.

We feel that this is sufficient for this question at this time and welcome further questions if more is desired upon this very interesting subject. For the present, we thank this instrument and those who are members of this sitting group, as well as the one known as T1, and we would leave this group embracing each and enveloping each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. ❀





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## SUNDAY MEDITATION SEPTEMBER 1, 2002

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

*(Carla channeling)*

We are those known to you as the principle of Q'uo, and we greet you in the love and in the infinite light of the one infinite Creator. It is in the Creator's service that we find our joy and our employment, and we are extremely grateful to be called to your group by your desire for seeking. We thank each of you so much for the many things that had to be laid aside in order that you could join this circle at this time. It is a great blessing to us to be able to share our opinions with you on this subject of gratitude and thanksgiving. We ask only one thing of you and that is that you carefully employ your own sense of judgment and discrimination as to those things that we may offer, for they are our opinion. We are not an authority of any kind but rather your brothers and sisters. If you will allow us your ability to discriminate, then we feel that we will not infringe

upon your free will by those things which we share. We would greatly appreciate that kindness. And we thank each of you for the beauty that you bring to us as we meditate with you and see the wonderful rainbows that each of you carry. It is a great blessing to us to share in these vibrations; to see that each of you, as the one known as H has said, is the master and at the same time joyfully encased in a shell of flesh and playing the part of the clown and the fool.

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

Let us pull back enough to gaze at each of you as stars or cosmic entities. Each of you, like a star, has an energy. Each of you is capable of radiation. Each of you is capable of being greatly affected by the radiation of other energy fields. It seems within the veil of flesh that each of you is some little pinpoint of consciousness gazing out at a common world; that is, a world held in common by yourself and all those who agree on consensus reality. Whereas in fact each of you is the Creator of your universe, and, as the one known as J has said, sometimes it becomes very

clear that the universe lies within, that the reality lies within, that all that seems to be “out here”—as this instrument is pushing at the air in front of her body—that “out there” is that space that is around those fragile, delicate, human bodies that you experience at this time. In actuality, this awareness is but a tiny portal upon the awareness which you carry deep within yourself. You carry it as a precious gem. You carry it in rich and fertile soil. You can, through meditation, find those gems of self and ask them to shine for you so that you may see their beauty. For you truly have not simply one but many of these gems within you, crystallized essences of beingness of various hues and energies that you have, through countless lifetimes, developed and in this particular lifetime have come into a specific and a beneficial balance or shall we say dynamic imbalance seeking towards balance asymptotically. This is your character: you are the crystal, the light, the energy that is the deeper aspect of life rather than being a specific shell, a specific weight, a specific appearance, and all these details that appear to be the most important part of consensus reality.

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

We normally greet you in the love and in the light of the one infinite Creator. We do this in a fairly formalized way, because we are indicating to ourselves and to each of you what our vibratory energies are. The Logos which is the one infinite Creator's original Thought is that which we call love, and all that is manifested by the energy of this Thought, acted upon by free will, we call light. Part of that light is the energy of your body and the organs within your body and the molecules within those organs and the atoms within those molecules. Then, upon a completely other level, in the finer bodies, in the energy bodies, that energy is pure and more refined, and what each of you has come here to do is to refine that energy further. Whatever love that you came into this incarnation carrying is a part of the gifts of your previous incarnations which you harvested for this particular illusion. You hoped to add to that store and to further refine and purify your idea of what, who, whose, you are. For investigating essence takes one almost instantly beyond the words, and yet this word, gratitude, is so powerful, because it carries the vibrations of the Creator.

Gratitude is not what it seems; gratitude is not a thanksgiving for blessings received. At its best, it is a way of being so that one breathes in thanks and breathes out praise; breathes in that which is and breathes out, “Thank you,” not because of any outer detail but because it is the nature of consciousness to find an overwhelming, ever-overflowing cup of beauty and peace. And as one comes into even the shadow of this energy that lies within your hearts, there is an upliftment, and all of the energies that had seemed chaotic within the being begin to find a rhythm and pulse in harmony with the environment about you and the thoughts within you so that all of the finer bodies and the earthly body that is yours and the bodies that are wind and rain and planets all begin to harmonize and to vibrate and to speak to you. And when the universe is speaking to you, then there is always bliss and joy and peace and praise and infinite thanksgiving. The trick of the illusion is to coax one into the seduction of believing that the dynamic dance between the dark and the light can be solved by choosing the light, or the dark, and turning the back upon the other choice. Certainly, a great deal of third-density existence, especially in the beginning of that process of learning that we call third density, has to do almost completely with

sorting out that which you as a soul feel is positive and that which you as a soul feel is negative; that which is desirable; that which is not preferable. Sorting these dynamics out within the personality doesn't take a great deal of experience for many people, for there are many things that seem fair until they have been utilized and experience has been gained that indicate the failure of that beauty over time and experience.

These are the last days of this particular cycle, and each entity that dwells upon this planet at this time has basically chosen its polarity. Perhaps not in a way that activates the spiritual progress that can indeed be accelerated, but the experience of each has been rich and decisions have been made concerning the choice of the light or the dark. What we ask you to think about, in the context of gratitude, is that land which lies beyond polarity, that unification that is very much of higher densities and very much of the fourth density which is at this time coming so close now to that vibration which is your so-called consensus reality that, more and more, there is a transparency that comes and goes for entities, so that suddenly those truths of fourth density and unconditional love are indeed opened to that entity, and that entity feels, understands and sees, as if "real," the perfection of all things and the beauty of the play of light and dark as the soul spins, evolves, balances and regularizes in that spiral towards oneness with the one infinite Creator.

What is gratitude? Gratitude is breathing in and breathing out with the awareness that this act is a gift. Each of you is like a cut flower. You have sprung from the soil of physicality, you have the life of a blossom, and your only responsibility is to blossom, to be, to share that which you are and take in that which all else is exchanging with each other's energy fields, those dynamics which lie between the two of you. It is easy to give thanks when there are good times, but that is not the heart of thanksgiving. The heart of thanksgiving is to see in all things the gift of manifested experience. Oh how precious that is! Oh, how dear! We cannot convey to you our appreciation of the challenges that you face by being in a physical body and in third density, and yet we say to you that such an adventure calls to us simply because each of you is experiencing, within the illusion, the ten thousand colors and shapes and

forms<sup>1</sup> that are what the Creator knows about itself so far. As each of you takes in the air and gives it back out to the universe, you are singing a song that no one else has ever sung, lifting to the heavens a beauty that has never before been seen. And the Creator knows more now than before, because you have been open and vulnerable to experience, and the world and all its experience has been opened and made vulnerable to you. This is the heart of thanksgiving—the knowing that every breath you take is significant, meaningful and helpful to the Creator, truly a gift given and a gift received.

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

*(Jim channeling)*

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

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

I am Q'uo, and we are aware of your query, my sister. We greet you and we are most happy to attempt to speak to this query. If you will remember that which those of Ra spoke concerning the upward spiraling line of light that is the path all creation takes, then these Milky Way needles may be seen to reflect in a small way this upward spiraling line of light in the healing modality, as you attempt to relieve various distortions and imbalances that the

<sup>1</sup> Carla: This expression is a reuse of the Buddhist term of the world of Maya, translated as the world of "the ten thousand things."

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

Is there another query, my sister?

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

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

**Carla:** I've got one. I've noticed that two very bright lights have moved to town recently, my friend, V, and the one known as H, and, previous to that, I have very recently met others within this circle that seem to me to be very, very resonant with my own personality. I wondered if there was more than synchronicity involved? Are we of the same soul family? I just feel so much resonance with these people, and the energy change is so sudden. It's just noticeable, and I wondered if you could comment on that.

I am Q'uo, and am aware of your query, my sister. Without infringing upon the free will of any present, we may suggest that those present within this circle of seeking and many others as well have, before

incarnational life began, made certain arrangements, promises, shall we say, that there would be the effort made at a certain time within the experience of the harvest to give the life's energy and direction to aiding in this harvest. There is always the ability to share the load, shall we say, that those who are of service wish to partake in, for the joy of seeking and seeing and serving the Creator is multiplied manifold when there are many harvesters, shall we say, working in the same fields. Thus, one may see those entities who have recently joined this circle of seeking and have relocated themselves to this particular geographical area as hearing the sound of the music, shall we say, the music that is the promise made before the incarnation now come to fruition.

Is there a further query, my sister?

**Carla:** That's beautiful! Do you have a thought about how we can work together, because I know H and I both, as group leaders, have real hopes of somehow acting to unite the planet in love and world friendship. Do you have any suggestions for how we might collaborate better together or what we may support and encourage in each other?

I am Q'uo, and am aware of your query, my sister. Again, we wish not to infringe upon free will by suggesting that which has not been chosen already in your free will. However, we may suggest that each entity within this incarnation is able to be of most service by being most authentically who each entity is. Each has brought certain skills, desires and talents to this incarnation, and each encourages the other most effectively by encouraging each to be, first of all, to be firmly rooted within the harmony, the love and the light of the one infinite Creator, to be who each has determined before the incarnation each can most effectively be. For each of you is unique, though each of you is the one Creator, each of you has yet another way of shining forth that love and light as a faceted jewel. Thus, encourage each other in whatever direction feels most appropriate. Your hearts can tell you the direction, your meditations can show you your heart. Seek them together however you can, and light and love shall come from this joined seeking, light and love which can heal a wounded planet. We then would suggest that you do as you do seek, share and love together.

Is there another query, my sister?

**Carla:** No, thank you, Q'uo.

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

**R:** Yes, I have one. My name is R. With all the earth changes that are happening, the dynamics that are happening with the people that are on this planet at this time, the rage that they're feeling, what is your suggestion to help balance that out towards a smoother experience?

I am Q'uo, and am aware of your query, my sister. We are aware that there are those within this group and within many other groups as well who take time each day to meditate and to pray and to send love and healing energy to all who are in pain; to open their own hearts to the healing love and light of the one Creator; to send that energy to Mother Earth, herself, for her healing as she brings forth a new Earth into fourth density; to send that love and light to each entity upon the planet which feels pain, which feels weariness, which feels the sickness and hate and disappointment and disease and all those other various ailments which can take the attention and turn the mind to darker thoughts and ways of sharing that do not open the heart but close it. We would suggest that, whenever it is possible, upon a regular basis that you take time to pray, to meditate and to send love and light to all who need it.

Is there another query, my sister?

**R:** I don't know that I have the words for it, it's the astrological things that are going on ... how amplified energies are. I'm having a time putting it into words.

**Carla:** How about "spiritual momentum"?

**R:** Yeah. There's a lot going on in the positive, but the rage among the people is really amplified. Where's that amplification coming from? Is it just for clarification? It seems like it's more than that.

I am Q'uo, and am aware of your query, my sister. As we mentioned previously, this is the time of harvest, the time of the change of cycles for not only each entity upon this planet but for the planet itself. For all move in the upward spiraling line of light as if in accordance with the hands of a clock striking the hour of change. The time grows short. There is much work yet to do. This planet has for many of your millennia suffered the difficulties of factions warring one against the other. This anger of war and bellicose action has seeped as heat into the crust of the planet, heat which must be released. Each entity,

as well as the planet itself, is therefore asked in the spiritual sense to take a larger share of the ability to transmute this heat and anger. Those who have no firm foundation of spiritual seeking or outlet of sharing in a metaphysical manner take this extra share of energy and transfer it as anger. Thus, those who are aware of the change occurring upon the planetary and the cosmic level which reaches into each individual heart, do well to see in their meditations and their prayers hearts that begin to open, minds that begin to open, arms that begin to open, so that there is acceptance and love, compassion and forgiveness, in place of competition and anger, confusion and ignorance. Therefore, we recommend most heartily that the prayers and visualizations be added to your meditations in order to aid other entities in their attempt to open their hearts, which is the purpose for each entity here on the planet at this time. Some are more, shall we say, effective, more able to do this than others. Those who are able to open their hearts first then teach others by example and in their meditations.

Is there a further query, my sister?

**R:** No. Thank you.

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

*(No more queries.)*

I am Q'uo. As the queries appear to have been satisfied for the nonce, we would take this opportunity to once again thank each for joining this circle of seeking this day. We are aware that each sacrifices much in order to make the time and space in the daily round of activities available for such a gathering. It is always a great joy to be asked to join you here, and we would remind each that in your own, private meditations, we would be happy to join you there as a conditioning vibration to help deepen your state of meditation. A simple request is all that is necessary, and we shall join you there.

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



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## SUNDAY MEDITATION

SEPTEMBER 29, 2002

**Group question:** Our question today has to do with the concept of balancing. We hear a great deal, from many different sources, that balance is important; that we should be looking for ways to balance our lives, and, since each person lives a unique existence, we're wondering if Q'uo could give some information on how we as individuals could determine what we need to do—each of us—to balance our lives. Is there a good general technique of meditation, of contemplation, or study that you would recommend for us to balance our lives so that the responses we make to people and to new situations are our highest and our best?

*(Carla channeling)*

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we come to you this afternoon. We feel so privileged and so blessed to experience each of your beauties. Truly, each of you is a blessing to us; as a gemstone, as a pearl, as that which is beautiful and unique and utterly essential to the wholeness of the universe. We honor you and we thank you for the desires of your heart that have pulled you towards a seeking circle such as this one. We thank you, for our hope has been to share information of a metaphysical nature with those to whom it would be helpful.

As always, our story is fairly simple, but there are an infinite number of ways to discuss unity. We find

that to be somewhat ironic but only due to the nature of language. We ask only one thing, as we share our opinions with you: we ask that you understand that we are seekers such as you, those who walk with you upon a path. We perhaps have had more experience, however, we have not had more experience in third density. In fact, we have not had as much, for our third-density experience was brief.

We consider each of you masters. We know that each of you has the capability of moving from this experience into the next classroom of experience at the cessation of this physical incarnation, and we hope by those things that we offer to provide resources for those of you who seek, as this instrument said earlier, to forge a path that allows light from higher densities into the Earth plane where it is desperately needed at this time.

Each of you is already doing this work by breathing in and breathing out. Whether you feel you are in balance or whether you feel that you are riding the crest of chaos! In fact, the very breath that you share, when shared with an open heart, is of fundamental assistance to the planetary sphere upon which you dwell at this time and to the population of that planet, which is one body, of which each of you is an essential part. Therefore, truly it is said that there are no mistakes, and we simply ask you to realize that, in that context, what we have to say is subjective truth. That concept of truth is a dangerous one for

your peoples, and we encourage you to think of our ideas only insofar as they attract you, as they resonate to you, and as they help you to focus with those things with which you are working at this time. We ask you not to see us as authorities or to retain any thoughts of ours which do not seem resonant. With this freedom of will preserved on the part of each of you, then we can feel free to share our opinions with you for what they're worth. And each of you will find different things about that which we say to keep and different things to allow to remain behind. We would encourage this, for, truly, your sense of personal discrimination is a tremendous, powerful and valid resource for each of you. You will know that which is resonant to you. It will come to you as if you were remembering it after a long time of forgetting. It will not feel as new as it will feel familiar and positive. If you do not have this kind of chemical reaction, shall we say, to these thoughts, then leave them behind without a second thought, for the universe, the creation on all levels is full of messages. It does not matter if you miss a message, for another one will be there to take its place. The creation is incredibly, infinitely full of opportunity, and, the more it is realized that the creation is a plastic and even a fluid thing, the more possible it will be for each of you to mine the rich field of experience for the gems that it does contain.

You ask this day concerning balance. This is another concept which is relatively simple to comprehend but infinitely difficult either to delineate or to achieve. We may say a few things concerning balance this day, but by no means could we hope to exhaust the subject. Therefore, if there are remaining questions at the end of this session, we encourage each of you to remember and to bring up those questions that still remain. There will be time at the end of this meeting for questions, and as well it is quite possible to initiate a further question at another channeling if the topic is sufficiently interesting to the group.

Perhaps the first thing that we would discuss concerning the concept of balancing is the model upon which this is built. This instrument tunes according to a certain prayer which is the prayer of St. Francis. In its entirety, it is vibrated thusly:

Lord, make me an instrument of thy peace.  
Where there is hatred, let me sow love; where  
there is injury, pardon; where there is discord,

union; where there is doubt, faith; where there is despair, hope; where there is sadness, joy. Oh divine master, teach us to seek not so much to be loved as to love; to be understood as to understand; to be consoled as to console. For it is in pardoning that we are pardoned; it is in giving that we receive; and it is in dying that we rise to eternal life.

This is an excellent tuning prayer for this particular instrument. However, we use it [here] to point out the [model's] dialectical limitations. Balance is not precisely a balance between one side of self and the other side of self. There is not a line dividing half of your body into the positive aspect and [the other] half into the negative aspect. While tuning towards the light is a skillful resource with which to address a momentary calmness and stability of point of view, nevertheless, it is not that which constitutes a true model of what it is to become balanced. There is a flatness to the model that could be described by the X axis and the Y axis; those things to the right of the X axis are positive, those things to the left of the X axis negative, and so forth.

Take this model of the circle that this instrument has described and allow it to become a sphere, an energy field around things. This model would indicate that one were in balance—when? When is a circle in balance? To us, a circle is in balance at all times. The spherical aspect of it creates a situation in which there is no possibility of losing one's balance, there is no possibility of falling. There is only the rolling, the being kicked by deity into different circumstances, and the ability to bounce.

So let us look at this model a little more closely. The thing that entities tend to do when they perceive that they are out of balance is to attempt to correct. This is true when an entity is within an automobile and the car goes into a skid. The less trained an entity is in moving out of a skid, the less likely an entity is to affect positively the direction of the car by those actions which are taken after the self-perceived slip is noticed. The more skillful the person in driving, the more experience that person has had, the quicker that entity will correct [the path of the vehicle]. The secret, of course, is refraining from attempting to steer the car while it is out of control.

This relates strongly to that saying from what this instrument calls the "AA Prayer," which is:

Grant me the courage to change what I can, the peace to leave alone what I cannot change and the wisdom to know the difference.

When applied to bringing the physical vehicle, the emotional vehicle, the energy vehicle, the energy field [as a whole], through a skid within the life experience, the first thing that needs to be addressed is the fear of being out of control. The actual situation within the physical experience is that, there is no difference between the skid and the correction except the feeling that it gives to the entity internally. The situation in truth is that, at all times, metaphysically speaking, there is an element of being completely out of control. This is because the entire atmosphere and environment of your planetary sphere and [its] many supporting sub-densities or inner-densities, as this instrument calls them, are completely focused on creating an out-of-control experience that will be cyclically more and then cyclically less in control, allowing each entity who seeks that proper and timely cycle wherein lessons are addressed, are processed, [and] are either learned or not. The cycle moves around, and either the same situation occurs again for that particular entity on that particular theme, or the cycle spirals, because there is now another level that has opened because of prior learning. Consequently, metaphysically speaking, each of you is in the process of infinite change.

Change is uncomfortable by its very nature. It is confusing, and new patterns that are tossed into the life experience by a most humorous deity have a tremendous ability to appear to the untutored eye like pure and complete confusion and chaos. It is only after processing a good deal of new catalyst that a pattern may perhaps become clear, and it is by hindsight, then, that most of us see the true value and benefit of most of the lessons that we have been offered by our higher selves, chosen before this incarnation with great care and great love. The only difference between before incarnation and during incarnation is that, before incarnation, the reasons for these choices were perfectly clear. Within incarnation, all of the sense of the pattern as an integrated whole has to remain beneath a veil of confusion and illusion so that the fundamental nature of the lesson of this density may become slowly and subjectively clear to each in its own way. This lesson, as we have said many times, revolves around concepts which have to do with a principle

that is of the nature of a Thought or a Logos, and that principle cannot be described better within your language than by the word, love. The Logos or love is an energy that has created each of you, that has created each of us, that has created all planetary and stellar bodies, that has created a house for Itself. The Creator of this house is listening, is fascinated, and is hoping that each of you will attack the school year that is known as planet Earth with great appetite and enjoyment. It is seen before incarnation as a place where it would be impossible not to be merry. As the one known as F has said, "How can one not be in a good mood in a beautiful place like this?" And indeed your mimosa bean pods hang down with a beautiful flair in the autumn sunlight and that particular quality of color within the light of autumn is most beautiful not only on your plane but also in the inner planes where we are at this time resting.

It is indescribably beautiful, and there is only one thing that mars the carnival atmosphere, and that is change: the reason that you came! For only in illusion is the perception of real change possible. It is not that there is not a different thought every moment for infinity, it is not that things do not change, for truly no two entities can breathe the same breath twice; no single entity can breathe the same breath more than once. The philosophical river that has for so long been talked about as not being able to be stepped in twice still runs, still changes, and still brings a fresh harvest every day of things that will place the entity in the position of feeling out of balance. Where lies the love in this structure? Love within the structure lies in that which is not seen. It lies beyond the confusion, it lies beyond the circumstances, and it lies in becoming aware of the self as a unit that contains all that there is, in balance or out of balance. All the ingredients lie within, not neatly separated into those that are identifiable as positive and those identifiable as negative but thoroughly and completely mixed, and mixed yet again with the infinite layers of acculturation that each of you has experienced because of how each has heard what each has heard throughout the incarnation. There are many of those within this group whose early experiences within this sphere have been difficult to bear; whose growth as spirits has been distorted in various ways because of assumptions accepted as true, such as, "I am not worthy," "I am not happy," "I am not blessed," "I am not lucky," "I am not good enough." We could



go on, but basically it is that feeling of being not good enough, of being abandoned, of being stranded in an unsafe place, which charges one with the need to put up defenses.

This brings us back to the idea of the circular, ball-shaped nature of self. Does a ball, does a sphere need defense? Indeed not. In fact, within the civil engineering trade, the building of bridges is only possible in some cases because of ball bearings that are placed at points of balance within the structure, because the circle can hold much, much more pressure and weight and more of a changing load than any other structure, anything with corners. This means that people can use the circular form to stabilize large structures, and, if the nature of the energy field is seen to be round and spherical, then it may perhaps more easily be seen that the way to become a balanced entity is not the dialectic of, "Oh, I see the dark; I must replace it with the light." But as the one known as J said, "Oh, I see the dark; let me love it with my light. Let it all become one thing within the heart." The heart that is within each of you is a haven that is already in balance. There is a pre-incarnational setting that you may be able to change somewhat through the course of an entire lifetime. You are hoping that you will be able to adjust the way you perceive information so that the information that you receive is less and less distorted. One of the goals of balancing is to decrease distortion, and, as this instrument has said earlier in this conversation, to become integrated, to become not only that entity who loves but that entity who is loved, so that one begins to feel the fullness of self and the rightness of having all that there is within one entity. This part of balancing simply clears the field by removing as much distortion from the perceptions that are incoming as possible.

So let us move from the concept of sphericalness or not cringing from difficult experiences, to another facet of the balancing experience. That is the great importance of not only allowing oneself to fall, [but] allowing oneself in those moments of self-perceived chaos to move with the chaos. Indeed, to feel as if one is falling down and not coping but also to begin to allow the self to laugh about it, to take it lightly. We have said through this instrument many times that we encourage you to love that which is beyond yourself and take it very seriously but we encourage you also to take yourself lightly. For those things

which are the highest and the best within you are those things which simply need to be found within the self and allowed to express. They are already there; they are hiding behind things like defensiveness, fear, all of those reactions that are, as Buddhists would say, not particularly skillful. There is a great deal to be said for this point of view of skillfulness. However, it does not come into congruency with the thought that is behind the skill, which is that of love. There is nothing restrained about the love of the infinite Creator, nor is there anything restrained about the power of those energies that move through each of you at all times. There is distortion in the incoming data that you receive with ear, with eye, from reading, from opinion and so forth. It comes in roughly and raw, and some of it is true and some of it is not; some of it is of good report, and some of it is simply gossip; some is true, some is false. How shall you judge yourself? How shall you look at the momentary experiences of the day and say, "This was a good thought; this was a non-skillful thought"?

There are many ways to address the subject. The best way that we know to tell you is that the key is emotion. You are of the concept, because you have a biological computer called a brain, that you are here to think better, and indeed in many ways as a side-effect of spiritual improvement in the constitution, there is also an improvement in the thinking. However, the harvest of planet Earth is not a thought, not on the level of ideas. Rather, it is a pure emotion. It is a thought that is creative, that has to itself the nature of a principle that engenders more of itself or children of itself, so that each of your thoughts, each of these moments during any day when something crystallizes for you emotionally and you have a specific reaction, whether it is a positive emotion seemingly or seemingly a negative one, offers ...

*(Pause)*

We must indeed state that we cannot describe that which it offers except to tell a story. This instrument was communicating [earlier, by letter,] with an entity who talked to her about "Lunchables," if you are familiar with this product which contains cheese, meat and crackers. She [the writer] was thinking about the difference between perceiving something in one structure and perceiving it in a different structure, and she was eating these little crackers and

cheese. She discovered that if she put the crackers, then the turkey, then the cheese upon each other in that order, they tasted one way; if she changed the order, she had a different experience, and yet they were the same ingredients. This entity said to this instrument, "How can it be that Lunchables would teach me a spiritual lesson?" And we say to you that this is the nature of balance. Everything has a message to those whose energies crystallize at the moment that the message is coming through. There will be a continuation of messages for each seeking spirit. There is no concern about whether or not you get them all; there will be another one in five minutes or half an hour. There is no waiting in terms of spiritual learning.

Indeed, all you must decide is how fast you can change; how much you can transform while still remaining stable, productive and all of those other attributes that are valued by yourself and the culture in which you live. It is only that limitation that keeps each entity from progressing very, very quickly. And indeed we would advise against very quick advances and very quick changes. We would suggest to each of you that each find the way to remove toxic intensity from any day in which it occurs. In other words, quite often the reaction of one who has learned something and is excited about learning more is to do more and more meditation, more and more balancing exercises, more and more visualizations, and so forth, which simply creates a faster rate of change until the stable, everyday self is offered a crisis that expresses to that entity the nature of that entity's limitations as far as being able to change beyond a certain rate of acceleration. The thing to be aware of within the self is what this instrument would call burn-out, where there has been a massive application of principle, truth and the various resources of the "spiritual supermarket," as the one known as T has called it, and circuits are blown, and consequently there is that time where distance must be set between the self and the spiritual seeking. Those entities who are not capable of toning down their efforts with the ability to laugh at the self are those who are most vulnerable to spiritual exhaustion. For those who wish over a long period of time to make sustained and serious efforts in opening up the self to the realization of self, we encourage laughter, we encourage good friends supporting each other, we encourage each finding

the ways that relaxation truly comes, that lightening-up really happens.

It is not the same for all entities. One entity can relax perfectly well doing stitchery, another entity reading, another entity walking in the woods. Another entity may have the need to remain active at all times. Whatever the pattern, that pattern itself and the emotions that it calls up are those items of real interest. How am I perceiving this structure, this that presents itself to me, this gestalt? How can I juggle and play and dance with this and change the structure of the way I am thinking of the contents of this constructed situation that will improve my capacity to be comfortable while I am not in balance? These are excellent questions to ask of the self, because truly reality is a plastic, illusion that is very penetrable by belief and perception. That which you perceive is that which is subjectively true. If the perception or the belief changes, the body itself will believe the perception rather than the actual circumstance. Therefore, if each of you happened to be hypnotized and then placed in a situation where there was physical discomfort and yet one was told that it was not occurring, the entity's body would not feel pain. Conversely, if an entity is told that he is being touched by fire, in the absence of any fire on the physical, that entity's body may well blister and burn. Belief becomes the reaction to the body.

This means that the belief that you have about what you are experiencing can create a wide range of actual occurrences, for the belief system triggers the response to the situation. The way that the so-called human experience works is not particularly objective. Indeed, it is extremely subjective. It is extremely permeable, and you have much more power over your universe than you know. So another level in working with the balancing is to see that you have the creative power to reconstruct not the situation itself but how it is looked at, what point of view is used. What difference, may we ask, would there be between a drama or even a soap opera and a sitcom? What difference is there between melodrama and drawing room farce except the way that the entities respond to the undoubtedly somewhat mired situation that is required in order for a play of any kind to occur, whether it be a comedy, a drama or a tragedy? How can you create a sitcom, so that there are laughs and saving graces to the life experience that inevitably includes all of the crazy things that occur upon planet Earth; all the things that seem

unfair, all the things that pull at one, all the things that create emotion?

For you see, each of you, balanced or unbalanced, is constantly sending a signal. Each receives the same signal; each receives the infinite love and light in infinite supply at all times moving from the roots of being, from the roots of the body, spiraling upwards through the self and out into the universe again. The magic here is involved in your nature and how you refract that upward-spiraling light in such a way as to create your own color, your own luminosity, your own way of offering light back to the infinite Creator. So what you are really responsible for here is simply becoming more who you are, for who you are is a spiritual, energetic being, and it is something that is encased and often buried in that illusion which is flesh and those persuasive seductions that the physical world offers; seductions such as the need to feed the self, the need to create warmth for the self with inclement weather, the need to appear to be this or that way in regard to other people. All of the needs are for a seduction of the senses and a seduction of the emotion. It is as if each were at a magic carnival and one could either spend time upon the rides going around and around, or one could bring one's bounty to the carnival and have it judged to be "best chocolate cake" or "best tomato." It is a choice of where to put the mind, where to put the energy, where to put the love. If you are loving, you are in balance. You can be upside down or sideways or flat on your back in the illusion, but, if your heart is open, we ask you to be utterly pleased and satisfied and to move on into the moment to mind some of the wonderful, spontaneously available breath and spirit and *je ne sais quoi* of that particular moment; that intersection of space/time and time/space in which this perfect moment became possible.

Each breath in and each breath out is so precious. We dwell in our present density in a much more expanded time frame relative to your own, and we see the preciousness of breathing in and breathing out for only seventy-five thousand years, and we see especially at this time the preciousness of breathing in and breathing out for perhaps the last of the series of incarnations within third density. It is truly a transformational and magical time. The subjective feeling of being out of balance is inevitable. The truth always lies in the knowledge that all is well, and all will be well. Where you put your energy is

precisely where you should be putting your energy even if, in subjective terms, analytical terms or in the opinion of others, it is incorrect. Know that you will always come about to a new tack when you feel it from within. Know that, until you feel it from within, it is better to continue to collect data, to absorb and to feel, and then to observe the feelings, to learn from those out-of-control, seemingly unbalanced emotions where the mind is, where the heart is, where the catalyst is, what the lessons are.

The lessons usually have to do with the giving and the receiving of love. As the one known as V has said, it is much easier to give than to receive. Many within this group are working with the ability to receive love, so there is never an assumption that this or that situation is helpful and this other situation is not helpful. Know that many times this situation is the reverse of that which it seems to be.

This instrument is informing us that we have been far too wordy, and we shall need to move on. We thank you so much for asking such an interesting question, and we would like to transfer this contact to the one known as Jim so that his energy may be used in answering further questions. We thank this instrument for its service, and we leave it in love and in light. We are those known to you as the principle of Q'uo.

*(Jim channeling)*

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

J: Yes, hello, Q'uo. This is J, and I was wondering if you could just speak to me briefly about any suggestions you might have about how I can use these healing instruments, the phi-ratio spirals, with my clients to be in service to others, and if you could just briefly speak to me about the clockwise and the counter-clockwise motion of them and how they might send out of the body or into the body. Thank you very much.

I am Q'uo, and I am aware of your query, my sister. As you are working with those who present themselves to you for your healing energies and efforts, it may be helpful to spend a few moments at

the beginning of each session in meditation together in order that those energies which are in the subconscious mind and which are attempting to make an impression upon the conscious mind might do so, for it is truly said that all healing will come from within the entity to be healed and simply needs an avenue over which it might travel, shall we say. This avenue can be provided by each of you seeking the resources of the subconscious mind.

As to the clockwise and counter-clockwise spiraling effect of these tools for healing, we would recommend that the attempt to send energy into a body or portion of the body may best be accomplished by using those energies which move in a clockwise fashion. Thus, the prana or infinite love and light of the one Creator may be sent more speedily and precisely to a certain location by using the clockwise spiral and by visualizing this energy moving into the spiral and into the body as this tool is used, so the counter-clockwise spiral then is most helpful in the removing the energy from the physical body or a portion thereof, again, seeking the counsel of the subconscious, moving in the intuitive response from the subconscious in a fashion which allows a visualization to assist the use of the counter-clockwise spiral.

Is there a further query, my sister?

**J:** No, thank you very much.

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

**Carla:** Let me follow up to J's question and just ask if the image that you're offering is that of its coming from the needle into the energy field of the body and then also moving up the spiral so it's not just a one-way energy flow, it's a connection between the infinite and that infinite within self through the needle, but it's also being pulled by the desire from above as it is being sent from above. Is that right? Is the dynamic there one of a partnership between the body that's receiving and the energy that's moving through?

I am Q'uo. This is correct, my sister.

**Carla:** Thanks.

Again, we thank you, my sister, for your efforts. Is there another query at this time?

**S:** I have one or two. It's kind of interesting, I've been reading on the spiritual value of mazes and

things like that, and there's a crop circle I have here that would be—I guess—a perfect candidate for a spiral maze, and I was wondering if you could tell me what this particular crop circle represented and your ideas on such a maze?

I am Q'uo, and am aware of your query, my brother. The spiral maze which you refer to is a pattern of energy progression which may be projected in a specified fashion according to the intention of the entity utilizing it. This is to say, it is a tool which may function according to your use of it. It may be that which enhances the environment in which it is constructed if that is your desire. It may be that which enhances the health and well-being of those who enter into it if that is your desire; it may be that which enhances the well-being of the planetary sphere upon which you dwell, if that be your desire. Thus, you may see, it is the intention of the magician, shall we say, the entity which utilizes the tool for healing and transfer of energy that determines the effect, the outcome or the results.

Is there a further query, my brother?

**Steve:** Can it be all of those? Does it have to be a single one, or can it be all three?

I am Q'uo, and am aware of your query, my brother, and this too is possible. It is the desire, the intention, the direction that is important in determining how any such tool is used.

Is there another query, my brother?

**S:** The last one I have was ... There is a lady we work with; she just recently has gotten married, and her husband has some very severe back issues, apparently all his life, and I'm wondering if you had any words of wit or wisdom that we may offer to help her be of assistance to him?

I am Q'uo, and am aware of your query, my brother. In looking at the physical vehicle and the various distortions of such that may occur during an incarnation, the back region is that area which signifies support for the entity. When there is a feeling within the entity's being that it is unable to support someone around it or itself or is unable to be supported by such entities, oftentimes, there will be a difficulty in this physical region. It is therefore necessary for the determination of the specific cause that the entity experiencing the distortion have the desire first of all to untangle the riddle; that some means of untangling be utilized. Whether this be

contemplation, meditation, prayer, the intellectual analysis of the experience, or whatever means is useful to such an entity, there needs be some method chosen to seek the untangling of the riddle.

Is there a further query, my brother?

S: Not from me, thanks.

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

**Carla:** I have a question about the music at the beginning. It's in two parts. Number one, was that intended by, shall we say, unseen forces and, if so, was the point simply to make us aware by using a song with no key that changes chords and keys constantly?

I am Q'uo, and am aware of your query, my sister. In this instance for you, this is the correct interpretation. For each other entity present, there may be a different interpretation. For the one known as Jim, attempting to arrange the music, this was a practice in accepting that which was.

Is there another query, my sister?

**Carla:** No, thank you, Q'uo.

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

**D:** I'm D. I have the observation that came to me as we were discussing the counter-clockwise and clockwise spirals, and that was this: that, if you think of love as one spiral, one direction, hitting somebody else, it's reflected just as in a mirror; reflected in a counter-clockwise direction which again, in hitting another person, another mirror, reversed in a clockwise direction, on and on, clockwise, counter-clockwise, love reflected as it is applied. It's just an observation that came through as I was listening to the discussion.

I am Q'uo, and we appreciate your observation and would note that it is indeed one very valid interpretation of the spiral effect. Is there another query at this time?

**D:** I'm D again, and thinking about the harvesting process and putting in terms of the time frame that we understand, could you express to us what kind of time would be involved in the harvesting process that we are entering into now?

I am Q'uo, and am aware of your query, my brother. The time of harvest is now. There are many souls who move through the doors of what you call death which move them into the light and [they] remain in that light for as long as it is possible to enjoy the light before it becomes too glaring, too strong and too intense. Then the step from the light is made, and for many at this time the step is into the fourth density of compassion and understanding. The length in your measurement in terms of months or years is not that which any can accurately assess, for it is indeed a fluid process responsive to the group mind/body/spirit complexes that populate your planet at this time and the choices that are made by individuals and groups seeking to share the light, seeking to become the light. Thus, it is possible for a great amount of work to be done in a short period of your time due to the traumatic nature of many experiences and events taking place upon your Earth world at this time. Thus, we cannot with any certainty give you even a general idea beyond a decade or two, which we realize is not terribly specific according to your measurements of time and experience.

Is there a further query?

**Don:** No, thank you, Q'uo.

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

*(No further queries.)*

I am Q'uo, and we would take this opportunity to thank each once again for joining us and inviting us to this circle of seeking. We realize that we have spoken overly long, and we apologize for our wordiness, but it is such joy to join you in your circle of seeking, and we rejoice at each opportunity and invitation. We would remind each that we are available at any time that you would wish us to join you in your meditation to help deepen the meditation. A simple request mentally is all that is necessary for us to join you there.

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

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## SUNDAY MEDITATION OCTOBER 6, 2002

**Group question:** The question today concerns the power of thought and the power of belief of the words that we speak to ourselves and the images that we create from these words and these beliefs and how this image can be changed according to how beliefs change. We would like for Q'uo to give us some information on how we can create our own images; how we can change the way we talk to ourselves, the words we speak in our minds, and the images that we see. This is, I guess, a personal mythology—the way we look at ourselves and the way we look at the world through the creation of ourselves, so anything Q'uo would have to add to this thought, we would appreciate very much.

*(Carla channeling)*

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in Whose service we are. We thank you each for arranging the details of your life so that you are able to join this circle of seeking. We thank you for the opportunity to share our thoughts. We are most happy to do so with the request, as always, that each of you takes what you feel is good from those opinions which we share and by all means leave all of those things which do not seem to be as fair to you behind without a second thought. This will enable us to feel that freedom which comes from being a neighbor and a friend whose opinion is worth sharing, without feeling that we have represented ourselves to you as authorities or teachers, for truly we are as you: those who walk upon a path and those who reach out in service to

others. We have a tremendous sea of things in common: the creation that we share is one.

You ask this day about the power one's self-image has to affect one's life. Indeed, this is an endlessly interesting question, because it revolves without end in terms of the effect of feedback and how the echo of feedback never actually ends, so that, not only is there a feeling of progression to the energy of one's being as one experiences the illusion of time, there is also that sense of each moment being its own perfected entity which is established as the truth of that moment and which moves out endlessly into the creation of the Father as a perfect offering of that moment, that time, that space and that truth, so that the truth is always coming from you in its perfect form at the same time that it is forever in development in the process of birth to the ever-new moment.

The one known as J has suggested that it is quite possible that the experience or the illusion that each of you shares at this time is one which has been assisted or enhanced, shall we say, by those beings of higher densities who have compassion upon those who have gone through a tremendous amount of change. In this supposition, the one known as J was indicating that, indeed, perhaps the much talked about latter days, rather than being imminent, have actually already occurred, and, were this to be so, this suggestion is that all of those who indeed did graduate at that time still might have experienced so much trauma at the changes made at the shift between the old world and the new that the souls of

those within this room and perhaps within this planet were placed, as it were, upon a stage that was created specifically as a hologram substituting for the world which was the old world. This new world then would be a world which was constructed to be a safe haven for those positive entities whose work was done within third density but who were not quite ready yet to spread their wings and accept the full light of fourth density without their physical vehicles. We do not state that this is true, but we do state that this is a wonderful way to envision the consensus reality which you face at this time, because it is efficacious in allowing you to see that you have an enormous amount of power over your consciousness and the experiences of that stream of consciousness.

Certainly we can say that, regardless of the model used to discuss the transition times into fourth density, the membrane between densities is semi-permeable and increasingly so as the time moves from moon to moon and year to year. Already you have experienced a great deal of shifting and opening up of energies, of patterns changing, and these things have been experienced, not because necessarily they were chosen but perhaps inadvertently, so that change has multiplied upon change, and it is easy to feel that one is completely unable to control one's life. However, we would suggest to you that the issue of control is a kind of seduction designed to limit the ability to envision and to dream when one is allowed to be cast loose from one's circumstances so that one exists in that space between all things: between densities, between energies, in the water, shall we say, that the creation swims within. It can be seen that this "between place" is actually the womb within which the self is birthed from moment to moment, and, as the self is birthed, so is the creation. It is difficult to grasp that one does create the stars, the bodies within the heavens, all of the amazing and cosmic structures of energy and balance that no one's mind in any density could actually grip, wield and change, yet each of you, by the way he thinks of himself and the way he tells his story to himself, creates the stars of a certain color and in a certain order, creates a universe that wraps around him like a cloak and prepares him for that journey which, in his own mind, is the business of his life.

Each of you has this kind of creatorship, and each is feeling this ability to change the feelings with which

life is replete. Each has talked before this meditation began of ways in which the thoughts have been used to create a better environment for the self. The one known as Jim was speaking of how he had begun to realize that that which he had told himself made a difference in how he felt. From the tiniest thing that you say to yourself to the largest, each word and each thought is an energy that has the power to create change in your consciousness and in the world around you. The more you are able to focus upon this power to speak truth, the more transparent the environment is to the echoes of new thoughts. The one known as R was creating lists of words that took power away and words that gave power, and they were words like "follow" or "choose," "I can't do it" or "miracle." The possibilities within the mind that are allowed to the self become the possibilities that are possible within your world. If you can allow yourself the time and space to move within that closet of self and simply listen to the self as it is, the information that comes to you is that sense of self that has drifted beyond the campfire of everyday talk and moved into the cry of the wolf, the beaming of the stars, the energy of the Great Mother and the light of eternity. What do you dream? What do you hope? We say to you, as you dream, take that time in which you color your dreams with care and love and the self-respect that all dreams deserve. The ideals that seemed fair at earlier points in the life may indeed have become tarnished. They may even seem to have failed and to have become vitiated and destroyed by experiences which you have undergone.

How much of disappointment within yourself is true, and how much of it is the tail end of other peoples' stories which they have told to you? The one known as T suggested earlier that there was tremendous power in releasing all thoughts of forgiveness in a certain stubborn situation and moving instead to thoughts of forgetting completely the past. To this entity we say, these thoughts have the power to change the life. It is a sweet mystery, the sugar-bear<sup>1</sup> of truth hiding in the forest of

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<sup>1</sup> Carla: This odd phrase comes from an early poem of mine, written in 1975:

Sugar Bear

I hear crickets outside the car window,

Run my fingers through the damp

Softness of the summer night.

The future is laid out before me like roads,

One turn leading to the next,

opinion with the undergrowth of words, words and more words. Each word has its roots and its blossoms, and the words that you plant in the flowerbeds of your sentences, your thoughts, the things that you share with others, have their own beauty, aroma and color. We are not suggesting that your life should be a coloring book to dabble at on a day when there is nothing better to do, for we realize that each of you is moving very quickly through days that seem all too short, and we grasp the fact that it does not seem that there is a great deal of time to spend upon the details of each thought, each word used, and so forth. And yet we would suggest to you that any care that you can take with the things that you think to yourself about yourself will be rewarded, and this reward will echo and re-echo and spiral if you are able to continue to monitor your own inner conversations.

In this instrument, for instance, there is a longstanding distortion towards self-criticism, and this is basically an internalizing of childhood voices that this instrument has heard in the past. In no case does this instrument have to continue hearing this particular voice, it being the voice of her parents, both parents having passed from your illusion. However, as is the case with most children, no matter how old the child gets, there lives within that mature person a tremendously powerful memory of every hurtful word that has ever been spoken [to the child]. Unfortunately for the playful aspect of self, the serious aspect of living a life within the physical illusion sounds its steady toll of time and space and calls all to experience responsibility and accountability for the thoughts and desires of one's own heart. When the moment comes that you can see into this conversation that may have ancient and irrelevant voices within it, you will be more able not simply to silence those voices but to lay them into an appropriate and loving place in deep memory with blessing and with love, so that you may indeed forget, not simply forgive the voices that would bring you down and make you feel small, but, [rather,] forget them. This forgetting and forgiving

of the old voices can release a tremendous power of change within the life pattern.

If you do not choose then to say to the self when a mistake is made, "Oh, you stupid person, you have made a mistake," then what would you choose to say instead? Is there indeed any dishonor in making an error? Is there a necessity to judge beyond the need to correct the error? For most entities, there is. There is always the need to make a judgment. The reasons for this, indeed, would be the subject of another discussion, but, for the entity within third density, the tendency is to make a judgment every single time an event occurs. Knowing this about yourself, then perhaps you can think upon what kind of judgments you would like for yourself to make. It may seem pretty obvious that it is not a good idea to tell the self that the self is stupid or getting old or losing memory, and yet each in this room has said these things to the self at various times. What would be your substitute for this self-comment? Perhaps the embracing of compassion for the self and a willingness to move on has more energy for the positive than any words that you might find to soften the blow of judgment.

It is a difficult thing to grasp in the world of the mind where things seem so clear-cut, but in actuality your illusion is set up with some precision to prevent any entity from being correct for very long at a time. The need of this illusion is fundamentally the need for confusion. Too much clarity within third density creates a pleasant and long third density. Each of you is experiencing the culmination of far more powerful ways of experiencing third density. These ways have been rough, and each trail has been mazed, and yet the progress that each of you has made is outstanding. In all of this confusion, each has found the end of a rainbow and is following that vision.

We encourage more than anything else this basic faith in self that sees beyond the mistakes of the moment and trusts in the excellence of that self that lies within like an undiscovered country. Were this instrument never again to say to itself, "You're just not good enough." would she be good enough? Were the one known as Jim never to say again, "I just can't remember like I used to," would he remember as he used to? Perhaps, but the words that truly hurt the self are the words of judgment that create a contraction and a sorrow within the heart,

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Finally, the driveway and home.  
Except for the crickets, there are no distractions,  
Right and left marked only in a dark tattoo  
Across satin, ebony skin.  
Benevolent creature, Night,  
Furry, honeyed one, sweet, let me see,  
Sugar bear, what is my destiny?



and so we encourage you to cease bringing sorrow to your own heart, for it is in no way necessary. Each lesson that comes before you has its learning curve. Each learning curve has many moments of seeming failure. Indeed, the only way to learn is to fail repeatedly in such a way that learning occurs. The mechanisms of learning are assisted not by resisting the pain of learning but by speaking it, chanting it, expressing it, having a dance with it, so that there is a movement of energy and a lifting of the spirit that deals with whatever is being dealt with at the time. The one known as R said earlier life is not about working, it is about playing, and this is a good sentence to use as an example for how you can speak to yourself in certain ways. All things take effort. Shall you call that effort work, or shall you call it play? Shall you call it walking, or shall you call it dancing? Shall you call it speaking, or shall you call it singing? Shall you define yourself as prose, or shall you allow yourself to be poetry?

There is a way to play with the textures, qualities and tonalities of life. In this playing, all of the forces of nature wait to play with you, and, when the mind is released into this playing mode, there is a tremendous outburst of energy from angelic and from inner-planes nature sources who are just waiting to play with anyone else who is also playing. For the dance is ongoing, and that which you are is that which moves into this dance, becomes part of this dance, and becomes the dance.

What is your self-image? We ask each of you to define this for yourself at a time when you are simply contemplating what your myth of self is. As this instrument has said, she is a legend in her own mind, and each of you is that. Each of you is a story you've told yourself. It is not simply a birth, a childhood, an education, and a series of experiences as an adult; it is a story with shape and moods and energy and fire, that is, if you wish to tell yourself a story that has energy and fire. The one known as Jim can tell himself that he is cutting grass, or he can tell himself he is dancing with the devas. This instrument can tell herself that she is a bookkeeper, or she can tell herself that she touches people's lives with love. Each of you can look at the simple facts of the life and weave many different stories depending upon those things which are chosen to emphasize and those things which are forgotten and left behind. It is your world, and the possibilities of a world that is created just as you wish it are endless.

Imagine the effect if more and more entities within your Earth world truly, deeply and honestly found that energy within which is the energy of peace, that peace which passes all understanding! Have you considered why there is not peace within the world at this time? When there is not peace within the human heart, what story can the human race tell itself? Is there even a belief in the ideal of peace? Is there a willingness to know that peace is the truth and that strife is the illusion? This instrument and the one known as R earlier were working upon the words of a song. It seemed to this instrument at the time that the words were growing like grass; sprouting up and opening to the sunshine. What artful dodgers words are, slippery, forever changing, always shifting in their nuances and their tones. Words are difficult to use with absolute justice, and yet the power of each word is the power of the [spirit of the concept]. The power of concept is infinite; the power of belief is infinite. The beliefs that you have create themselves as true within your body, within your mind and within your life. May you believe well; may you seek truly and deeply your own story.

We would at this time transfer from this instrument to the one known as Jim to complete this communication, and we thank this instrument and would leave her in love and in light. We are those of Q'uo. We would transfer at this time.

*(Jim channeling)*

I am Q'uo, and we greet each again in love and in light through this instrument. It is our privilege once again to ask if there may be any further queries to which we may speak at this time. Is there another query at this time?

T: I have a question. You said that forgetting was a good idea as a helpful aid in the act of forgiveness. I assume though that there are times when you can't forget, and I don't mean that you're not able to forget but that maybe you shouldn't for other reasons, physical reasons, I don't know, you just come in on times when maybe you should not completely forget. There's a mixture of forgetting and forgiving at that point ... or is all the forgiving in the forgetting?

I am Q'uo, and am aware of your query, my brother. The forgetting to its completion is the definition of forgiveness. Most, however, find that there is work to do in forgiving another before one may forget that which brought up the catalyst and placed a barrier

between the two. It is not always easy to forget. For as long as one has an emotional investment in the catalyst which has arisen, then there is work to do in communication, in analysis, in meditation and finally in forgiveness as one is able to see another as the self and is able to accept those as the Creator. This usually takes a significant portion of your time.

*(Pause)*

I am Q'uo, and am again with this instrument. We appreciate your patience. Is there another query at this time?

T: Not from me, thank you.

I am Q'uo. We thank you, my brother. May we speak to any other point at this time?

J: Hi, Q'uo, this is J, and I have a question. I'm not sure, respecting my free will, if you'll be able to answer or not, but I was wondering if you could tell me if my soul has been higher than third density previously to where it is now.

I am Q'uo, and am aware of your query, my sister. To this query we may answer, yes indeed, for this is true for all entities. For all have been complete in their unity with the one Creator. In the sense in which you speak, we can confirm that you are indeed that which may be called a wanderer who has previous experience in densities beyond the third and who has come to this third-density planet for the opportunity to be of service as it is birthed into a new level of evolution.

Is there another query, my sister?

J: No, thank you very much for that answer.

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

S: I have one. You mentioned earlier that, say we're [doing] so well. How can we know when we're doing well; how do we see the unseen?

I am Q'uo, and am aware of your query, my brother, and to this query we must say regretfully, for third-density entities, you cannot know. Understanding is not of this density; this density, my friend, requires that one operate with faith, with will and move forward in that strength, for that which can be known subjectively in this illusion is but a poor print. For there is much beneath [and] beyond that which is seen, that which is sensed, that which can be known in any particular way in your illusion. For

all is a symbol here; all stands for something else, and it is a great riddle, a great knot, shall we say, that each has the task of untying and untangling, and many lifetimes are spent in attempting to do just this thing; to reduce the great complexity of this illusion to the simplicity of an individual incarnation, and each effort to accomplish this great goal is rewarded by a small amount of a sense of possibility, shall we say, of a direction, of a homing where one feels, where one hopes, where one wishes, and where one places one's faith as surely as one aims the bow and the arrow at a target and strikes that target surely as one has the faith that the arrow flies truly.

Is there another query, my brother?

S: Not right now, thanks.

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

*(No further queries.)*

I am Q'uo. As it appears that we have exhausted the queries for this session of speaking, we would once again pause briefly to thank each for inviting our presence this day in your circle of seeking. It is always our great privilege and pleasure to join you here. At this time, we shall take our leave of this instrument and this group. We leave each in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♫



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## SUNDAY MEDITATION

OCTOBER 20, 2002

**Group question:** The question today, Q'uo, has to do with what is happening for the individual seeker; [what is] the metaphysical reality of what's going on in our world today as each of us struggles to understand inner spiritual truths [while] we are caught in the swirl of economic, political, social and other activities that are just increasing at exponential rates. We're wondering what is really going on, when you consider that the various religions of the world have all been affected in one way or another by negatively-oriented entities trying to sway our ability to believe and where we put our faith. [They] have had some success, in causing us to have thousands of years of war as the concept of the holy war is born and carried out in each of the religions. In the Old Testament, for the Christians, there was a New Testament; there was a new covenant. Jesus brought the way of loving one's neighbor. There seems to have been for the last couple of thousand years a smaller and smaller group of people who really feel committed to the way of Christ. Could you give us an idea of just what's happening in the way of metaphysical and spiritual evolution planet-wide and individual-wide and how our various religions and their current difficulties are being affected?

*(Carla channeling)*

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator in Whose service we are privileged to be. We thank you for the opportunity to share our thoughts with you on this interesting subject

and would ask only that each of you uses your discrimination to winnow out those thoughts that are useful to you from those that are as the chaff that may blow by, [letting them] be released from the need to have meaning. We ask that you not treat us as authorities but as those who have opinions, and subject everything that all authorities or so-called authorities offer to you to the searching gaze of your own powers of discrimination, which we assure you are excellent. Trust and believe in those feelings of resonance and those feelings of flatness that separate out for you those truths that are yours this day and those that are irrelevant to your situation. This will give us the elbow-room, shall we say, that we need to be able to feel that we are not infringing upon your free will but are only sharing the opinion of friends.

You ask this day, what is occurring with the individual who is moving through this particular phase of evolution upon your planet at this time; what is occurring individually, what is occurring in terms of the religions of the world, and what is occurring in that ever-changing intersection between the metaphysical that is unspoken and the metaphysical that has been delineated by those of a certain set of dogmatic beliefs. This intersection changes constantly, and yet it does have fairly consistent, shall we say, structures that are typical, and so we may in some degree generalize about this. But [we] would always point out that there is no generality that is true in all cases. Your world religions indeed have had a long-term habit of turning from the original impetus of a certain way of

religious believing to the machinations of what this instrument would call the priestly class, and here is a generality that we share with you that applies to this priestly class: the causes of spirituality are without politics and have to do with an instinct that is bred into the bone of your species. However, the religions of the human animal are those structures that are taken from a spiritual system and recreated in such a way as to benefit or be seen to benefit this particular class of ruling church leaders. The energy of religion, therefore, as opposed to that energy which is purely spiritual, tends towards moving into those areas of dogmatic and rigid belief systems that vitiate the pure strain of compassion and devotion that the religious system, as it is begun, offers; taking away little by little those freedoms to doubt, to disbelieve, and to explore that create the opportunity for the individual entity within human incarnation to seek and know the truth for the self.

The impulse or instinct to spirituality is that which bites at man's heels and calls his thirsting faculty of hope forward at all times, thereby increasing continually the energy towards individual knowing or knowledge. The energy of religion is that which, more and more as the years go by, has a tendency towards removing bits and pieces of the believer's free range of will so that, more and more, that entity which wishes to be part of a religious system must then yield up the right to judge for the self in an increasingly large number of areas of dogmatic belief. Each time that spirituality is hardened into a dogmatic belief and faith is exchanged for the tenets of a creed, the personal power and the personal responsibility for the self, the thoughts of the self and the progression of the evolution of the self is released in order to choose a structure in which there is no further responsibility for knowledge but only the responsibility of repeating those pieces of perceived knowledge that have been handed down from authorities. In this effort to organize and then maintain a religion, the emphasis almost inevitably turns from the excitement, fervor and joy of religious seeking to the maintenance, increase in productivity of, and enlargement of the existing corporate system.

The benefits of spirituality, then, are those which accrue to that careful and thoughtful entity who does not resonate to the defined belief systems that are available and instead chooses to create, day by day and perception by perception, an independent path of seeking. That system of knowledge can never

be more than subjective. There is a desire within the third-density entity for this knowledge, and from this striving, on an individual level, has come the term, "gnostic." This term simply indicates someone who is involved in [creating] a personal path of seeking the truth. Those who find resonance within religions are, and, in this way we generalize overly much also, basically of two types. The first type is, as this instrument is, one who has found its niche within an established belief system, has chosen the path of mysticism which simply steps aside from all dogmatic questions and focuses upon devotion and service. [The second] type of entity [is one] which desires to fit into a group, to belong to that group and have choices taken away from it rather than left to it, so that there is not the need to judge that which is truth, that which is gnosis but, rather, only the need to learn the individual points of belief of the system to which they wish to belong, at which point they then feel that they are safe.

The one known as T was asking earlier about why such deeply religious people as some of his friends and relations would be so governed by fear, and perhaps it can be seen in this light that the entity who chooses the established and carefully delineated way of belief that focuses on a specific set of beliefs that make a system are choosing this structure because it feels safe. Thusly, one may see in general that the entity who has chosen to seek a personal path is less a creature of fear than the entity who feels that it is necessary to hew to a dogmatic set of beliefs and to define spirituality in terms of a laundry list of those things that are believed and those things that are felt to be not worthy of attention or even harmful to the developing spiritual entity. Along one path lies an enhanced feeling of chaos, for with free will does come more confusion or, shall we say, apparent confusion. There is less company for the one who decides to make choices for himself, and it is a rockier and more difficult path at the outset. It is our observation, on the other hand, of those who follow the path of religion that there is indeed a tremendous amount of solace in being part of a group. We find that there is a large degree of complete sincerity in the belief system of many entities within religion and those that have the capacity to be of service to others and to think along terms of offering their love in all situations, yet who do not have a grasp of their own spiritual nature, but instead have been content to rest in the structures

built by others. For that is what your temples are, those outward structures that have been created as sacred spaces and that do indeed create an atmosphere, through a long number of years and a long number of generations of workers, that is palpable and that can be felt.

We are not attempting by this description to condemn all religions, for all religions began with the yeasty, powerful, muscular energy of new vision, new realization, and new inspiration. Indeed, it is possible for those within church structures, whether they be Christian, Jewish, Muslim, Shinto or other structures of religion, to remain Gnostic; to remain those upon a personal path; to be those who do not compromise that which they feel within their hearts to be true simply because an authority figure suggests that it must be true. However, there is a substantial portion of the population of your planet that has indeed been affected by religion in the way that those detractors of religion have suggested through history, that being that religion is a drug, a kind of addiction which keeps the "little people" contented with their difficult lives as those who have their primary use in making money for other entities. This strays far afield from the simple, single, elementary truth that connects all entities, whether truth is that which is perceived within a pilgrim heart that is moving out into that personal path of seeking, or whether that same loving heart is content with the patterns that it has been given. The vibrations in which the heart is moving, that tune that the heart is singing, has the capacity to be perfectly one with all that there is. And, indeed, at the heart of all vibrations, of all energy fields that denote an entity, there is that perfectly balanced, totally creative, original Thought that is purely true, so that at the heart of the chaos that is each entity's unknown self lies the Creator in all of Its creative genius, in all of Its lack of limits, in all of Its power to create and to destroy.

This is the truth that underlies vast differences in opinion. It is the truth from which stems the completely unpredictable potential of all third-density entities to achieve realization in an instant; to find the epiphany in the turning of a leaf or the turning of a page. It may seem at one moment that two entities are so far apart that they could never agree, yet such is the capacity of the human heart to embrace truth when it is perceived that any two entities may in one, strong, fine moment find that

rainbow bridge that unites them and release the bonds of fear which girdle so many entities to the load-bearing help of organized religion.

We are aware of your discussion before this meditation and are very sympathetic with those feelings of disappointment and even betrayal that so many among your peoples feel at the news programs which discuss the failings of those priests within organized religions whose behavior towards children has been undesirable in the extreme. The patterns of service to self and service to others have their cleanest and most healthy expression outside the biasing and distorting energies of organized religion. In particular, we would point out the lack of validity within that church which you call the Roman Catholic Church of certain practices, the specific one which we have in mind being celibacy, which indeed was not part of the original spiritual roots of this fairly mystical and person-driven, gnosis-driven system of spirituality discussed by those of the Essene sect of mysticism within Aramea [such as] the one known as Jesus and the one known as John the Baptist. This generative spark which the one known as Jim has called the New Testament, the new promise, the new plan, was offered as a very simple and unitary way of being.

The requirements of this particular covenant or testament were that each entity would love the Creator and love the neighbor as the self. All of the law and the prophets, then, depended upon this basic truth, and, when there were discrepancies, the simple requirements preceded and updated the requirements of the Old Testament. We do not need to point out to any of you that the origins of this that is called Christianity among your people were not hewn to with much faith for very long, for there soon came to be an increasing effort to regularize, preserve and establish the church of Jesus the Christ as a Church rather than as a community of teachers and students. When this grew to a certain degree, for political reasons and reasons of social and economic power, it was decided that the discipline of celibacy would be placed as a requirement for being a priest in this particular church. When some entities are born, one of their choices for their incarnation may be celibacy. For many others throughout the centuries since this decision was made, not by those seeking truth but by those seeking power, many have been in a position of desiring to be a priest and needing to accept the strictures of that position

including celibacy. We would suggest in this instance as in many others in the history of your religions that the requirement in and of itself is an unbalanced one, and it is not surprising that there have been unhealthful and insalubrious distortions that have come about in the personalities and actions of those who truly desired to be of service to others but who, along the way in attempting to deal with an outer, physical organization called the Church, have found themselves in difficult and unbalanced situations which they were not able to control. Please note that there is no political, religious, economic or social system that does not have its imbalances, inadequacies and potentials for abuse.

It is to be noted that the vast, vast majority of those in positions of this kind have pure souls, clean hearts, and no actions of which they must be ashamed. Further, we would suggest that the pattern of distortion remains the same throughout the institutions of the world. We would suggest that there is no more difficulty in one religious structure than in another once the structure has been penetrated and enough has been learned about the abuses of that particular system to be able to speak clearly and without injustice of that particular system. It is, shall we say, the predilection of third-density entities to find ever-new ways to create a sense of comfort, a sense of power, a sense of confidence; to aggrandize the self and to protect the self in some way. These are all ways in which it is the illusion that is seen; it is the illusion that is manipulated, and yet it is the spirit within that loses the opportunities to seek in a clearer, more lucid way because of being caught up in the various distortions of a particular system.

But each of you swims in an archipelago of distortion. There is the distortion from each of the helpers that touch the life of the young and the innocent child: the teacher, the sales clerk, the babysitter, the children of friends, the mothers of friends. All of these comprise part of the world in which the child lives. All of these teachers and friends and parents and those who truly do care for the child have their own biases and distortions, their own fears, and their own projections of their hopes and dreams for that child which they are offering to the child. Is it any wonder, then, that, as the child grows, it becomes more and more steeped in the acculturative forces around it so that, more and more, the child begins to give away its ability to

seek, its clarity of mind, its sharpness of questioning? Think of the very young child, and you think of a child who is asking questions. Think of the older child who is at the start of the teenage years, as this instrument would call it, and see how that entity's basis of self has been eroded in terms of that which is that entity's alone, in order to be replaced, by choice, with the look that is appropriate, with the sayings that are those of the group to which this child belongs. In one way and then another and then another, the child's mind has been taught that in this and this and this area, this is the perceived truth, and there is no need or hunger for more. When this has been truly successful, it is that which keeps an entity asleep, which keeps that yearning for true inner vision at a minimum, and I think these are the concerns that justifiably can fill the hearts of those who feel that there is the possibility of subjective, personal knowledge and who mourn those energies within a culture which are attempting to stop that energy from moving forward by, shall we say, the empty calories of dogma rather than faith.

Now let us switch gears and gaze a bit towards the end-times scenario which your conversation previous to this meditation dealt with to some extent. Several of you were wondering what the negatively-oriented entity wants, how the negative entity perceives this time of graduation, and how it wishes to see things go. This is a complex question, for this [group of] negative polarity upon your planet has been to some extent distorted by a group of higher-density negative entities, primarily those of the fifth density, who have found that if entities can be kept from choosing either the positive or the negative path, and if they can be taught a maximum degree of fear, so that their minds are worried and their hearts are troubled at all times, this creates a kind of food which is used by these higher-density entities for the equivalent of an excellent diet.

The political and social history of your peoples—as you were speaking earlier of Atlantis and ancient cultures and then those that are more modern—have been these generations of those whose fear, terror, anger, hostility and pain have been offered up as food to the forces that enjoy that world of dark shadows and negative emotions. Consequently, there is almost no true negative polarity in the sense of an organized group of people that work together for the graduation into fourth-density negative of the planet or even of a group of its people. Those who have

truly found the possibility of graduation in the negative sense within this particular harvest have been those whose focus has been extremely self-absorbed and unassociated with the energies that look, from the outside in, like negative polarity. The creators of your present global situation, then, are not entities of tremendous negative polarity but rather are those entities who have been most effective in shaping the society towards maximum degrees of control over others through the uses of what this instrument would call the media, so that these are not terrifying dragons but rather dupes for fifth-density entities who are using them as well as all others within the planetary system insofar as they can be taught to hate, to covet, to control. These are the energies that are encouraged along with the fear that lies beneath such policies.

All of this dwells in the illusion, is washed by the waters of consciousness that stream endlessly through the illusion, carrying the waters of truth and beauty and life. It does not matter how intense the outer forces of fear and negativity are when the heart of an entity rests in faith, in hope and in love: faith that all is well, hope in every hopeless situation, and love of all things, of all biases, of all entities. Rest and perfect peace, how beautiful those words are, and yet this instrument has asked over and over again since 9/11/2001, "What is perfect peace? What is the peace that passes understanding? In what does that consist, is there in my heart already?" This instrument has asked over and over again, "That peace, do I know it already? Am I squashing it; am I pressing it down out of my reach by my choices?"

We suggest to you that this peace is a state of mind, a state of consciousness, a way of vibrating. When fear runs through the system, this state of mind is unavailable. When the fear is dropped from the illusion by the choice of the entity, this state of consciousness becomes available. Many are those among your peoples who have attempted through drugs to find this state of perfect peace, but we suggest that this peace lies within your heart, it is your native and natural environment; it is real, it is not the illusion. It is one tiny, thin veil from you at this time, for fourth density truly is coming upon you. Thusly, your faculties of faith, hope and love have an increasing amount of potential to take hold within your life. We encourage all forms of positivity within your minds, within the way you talk to yourselves within your hearts, for that state of

consciousness which you create day by day and hour by hour within yourself is as the training wheels for that spontaneous and unrehearsed state of consciousness that comes to you as you awaken to the new day.

We would at this time apologize for the length of our discussion and transfer this contact to the one known as Jim. We thank this instrument and leave it in love and light. We are those of Q'uo.

*(Jim channeling)*

I am Q'uo, and we greet each again in love and in light through this instrument. At this time, we would ask if there may be any shorter queries to which we may speak briefly, as we realize that we have spoken overly long to begin this week. Is there a shorter query at this time?

T: Yes, I have a question. I alluded to this earlier. It involves when you see something that may go the way you would like it to go at the expense of another, and you catch yourself having to actively resist hoping that this event will happen which basically will help you but doesn't help the other person and actually could be at the expense of this other person. How does one go about not doing that? It sounds simplistic, but any comments you may have would be greatly appreciated.

I am Q'uo, and aware of your query, my brother. We are also aware that we speak, as the one known as Abigail would say, in an overly-long fashion, and she complains<sup>1</sup>.

We shall be brief. As you look at your daily round of activities, you will see various instances in which there is the opportunity to practice that which you know, shall we say, that which is of one piece with the one Creator, the unity of all creation. There are many catalysts that present themselves to you during your daily round of activities that will test resolve, that you may be able to express that which you know in a spontaneous fashion or [that you] will be unable to do so and will mentally take note of this which you may call a challenge, a test, a catalyst, perhaps even a failure.

However, we suggest to you that, as you look at these various opportunities to practice your knowledge and to live your love, it is only natural

<sup>1</sup> Abigail, a 16-year-old Siamese cat, had begun a serenade of some force. She was calmed.

that you shall come up short in some instances, for you are not perfect beings. There are few within the creation of the one Creator that do not notice the deviation of the consciousness from that which is straight and true, the love and the light of the one Creator. When you feel yourself moving away from that which is part of your being, take note, perhaps pause for a moment in your own contemplation or meditation, seek to heal that which is in need of healing, to make whole that which is broken, to make straight that which is curved, to become that which is your highest ideal. Do not chastise yourself because you have fallen short. Rather, use this opportunity to increase the resolve, to follow the path of the seeker of truth and the one who would serve the Creator in all he or she would meet during the daily round of activities.

Is there another query, my brother?

T: No, not from me, thank you.

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

S: I have one. My wife and I have been talking of late and contemplating. We've noticed in our round of activities, I guess, signs or appearances of, I guess to best describe it, it seems like somebody is—how should I put it—messing with her, something or someone or some entity, whether work activities, home activities, other activities, and we just seem to feel there's a strong coincidence and presence of somebody or something messing with her life, as you will. Could you offer any help or assistance or ideas on this situation?

I am Q'uo, and we are aware of your query, my brother. Many entities upon this planetary surface are so full of light and so full of the ability to direct the energy of their own existence that they are attractive, shall we say, to those of the lower astral realms who lack this ability to focus their own energies and accomplish what you might call metaphysical work. Oftentimes an entity in the third density, such as the one known as C, who has these great abilities to accomplish various kinds of work, be it the physical work of this illusion or the metaphysical work of realizing spiritual principles, and who have, for one reason or another, blocked their own energies, create a, shall we say, gap in the faith, an insertion of doubt in one area or another [which] then provides an opportunity for those of the lower astral to attach themselves to this entity at

this point of blockage and to begin to utilize that doubt, that portion of fear, that deviation from what is possible within, to energize their own undirected existence. This is more common than one would first imagine, for there are always, within the natural environment, those entities that are seen as the parasite, that which feeds upon the energy system of another rather than propelling itself by its own motivational ability to accomplish that which it wishes to accomplish.

Thus, there is the need from time to time for entities to cleanse themselves—more specifically their auric fields—of such entities, for all who seek sincerely upon the positive path of service to others radiate a kind of light that is seen as a power, a beacon, a resource, that which can be plundered, shall we say, if there are certain circumstances within the third-density entity's auric field. We have mentioned those qualities of doubt, of fear, of lack of assurance that there is a path to follow and a way in which to do this. Thus, we suggest that each finds a means which is effective for the individual to accomplish this cleansing. Whether [you use] what you would call the smudging, as we have heard it called, the use of various elements of water, of salt, of garlic and so forth, to rid the self and the environment of one's own dwelling place of such entities is unimportant. What is important is that you find that technique which has meaning to you and utilize it upon a periodic basis, much as one would cleanse the teeth, wash the body, and so forth.

Is there a further query, my brother?

S: Hmm ... any specific recommendations that you might elaborate on in this type of case?

I am Q'uo, and am aware of your query, my brother, and, as we spoke previously, it is necessary that the entity accomplishing this cleansing choose the possibility that is most, shall we say, in harmony or resonance with that that entity's own sensibilities. If the entity is steeped in one of your religious traditions, each has a cleansing method that is utilized. If it is, shall we say, more the case that the entity is a seeker in what you would call the metaphysical or pilgrim's path of the spiritual journey, then there are far more avenues available. We mentioned the smudging, the salt, the garlic. There are ritual words of cleansing available in the texts known as *The Law of One*; there are other texts such as the one by Dion Fortune available for the



choosing of the ritual of the most effectiveness. We cannot be more specific, for to do so would be to choose for an entity that which is most efficaciously [chosen] for the self. Thus, we only can point general directions.

Is there another query, my brother?

S: Not from me right now. Thank you very much.

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

J: Yeah ... Hi, Q'uo, this is J, and I just have one quick question. I was wondering if you have a color or a certain note or vibration that we can understand?

I am Q'uo, and am aware of your query, my sister. As we are composed of a variety of entities forming this principle which you call Q'uo, there is also a variety of colors and notes that would denote our qualities or purpose. However, we are unable either to voice the note through this instrument or clearly transmit the color which is toward the violet portion of your spectrum but is of another quality. The answer is yes, but we cannot speak or give them through this instrument. We apologize.

Is there another query, my sister?

J: No, thank you. Thanks.

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

S: I had a discussion earlier talking about the idea of second and/or third-density humans, *per se*. Could you tell me what you see in, from your perspective, that idea?

I am Q'uo, and am aware of your query, my brother. To the best of our knowledge, the time of harvest upon your planet which is now is that time during which the seniority by vibration of incarnation is used exclusively for the determination of who shall have the opportunity to partake in the third-density illusion at this time. Thus, those who are most able to benefit from the short time remaining are those who are offered this opportunity at this time.

Is there a further query, my brother?

S: Not from me right now. Thank you very much.

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

(No further queries.)

Carla: Thanks for all the good energy, Q'uo.

J: Happy full moon!

I am Q'uo, and we will take this opportunity once again to thank each present for joining in this circle of seeking and for inviting us to do the same. It is our great privilege to do so. We again apologize for speaking overly long. We so enjoy these gatherings that we do not keep track of your time, as you may perhaps wish we would.

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



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

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## SUNDAY MEDITATION NOVEMBER 3, 2002

**Group question:** The question today, Q'uo, has to do with the intensity of catalyst that we feel. We've heard it said that most learning that is efficient takes place with some sort of trauma. We're wondering why that is. Is it due to the intensity of the lesson we wish to learn? And is the lesson we wish to learn discernible from the catalyst that we experience, or do we need to look deeper than the catalyst we experience? We would like for you to give us some information concerning how we experience our catalyst; how we can be more efficient in using our catalyst? Is it in dealing with the catalyst itself that we see what we're trying to learn, or do we need to meditate more to discover the lesson? Do we need to work with our dreams? Do we need to do essays? Do we need to be doing something besides just looking at the catalyst that is available in our daily lives?

*(Carla channeling)*

We are those known to you as the principle of Q'uo, and we greet you in the love and the light of the one infinite Creator. It is a true blessing for us to be able to serve your group at this time, and we thank you for the privilege of being called by your request for information. We are most happy to share our humble thoughts with you with the request that you listen with a careful ear to those things that we would say, rejecting all those things that do not resonate to you personally. This will enable us to feel that we have the opportunity to speak without being perceived as authorities or in any way limiting your free will or your ability to choose for yourself those thoughts that you would value and use as resources.

The [answer to the question] which you ask this day resides within the nuances of your everyday experience. You ask concerning the nature of perceived experience, for each has experienced those situations which seem to constitute a challenge of one kind or another, and these challenges are not perceived as being comfortable or convenient. Questions arise when such catalyst is encountered, such as the one known as V asked, "What is the universe attempting to say to me? What am I attempting to say to myself?" And, as the one known as T has pointed out, at the end of all questions of this kind, the one question that is sure to remain is that question that children ask with such stunning simplicity, why does it have to happen at all?

Rather than deal with this question at this level, we find that it would be useful to remove our point of view to a place which is less local than global, is less personal than planetary, and is less a part of culture and more a part of the archetype. The one known as Jim is quite accurate in supposing that there are more levels to catalyst than either literally or figuratively meet the eye. There are, shall we say, three basic levels of catalyst and certainly many sublevels of catalyst. The first level is the level of the surface reality, what this instrument would call consensus reality. On this level, situations have ripened into manifestation, and often there are choices to make concerning physical details such as the setting of limits, the choosing of resources, selection of options.

Upon the second level of catalyst lie the underlying qualities which, in combination, ripening through natural processes of the spiritual evolution as well as physical and emotional cycles, create the shape of the story that appears within the personal movie of the life, shall we say. For each has a long-running, full-color movie which is being made up of the multilayered and many-leveled story of the life of the one known to each of you as “I.” At this second level of catalyst, there is a tremendous amount of power within the simple knowing that you are not alone, neither in your suffering nor in your confusion, but rather each of you is the center of concern, care, love and protection of several of those beings who dwell within your inner planes. Each entity who moves through the gates of incarnation into third-density existence has three of these presences. They may be characterized in different ways. This instrument was trained to characterize them as male, female and unified or androgynous. However, in addition to these entities which this instrument has a tendency to call “angelic,” there may be added to your panel of support any number of those who are attracted by your energy, your hopes, your ideals and faith or the lovely light and color of your appreciation of beauty or your devotion to service. These entities cannot help directly with the choosing of the first level of catalyst. These entities cannot make decisions for you concerning the setting of limits, the choosing of options, the selection of the various details of surface catalyst. However, if remembered and included, these presences are able to energize the forces around you to vibrate with information that will aid you as you seek to make the choices that the catalyst has brought out. These underlying shapes are shapes made by those who move in the ways of learning to love and to be loved.

When you are asking for the help of angels and guides, it is well to begin with thanksgiving, with praise and with confidence in yourself, in those who are helping you, and in the perfection of that which is quite apparently imperfect.

The third level of catalyst is the archetypal. Within this level of catalyst lie your most powerful tools for transforming the very nature of your state of consciousness in such a way that it remains within a state of bliss even as it is moving through perceived imperfections. Within this level of catalyst, however, the energies are deep, dark and slow to respond to the conscious mind. Working at this level of catalyst,

the greatest resource is silence. It is at the foundation or archetypal level that one practices the presence of the infinite Creator. It is at this level that one becomes a creature of one’s own heart, accepting the interiority of the self and opening to that unknown room within, which one of this instrument’s favorite poets called “the rag and bone shop of the heart.”<sup>1</sup> Yes, each of you does have indeed the rags and the bones, the teeth and the hair, and the memories of how you gained and lost all of those things, and those things lie within the pack-rat heart until the energies are appropriate for cleaning house, for dusting and tidying and gathering up the garbage into a bin for removal from the life, from the memory, from the need to feel responsible.

The one known as T asked a poignant question in the conversation preceding this meditation, describing a halcyon, golden day within his life in which he basically felt that there was some progress made and some realization gained. This entity awoke to a new day and found that with this new day came challenges of such a nature as to remove those feelings of comfort, serenity and joy and replace them, seemingly of necessity, with feelings of limitation, aggravation and separation. “How can we learn to retain that feeling of realization when the next catalyst occurs?” asked this entity, and we feel that this is the question upon which we would focus for the remainder of this instrument’s portion of this communication.

That which you experience as a life seems to have a very steady roll and rhythm to it, as if it were anchored with the birth and the death, and the unrolling ribbon between is just long enough to fit. Yet we find that the experiences of a lifetime are only in part that which is trapped within time and space upon the, shall we say, surface of the time/space continuum which you at [this] time travel within incarnation. Fully half or more of that which you experience as part of a seemingly continuous and unremarkable presence that unrolls steadily before you is actually called to the present from the future or the past by those patterns of thought which circle

<sup>1</sup> William B. Yeats, *The Circus Animals’ Desertion* (l. 35–40):

A mound of refuse or the sweepings of a street,  
Old kettles, old bottles, and a broken can,  
Old iron, old bones, old rags, that raving slut  
Who keeps the till. Now that my ladder’s gone,  
I must lie down where all the ladders start,  
In the foul rag-and-bone shop of the heart.

around the questions of loving and being loved. One of the questions that was asked was, "Can we work with these challenges by identifying the chakra of the energy body which is bearing the brunt of this challenge?" and the answer is in part, "Yes, these considerations are always helpful." However, we would suggest that there is also skill and art in throwing open the windows of the self to the light within, to the hope within, to the faith within, so that there is a growing awareness in yourself, as you work with catalyst, that you are only partially a creature of time and space. In another portion of yourself, you are a universal and infinite being, a dweller in eternity and one who has given gifts to the self from the future and from the past that feed into the present moment, because there is a need for the nuances, for the lessons of loving and being loved. No matter where the energy centers are that are being stressed by the challenges experienced, the lessons will continue to be about love.

As wisdom feeds into the daily life, that wisdom expresses itself as different realizations of what love is, new and invigorating awarenesses of what it is to share unconditional love, and, for those who are in advanced lessons within incarnation, the challenges are nuanced by the shadings of the energies of accepting the love offerings of others. Many are the times that a negatively presenting set of circumstances has as its formative cause the need to learn the lesson of accepting the love that is given to one. It is in almost every case among those who are positively oriented far easier to learn the lessons of loving than those of being truly, unconditionally, utterly and completely loved. The resistance to the truth of that creates a good deal of murkiness within the patterns that are created through the archetypical and secondary systems of catalyst.

Consequently, we would suggest the value of dwelling not so much upon the first level of catalyst in thinking about what to do concerning the challenges of the catalyst [as upon] thinking more or allowing more time to process the secondary level of catalyst and the archetypical level of catalyst. This would translate into actions such as pondering, as the one known as Jim has said, those items which lie before the mind during moments of work where the attention is not taken by detail, musing along one's way as one drives in the car or walks within nature, and always, in order to call in those archetypical sources of information, it is helpful to spend time in

the meditative state invoking the silence of self that allows that still, small voice of guidance within to have its time to shine like a daystar in the heart. Angels surround you beating with silent wings, their trumpets raised. They play that hosanna of praise and thanksgiving that fills the universe with song.

The magic of this vision lies all about you. Every corner of your consensus reality is crowded with magic. All of the creation of the infinite One is as responsive to you as the entity sitting next to you and is perhaps more aware of you and who you truly are than any entity whom you may meet within the physical illusion. These entities—these plants, these animals, these elements—have found simpler ways to love and to be loved than are available within third density, and that direct, intuitive and unhesitating way of loving and accepting love is a great lesson that you may pick up at any time from the wind, the rain, the fire on your grate, and the earth of your own body. The more that you are able to rest within this unity with all things at this very simple level, the sturdier your spirit will be at retaining that vibration of praise, thanksgiving and joy which is the steady state of awareness shared by those who dwell completely within the creation of the one infinite Logos.

What is your identity? Whenever you can, keep a part of your identity quite clearly within your mind as being one with all, one with all you seek, one with all that you do not seek, one with all you understand and one with all you do not understand, one with all of whom you approve and one with all of whom you do not approve. It is not that we ask you to ignore the catalyst of daily life. We hope that you will participate to the extent that you feel that you make many, many foolish errors. Why would we hope that you make errors? Precisely as each of you has supposed in the conversation preceding this discussion that we have with you now, there are many times where, according to the plan for learning that constitutes your particular incarnation, you have chosen to [take up] a nexus of decision. On the surface, it is a decision concerning details; at the secondary level, it is a decision concerning love; at the archetypical level, it is always a decision concerning the nature and the mission of the self. Let yourself slide up and down, in and out of these levels, not disrespecting one level or valuing one level more than another but seeing both, that all things are what they seem and that nothing is as it seems,

and that both of these realizations may lead you to skillful acts.

As we leave this instrument, we would simply say that, as always, we remain ready to move into meditation with you as you request our presence. There are, as we just said, many entities just waiting for the invitation to be part of your magical world, your blueprint for transformation. It is a good plan. You have all chosen well. You have chosen, indeed, for an intensity or density of catalyst, hoping both to learn and to serve, and each of you is doing well. Naturally, because of the nature of the physical illusion, there is seldom a finished or symmetrical feel to everyday existence, and yet, as this instrument has often said, once one has found that place for the first time, there is a wonderful and ever-present space wherein one is in tabernacle with the infinite One resting in love and in light, and infinitely full of the one Creator.

We would at this time transfer this contact to the one known as Jim, that we may answer any questions that remain within the minds of those within this group. We greatly thank this group for asking this question and would at this time leave this instrument in love and in light. We are those known to you as Q'uo.

*(Jim channeling)*

I am Q'uo, and greet each of you in love and in light through this instrument. May we speak to any further queries at this time?

V: Q'uo, I was thinking about my pets this week, and just the nature of the pets as they relate to third-density humans. My recollection is that some pets are second density and some pets are even beginning or early levels of third density. As third density is moving into fourth density, will our pets follow into fourth density? I guess it's a multilevel question in that I'm not sure how fourth density works with us moving into fourth density, if we will remain in fourth density on this planet or if we will go to other planets in fourth that will accommodate or support fourth-density entities. At what level are pets capable of remaining with us? Is there any such thing as a pet, *per se*, in the higher densities beyond third or fourth?

I am Q'uo, and am aware of your query, my sister. This is not a simple query, as one might imagine, for the experience of all consciousness is movement

toward the Creator. There are for each entity companions, energy fields of intelligence that move in rhythm and harmony with you, at various portions of your evolution. Whether one calls an energy field a "pet" or a "person" is dependent, of course, upon the individuality of that source of energy. When the spirit complex has been awakened within any energy field, then there is that which we have called a mind/body/spirit complex. In your illusion, the third density in which you now inhabit, you have the companionship of those you have called the pet. In many instances, these entities, through long experience with many of those whom you would call masters—some of which have been totally experienced with one such master, others with more—have the ability to give and receive that which we call love. That is the determining factor as to the density level of the entity called a pet.

As these entities are more and more able to appreciate that quality of love, support and nurturing that is given to them by those that are their masters, so then these entities learn to give that known as love as well, so that there is a giving and a receiving that appreciates the balancing nature of fully-developed love. That these entities may approach their own graduation is also certain; that they shall continue as a pet is unlikely, for these entities, then, are able to exercise their own free will in a way which is not as likely for a second-density entity that willingly gives over its care and decision-making to another. That these entities shall continue as companions is likely, for there is always an appreciation that it is possible that there will be a maturation of the relationship which is most likely to occur, for the appreciation for the relationship is that which is based upon love and which is the, shall we say, thread that binds the two. Many times, there is a student-teacher relationship which develops from that which was formerly the master and the pet. There are throughout all of creation relationships which partake of greater knowledge, a sharing with that which calls for the knowledge, the love, the light, and the desire to serve that are the motivating factors for all intelligence within the creation of the one Creator. Thus, you may rest assured that, when love has been given and received, there is a bond that continues.

May we speak further, my sister?

V: No, thank you. I appreciate that.

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

**Carla:** I have a question: The last time that we had a channeling meditation, I got an energy in the channel that was a little different than anything that I'd experienced before in that there was a tremendous amount of energy and pressure behind the source of information, and, even though I talked as fast as I could, I was probably only expressing about 10-15% of what I could have if I'd somehow been able to speak sufficiently quickly to get everything from the stream as it was coming past. I wonder if you could say anything to me about the experience of that. I haven't been able to figure out what made it unique in terms of anybody special visiting the group or any particular great energy that happened to be behind the question. Any comments would be helpful.

I am Q'uo, and am aware of your query, my sister. The cycle which is most in sway for this particular type of service that is the vocal channel is the cycle of the adept, as we have heard this group call it. The eighteen-day cycle moves in the form of the sine wave with certain days being more propitious, shall we say, for such undertakings. The experience of the pressure is the experience of the availability of information to one such as yourself which serves as instrument. When one is able to open one's own instrument in a clear fashion, putting aside the personal drama and coloration of the day, and is able to find the favor of the particular day within this adept's cycle that is at the peak of the ability to receive information, then the information seems to come much more easily and clearly, without the struggle to define the concept, to pick a certain word or feel capable of describing that which is seen before the inner eye. The experience is one which leaves the trace of vividness which you have experienced and which may, with some profit to future experiences, be plotted upon a graph in order to know when this cycle is available.

Is there a further query, my sister?

**Carla:** Well, further comment, and I would be glad to have you comment on my comment. I discovered in talking to the people that experience that with me, from the standpoint of listening to it rather than producing it, that there was an overall experience of too many words to be able to grasp any of them, so that it seems to me it would be to my benefit to

learn how not to do that, how to retain the clarity but remove the prolixity. Any comments you can give on that would be helpful, I'm sure.

I am Q'uo, and am aware of your query, my sister. It is much as the downhill skier, whose image we place in this instrument's mind, taking the corners more swiftly than usual, feeling uncomfortable as the skill is mastered. Though you have practiced for many of your years to serve as a vocal instrument, for all instruments there is a great deal of work that can be done to refine the art. Learning to experience the prolixity of words and to find the heart of the concept and the perfect word to describe it is as the fast turns for the skier and will become more comfortable for you to experience in future sessions.

Is there a further query, my sister?

**Carla:** No, thank you. I look forward to not ... what shall I say ... banging on the ears of our meditation group so much in the future. Thank you very much.

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

**S:** Yeah, Q'uo, could you tell us who of your group are with us tonight? Can you tell us about yourselves and just a general idea of what energies are with us tonight?

I am Q'uo, and am aware of your query, my brother. When we of Q'uo speak with you, there is a joining of a number of social memory complexes which have had previous experience in communication with this group and which have lent their energies in order that this contact might be made possible. Those of Latwii were the first to be in long-term contact with this group, though those of Hatonn, who have later joined as a more active portion of the principle known as Q'uo, were first to initiate contact with this group in its early days. Those of Ra have been a, shall we say, a guiding principle, or over-arching energy, which has made this formation of our group possible by blending their portion of love and light to form Q'uo with Hatonn and Latwii. This is the core, or Q'uo. There are also others from the Confederation of Planets in the Service of the One Infinite Creator that have joined this circle of seeking from time to time as its composition has required or requested certain elements that are accentuated in these other entities, some of which have names and some of which do not.

Is there a further query, my brother?

S: Not from me, thank you, Q'uo.

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

V: I have one that's relative to what S was asking. When the principle was formulated, how did you come up with and what is the energy related to the vibratory complex, "Q'uo"?

I am Q'uo, and am aware of your query, my sister. We make this instrument smile. It has been a long time since he saw his 10th grade Latin teacher. In this study of the language known as Latin, there is the word, "quo," which asks who, what, where, when. We were attempting to give this group a clue as to who we were. More specifically, we were attempting to inspire this group to ask who we were. Our efforts were minimal, for it took this group nearly two years of your time to ask.

V: That's 'cause I wasn't here before. I've been wanting to know this for a long time.

[I am Q'uo.] Our choice perhaps could have been more, shall we say, piquing to the interest. We chose as we did hoping that one of the two instruments would remember high school Latin. We appreciate the time factor, for not all learn as quickly as do others. We shall learn to choose perhaps more interesting names in your future. For now, we remain those of Q'uo, and at this time we shall thank each once again for inviting our presence in your circle of seeking this day.

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



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## SPECIAL MEDITATION NOVEMBER 8, 2002

*(Carla channeling)*

We are those known to you as the principle of Q'uo. We greet you in this novel way of meeting as a circle of seeking, and we thank you for the great privilege of being called to this circle to join your meditation, to plumb those questions which you would ask with those responses which we may feel free to offer, knowing that each will listen with the greatest discrimination to those humble thoughts that we may share. For we are not those who constitute an authority, but rather we are those who are pilgrims upon the path which is the path which you also walk. And in the way of things, like calls to like, light calls to light, and the forces of life call to those who love life those aspects of the self that move from positions within the future of the self which offer guidance, what this instrument would call wisdom.

We greatly appreciate the energy exchange and the commonality of tuning that creates this particular group. We only ask that our thoughts be considered with a jaundiced eye, removing and rejecting those things that do not ring absolutely true, walking ahead without looking back, knowing that the precious burden is that which resonates, that which is helpful, not in the future and not in the past with respect to authority but rather in the very infinity [of] the present moment.

We would at this time, with this assurance that we will not abridge free will by those things that we

share as opinions, request the central query of this particular working.

**Carla:** *(Carla repeats the question from B, who is calling on the telephone.)* "From my exposure to the situation here, I'm thinking that the harvest may be small, and I'm wondering if a motion picture that talks about the harvest might actually be helpful in increasing, at least potentially, the harvest size. If that is so, would it be more helpful to have a screenplay which dealt directly with the harvest, or would it be more helpful to deal with it indirectly through the growth and the learning of the characters, the story that they tell? That is the initial query."

We are those known to you as Q'uo, and we are again with this instrument. We thank this instrument for retuning and refining the calibration of the tuning to recreate the original Vibration, for that is indeed the comfortable vibration for this particular group of three. We would like to parenthetically note that it is very helpful to have arranged so carefully for this meeting in that the tuning of this group is excellent, and we appreciate the effort that each has put into removing this time from the experience within consensus reality so that that which lies within the inner realms may be shared not only within the subconscious area of awareness but, to some extent, in the language of words.



Firstly, we would state with simple clarity that in all cases it is completely up to the creator of the service as to the nature of that service, and the choosing of each aspect moves not within the values of the world but in the metaphysical value of the feel or the integrity of the artistic work which is the sincere and openhearted attempt to create that art form which remains within that ambience which is as the interdisciplinary tour de force or exercise in that mixture of wit and inspiration that creates that which is more than it seems.

The choices are yours, this instrument's, and that of the scribe's. This is the nature of creative service in that a co-creator has that within itself which is the shape of that which is, as this instrument would say, resonant or simply right. Seek that resonance. This is our most general suggestion, for there is within this particular group a harvest, shall we say, of experience, perspective, honesty of intention and stability. There is also a common thread in that there is a strong tendency within each within this particular group to take the self lightly and that which is greater than the self seriously. This trait common to a group shall indeed improve the point of view which may be comfortably shared by the group and by ourselves as we discuss that which you ask. We are glad to discuss each of the approaches which were mentioned.

The first portion of the question has to do with the possibility that the very public repetition of this body of basic information concerning that time of harvest which is occurring as we discuss it would be an efficacious service, and we can say that it is almost completely a matter of the point of view of the responder. It is our bias to say that it will make a difference, because we find ourselves most sympathetic to the agony of your peoples. We would greatly love to enjoy the experience of the peoples of your planet catching fire for love and becoming empowered once again to be warriors for the light rather than against the darkness. It is very tempting and perhaps indeed efficacious to use the blunt instrument. The question then becomes creating the gem that has so many facets within that context.

Similarly, the, what this instrument would call, snob appeal, indeed the aesthetic high road, of writing is to stay within the infinite art of story and, by developing utterly spontaneous and gripping versions of those soul streams with which you are

familiar and placing them into the environment which is enchanted with the soul of the story, [embody] forth the information in a way that is as the rapier rather than the mace but perhaps, in pinking the truth, moves to the heart of that truth and of those watching the story unfold, thereby creating an even more persuasive body of work which basically, within this question, is being considered as a kind of propaganda or persuasive information.

May we say that it is very easy to become cynical when one is aware of the cheap tricks of any trade. This instrument, for instance, became extremely depressed and disappointed when she first sang the *Missa Solemnissai* by the one known as Ludwig. The material was ungrateful to the voice, hastily done, and full of the panoply of the tricks of the trade for playing upon the emotions of the audience. It was, as this instrument perceived it, disgustingly effective. It took this instrument much time to forgive the one known as Ludwig for creating as this entity was wont to create. It took even more time before this instrument was able to appreciate the one known as Ludwig's music once again, as listening to the impression of the music rather than the skeleton of it.

Realize, as the artist who deals with a certain genre, that there are limitations to the genre and that these in a metaphysical sense have no emotional charge but simply become that which describes the body of consideration which feeds into the conscious part of a subconscious process of creation in which that which is dark of the self and that which is light of the self combine in a desire to create and to express the self in such a way that the whole self is used. We do not see within our own system of judgment any reason to indicate any bias towards either the blunt instrument or the rapier. We feel simply a complete faith that those involved in such a labor of love shall find a way with that moment-by-moment guidance which never fails. There are times when that guidance does not move quickly, yet always it moves surely and in its proper time.

We believe at this time that we would pause to refocus the questioning. We are those of Q'uo.

*(Another question is posed by B over the telephone.)*

We are those of Q'uo, and are aware of your query, my brother. We do find that this is a ticklish question from the standpoint of infringement upon

free will. You are precisely correct in assuming that this is a vital point. Shall you move into the belief system that chooses quantity and therefore move along the assumption that the entire population of the movie-going world needs to see the information, or shall the effort be made in a modest way to those independent and other film makers who have a love of the smaller film, thus creating an atmosphere for a potentially greater artistic freedom, sensitivity or control? We leave this within your choice-making with the wry acknowledgement that this is, as this instrument would say, a sticky wicket.

May we ask is there is a further query?

*(Another question is posed by B over the telephone.)*

We are those of Q'uo, and are aware of your query, my brother. The described characters are perhaps drawn with that description which has not the appropriate or, shall we say, truthful allowance for the human within the characters, more so for the heroine than the brother. The character who has no pain has less of a grateful or sympathetic aspect of companionship with the perceiver of this character's flavor.

May we answer further, my brother?

*(Another question is posed by B over the telephone.)*

We are those of Q'uo, and are aware of your query, my brother. The basic structure of this suggestion is good in our opinion in that it engages the feeling of sympathy and commonality or, shall we say, identity with those within the experiencers of this story. The handling, shall we say, of the difficult aspects of this story is a relatively easily defined issue in that the choice revolves about the creation of what this instrument would call a threat or counterpoint created early within the story, so that first the sympathies of the audience are piqued, and then the concern or spontaneous depth of involvement in the story due to the perceived threat to the character is made evident within the story.

Certainly, it could be seen as a threat that the life is shaken by running into new experiences, new entities, and so forth. We can see the intellectually attractive aspect of this particular scenario. What we basically see here is the choice between creating a mythic character of the, shall we say, genre which is in common with this instrument's area of interest and the choice of choosing a mythic system which is more respectable, such as that of Christianity,

Judaism or even that known as Islam. The myth is infinitely various in detail from myth to myth, from culture to culture and from system to system, yet the issues involved, and indeed many of the predictions concerning harvest, remain constant. Consequently, there is a wide palette for the entity who chooses to create a fiction. There is less of a wide palette for the entity who chooses to hew somewhat more to the story of that entity known as L and L Research.

May we answer further, my brother?

*(Another question is posed by B over the telephone.)*

We are those of Q'uo, and, my brother, the answer is no. Do you wish to question further?

*(Another question is posed by B over the telephone.)*

We are those of Q'uo, and are aware of your query. Our response was to the question, "Was there a way to tell the story without offering fear-based information?" and the answer is no. The fear-base then is that which is certainly not desired, and any dwelling upon this base of fear shall detune the story itself. Nevertheless, the entire desire of this particular group is to create a body of information which acts as what this instrument would call a snooze alarm in that it rings a tocsin or tolls a bell that says, "No man is an island, and no nation is insular." Certainly, this information cannot be stated without expressing truths that inspire fear.

However, the story can be balanced in that not only is there the story that creates fear because it describes a cycle of slavery that has been pressed upon entities upon your sphere since that which was the time of Atlantis at the time of the last pole shift. The balance to this information concerning the enslavement of humankind is the equally compelling truth that there is a way to create a balance to this situation; there is a way from this enslavement to freedom of mind, heart, soul and strength. There is an empowerment of humankind which moves from belief systems and perceptions into the very DNA, for creative units within the self of the bodies of those upon your sphere. The need to change the, shall we say, mind-set of your peoples is great in that many entities have moved very close to the area of resistance or, shall we say, meniscus between third density and fourth density, and a very little attempt is likely to be sufficient to create a great potential for moving across that area of resistance into a fourth-density point of view which would indeed greatly aid

the planet itself at this time of the birth of the planet as well as its peoples.

We believe that we need to refocus the query at this point. Is there a further question?

*(Another question is posed by B over the telephone.)*

We would ask that the question be restated.

*(B restates the query over the telephone.)*

We are those of Q'uo, and grasp your query, my brother. Certainly we would agree that the need is to focus within the aspects of love in its unconditional aspect. This unconditional love, or, as this instrument is fond of saying, the open heart, predisposes an entity to dwell within a state of consciousness which is in itself the fourth-density vibration, and the goal of this particular work of art would indeed be firstly, primarily and centrally directly to engage the heart of the viewer in such a way that it would open and create for the viewer within the movie the direct experience of unconditional love.

The most direct way to share unconditional love is to project unconditional love to the viewer. We cannot choose whether it is more effective to engage the viewer in a vision of unconditional love and of seeing unconditional love through the eyes of the splash of the backdrop of history, or whether it is more effective through the smaller canvas of the story of small-life characters. We would encourage this instrument to share her memory of a recent art exhibition to which this instrument went and spent some time viewing various canvases of those painters of the late nineteenth and the early twentieth centuries in France. This instrument relates the painting known as "Landscape with Cottages" to the question of the splash of history, whereas the charm of the smaller canvas called "Pink Tablecloth" or the charm of the relationships and obvious emotions of the figures within the painting called "The Reapers" engage this instrument's sensibilities on a completely different level. Of the two, this particular instrument as an aesthete preferred the painting "Landscape with Cottages" by an artist known as Paul Michel. To the more chatty or cozy frame of the very human, very small-life details of the latter two paintings, it is very much a matter of sensibility, and we would use the term comfort.

We would hope that our version of a wakeup or snooze alarm would be that which was gentle and

clear and full of love rather than harsh, hard-hitting and alarming. The challenge then is to create a true story that tells the harvest saga in a way that both engages the realization that there is a threat and opens up the possibility of a solution which is achievable by the entities as they are within the world that they experience at this time. This is another way of saying that the faculty of hope is extremely powerful, and the empowerment of these individuals that dwell within your density at this time is our hope. The underlying question is, "Do numbers count?" and again this is a ticklish ethical question. From a sixth, a fifth, or to some extent a fourth-density perspective, numbers do not count. From a third and to some extent a fourth-density perspective, numbers count. Which truth makes your passions burn, or is there a bridge between those two truths? We do not know, but we recommend some playing with that dynamic.

Is there a further question, my brother?

*(Another question is posed by B over the telephone.)*

We are those of Q'uo. May we say that the timing has been premature upon the part of the ones known as Don and Carla. The energy between these two entities was of such a nature that there was an opening into what this instrument and this group in general would call the future, so then the gist of a whole cruise became obvious in the sense that the sea lanes which it would travel were lit briefly, and much was seen, although not perfectly, moving far into the future. The power of love has, in this instance as in all, the power that creates miracles. However, the appropriate timing has always been upon the track, and at no time has there been a difficulty in the sense that, may we say, many seen and unseen entities have combined as co-creators in this and related projects which have to do with standing for that which this instrument calls the Godhead principle. Each has that which is the energy of the Christ, just as the one known as Jesus was the Christ and became the Christed one by embracing that which was greater than himself. Each has the capacity to embrace and move into that role in which the self becomes the co-creator in such a way that love is opened from the creative principle through the vulnerability and the imperfection of the human experience and the human choice, and love is made visible by imperfect hands and weak

and uncertain wills. They somehow have launched themselves into the midair of faith and inspiration.

May we answer further, my brother?

*(Another question is posed by B over the telephone.)*

We are those of Q'uo, and grasp your query, my brother. We are not certain as to the most efficacious threat. It is equally threatening, we feel, to look at the simple task of returning to a 75,000-year cycle of incarnation and reincarnation learning the lessons of love as it is to threaten the enslavement of humankind for eons and eons of time. In the long-run, the latter supposition is more frightening, but, in the context of the next 10,000 years, it makes little difference, and it is unlikely that any entities alive within this particular moment in space/time shall see their ten-thousandth birthday. Consequently, each threat is equally binding. One threat moves more into great matters and the other into smaller, and again and again as we speak concerning your queries, we see the seeking within your mind as to the scale of this particular creation, and we admire the courage which we see within the one known as B, in considering a wide range of avenues, for do not all roads lead to Rome?

Is there a further question, my brother?

*(Another question is posed by B over the telephone.)*

We are those of Q'uo, and no, my brother, the situation has not changed. Those who would appear within your skies are for the most part those with the service-to-self agenda or those who simply move through the windows of opportunity in a random fashion with little polarity but simply are those who move through as tourists or spectators. Our position remains that of being in thought-form within your inner planes, and, although those of fifth density within certain soul-stream families have more ability to create phenomena, we would suggest that it is not a well-polarized concept in terms of the quality or integrity of the positivity of such a project as that which this group is hopeful of envisioning well.

May we answer further, my brother?

*(Another question is posed by B over the telephone.)*

We are those of Q'uo, and are able to confirm that there are indeed many who have achieved graduation at this time. It is our humble pleasure to state that the great majority of these entities have chosen, once through the healing process, to remain within the

inner planes of this planet in order to aid those who become aware of their presence and are able to ask them for their support and help. For these entities, any inner-planes entity or angel or deva or inner-planes teacher is able to lend its love and its passion to the energies of those incarnate beings with which it is in sympathy. For instance, this entity, as a part of tuning before beginning this conversation with the one known as B, spent approximately ten minutes contacting those within the inner planes and asking for their help, because this entity realizes the power of opinion and the lack of pertinence as to whether this opinion is incarnate or discarnate.

May we ask if there is a further query?

*(Another question is posed by B over the telephone.)*

We are those of Q'uo, and we find that this particular question is one that moves beyond the boundaries of the Law of Confusion. We feel that it is an infringement to state that there are those within fourth density in any way which would suggest groups or individuals which may represent this configuration. We would, however, state that many there are at this time being born into the Earth's sphere who are activated within fourth density as well as third in what this instrument would call an unusual hookup. These entities are as those explorers who blaze the trail and whose work creates training wheels for those to come.

May we answer further, my brother?

*(Another question is posed by B over the telephone.)*

We are those of Q'uo and, my brother, it has been exponential beginning, as you said, thirty to forty of your years ago in terms of double-activated entities and certainly progressing in the basic phi ratio of increasing numbers as time moves on.

*(Another question is posed by B over the telephone.)*

We are those of Q'uo, and, my brother, they would not appear different except in the sense that many wanderers appear different in that they perhaps appear more intelligent or simply different. However, this is not to say that there is an alien quality but only to say that many of those who incarnate among your peoples who are not native to the second density of this planet have a tendency to express in different archetypal modes which, though extremely subtle, sound those nuances which alert entities to a difference.

May we speak further, my brother?

*(Another question is posed by B over the telephone.)*

We are those of Q'uo, and this is correct, my brother. The so-called double-activated child in its young years may well remember far more of the truth than the same entity which moves into the increasing complexities of the illusion. The fourth density itself is one in which there is a glamour or illusion within that which within third density would be considered the emotional or mental self. Consequently, there is the capacity for a certain type of shadow even in fourth-density thought. The forces of emotion through that which is called puberty among your peoples takes a great toll upon the fourth-density as well as the third-density-activated entity, and the entity of either density's activation which survives third-density adulthood issues is a remarkable and unusual citizen of the planet you known of as Earth.

May we answer you further, my brother?

*(B makes a statement over the telephone.)*

We are those of Q'uo, and we would agree, my brother.

*(B concludes his queries over the telephone.)*

We are those of Q'uo, and we leave this instrument and this group in the love and in the light of the one infinite Creator. We thank you for the beauty of this session and the energy of this joining and we leave this instrument and this group thanking each. Adonai. We are those known to you as Q'uo. ❄



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## SUNDAY MEDITATION NOVEMBER 24, 2002

**Group question:** Our question today, Q'uo, has to do with the devas in the, shall we say, astral world, the devachanic realms. We would like for you to give us some information about the inhabitants there. We are aware somewhat that there are angels of a very high order, there are regular spirits that are associated with the natural world, the spirits of fire, of water, of earth, of air, and we are certain that there are others as well. We would like for you to give us an idea of the kinds of entities that inhabit the devachanic realms.

*(Carla channeling)*

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose name we serve. We thank you each for creating this space in this day of rest to have this session of working and especially so since we realize the many demands upon the time of each of you. We thank you for your dedication to seeking and your generosity of spirit. And we thank you for sharing your meditation with us; it is a great privilege to be with you. As always, we ask that you use your discrimination in listening to what we have to say, recognizing and resonating to those thoughts that appeal to you and leaving the rest behind.

This day, your question was somewhat mixed in that we are aware of various names for various of the creatures about which you have asked, and we are also aware that, in terms of the terminology of this

area of discussion, the naming of some beings is not consonant with the naming of other beings in terms of the astral and devachanic planes, which are only a small part of the inner planes. However, we assume that the question was intended to be general and to speak of the inner planes *in toto* as opposed to two of the seven. Indeed, our discussion would be very much the same. However, we would not be talking about the wide range of non-human entities that inhabit the great range of inner planes that is local to this particular sphere of your Earth.

Our answer depends upon an initial awareness concerning the nature of the Creator and the creation. This nature is such that, as this instrument was told by the one known as David, the matter which has been considered by those among your people called scientists for some years as a vacuum has been proven now by your scientists to contain more energy by far than the energy which is released both from within [what] you call matter, such as your bodies, or any atom that can be split. The unpotentiated, resting energy of the creation is so powerful that the power released in your hydrogen bombs is very small in comparison to the power that could be released from undistorted, unpotentiated time/space. When there is the creation within third density of life forms such as yourselves, there is an entry into a world of limitation and polarity.

Within the inner planes of third density, however, this limitation is not there, for the inner planes

resonate within the energy of the planet itself which creates, at the moment of its beginning, all of the planes in completion as [a] pattern which, through the illusion of space/time, seems then to begin to appear and to develop and so forth. This again, in the visual world, is one of the limitations of your space/time. The conditions in time/space are quite different, and consequently there is not the bar against remembering and being completely aware of the metaphysical nature of what this instrument would call a deeper reality and the passing nature of all things which participate within this world of life and death. The energy of, say, the tree or a person may be seen in the context of this deeper reality as a minor distortion in the flow of unpotentiated time/space. The illusion that is so pointed and so emphatic to the physical eyes which you enjoy is in fact very little different from, but quite pointedly different from, unpotentiated time/space.

This means that each being of third density has, barely leashed within her energy system, the ability literally to move mountains or to make any physical changes by consciousness alone that her imagination and will can focus upon to a great enough extent, with great enough purity of desire and with a great enough sense of purpose. The limited intake of information within third density is that limitation which affects the conscious mind. It does not affect the subconscious mind except in the higher levels of the subconscious mind. Therefore, it is seldom that entities do see those beings of the inner planes with their physical eyes. Indeed, most of those who do see the inner planes entities while conscious are those who this instrument would call children, those who have not been trained that such things are impossible to see.

Further, there is the necessity for retaining an unprovability about all such beings that would increase a third-density entity's faith. In matters of faith, and in spiritual matters in general, there is a great desire not to infringe upon the free will of any entity who is within third density specifically to make choices. Now, with this view of the third-density situation and the situation of third-density biological units such as yourselves, it is perhaps easier to see that the vast array of very real and very substantive intelligence and spirit that the energy of the one infinite Creator possesses almost bursts out of each tiny nook and cranny of each distortion.

Life calls to life, and life within third-density space/time calls to life within the inner planes; the inner-planes life calls to and seeks to serve third-density space/time beings. The nature of angels is not qualitatively different from the essence of beings such as faeries, pixies, Puck, Robin Greenfellow and all such kindly and jovial spirits, and then moving to the devas within all living things of second density and all of those elemental energies of earth, air, wind and fire from first density. All of these energies may be seen either as focused energy that is attracted, as if by a magnet, by certain states of mind in space/time, or they may be seen as intelligences which are drawn by likeness of interest or likeness of vibration into a harmony and an association. Each of you being a significant though small distortion within the time/space and space/time continua, [you] naturally, by your very existence, draw energy and intelligence from the inner planes.

Because of the limitations of the space/time mind or intelligence of third-density entities, there is always the tendency to set the same conditions upon other life as are experienced by the life of the self. This has created through many centuries the naming of vast panoplies of beings of a certain order. For instance, as the one known as V has pointed out, there is a very careful and very large order of various types of angelic beings. There are in other systems of myth and magic many names for inner-planes guides, many names for nature spirits, many names for elemental spirits. They are essences which are beyond the naming much as you yourselves are essences beyond the naming, because they have not any relationship whatsoever with space/time, being completely creatures of thought. They are moved by thoughts. Being creatures of energy, they are moved by energy. The details of desire within third-density beings do not concern those beings of the inner planes that wish to interact with humankind. As much as the energy behind the desire for a particular thing, it is the intent, the purpose, the aim that attracts like energy for inner planes work.

When you wish help, the only bar to that help is the lack of solid knowing that help is available. It is much more difficult for inner planes entities [to aid] humankind if the human is not aware of or calling upon that help. Consequently, we encourage each never to spend the time wondering if such help is available. In our opinion, the universe is literally bursting at the seams with energy and information,

and all of it desires to be known; all of it desires to be used. It is at the point of reception by the third-density biological entities that the problems occur. A large amount of help goes unused because it is unasked for and unregarded. Much help from the higher angelic realms is only available to those who ask, for as the energies become more refined and the intelligences more full of the infinite Creator, there is an increasing responsibility for preserving the free will of the fragile, third-density human entities who are moving through this choice-making density.

How greatly each entity's guidance system wishes to help! We give this instrument the image of a dozen angels sitting all about the living room on curtain rods and window sills and the tops of book cases just hoping and waiting to be asked.

The nature spirits and elementals are not concerned with the infringement upon free will, because they are called only by those who know that they are possible: either those whose faith has not been tested at all, such as the smaller children, or those whose faith has been tested and has been tempered in the fire so that there is a knowing that this aspect of intelligence and energy within things exists.

We would at this time transfer this contact from the one known as Carla to the one known as Jim, for we feel that this question has perhaps been discussed as much as we can discuss it before there are further queries to focus or refocus our discussion. Consequently, we leave this instrument in love and in light. We are known to you as Q'uo.

*(Jim channeling)*

I am Q'uo, and we greet each again in love and in light through this instrument. May we ask at this time if there be any further queries to which we may speak?

T: If one wanted to ask for help from a particular angel or from the elementals, how would one go about protecting oneself and trying to be sure that you are getting positive, Creator-oriented help?

I am Q'uo, and am aware of your query, my brother. We would recommend that the petition for assistance be made while in the meditative state. In this state, you may communicate that which is your heart's desire most clearly to those whose ears and hearts are inclined to a call for service. As you issue the call, having centered yourself and having made known that which is your desire in asking for

assistance, then we would suggest [the] engaging of a period of silent meditation wherein you would wait for a contact and assistance, shall we say, that is communicated to you through your feelings, through images, or through intuition. That, when this contact is perceived, you ask kindly but firmly if it comes in the name of ... and then you would supply that quality, entity or concept which is sacred to you, be it Jesus, the Christ, the Christ Consciousness, the positive polarity, any of the various saints who have made themselves known as intermediaries in these kinds of situations, and so forth. When you have received an affirmative reply, then you may know that you have made contact with an entity which is both willing and able to assist you in the manner that you desire.

Is there a further query, my brother?

T: No, not from me, thank you.

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

Carla: I'd like to follow up. When I was channeling before, I was getting this image of the energies that are a part of everything that you can imagine. I was thinking that we'd get some kind of way to tell what was from first density, what was from second and third and so forth in terms of the inner planes, and I was getting the impression that all of these carefully written down things that various monks and various people have seen through the centuries and written exhaustively about are actually very biased material in terms of culture and so forth, and that was why they wanted to stay completely away from the forms, because these energies, although they would take any form that was comfortable to you, it wouldn't be their real selves. Is that an accurate perception. Is that why you didn't want to be more specific?

I am Q'uo, and am aware of your query, my sister, and you are quite correct, for each culture [contains biases] and indeed within many cultures, there are various teachers, gurus, masters, etc. who have had experience with these types of energy essences and beings of light and who have given them names that are either culturally biased or personally significant and which do not translate well into another culture or experience. Thus, we thought to remain in a general fashion of description so that there could be a transmission of information that was hopefully free of unnecessary distortion that would be confusing.



**Carla:** Yes, thank you.

Is there another query, my sister?

**Carla:** No, thank you.

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

**V:** I'm not exactly sure how to phrase it, but the source of the question came from my meandering thoughts regarding that particular kingdom or realm, and I would like to know, Q'uo, if you could speak on the origin of those they call the archangels. I know that in general you did give a very good description of the entities themselves. I'm trying to get more specific with those entities that have been labeled archangels and even individually named with, you know, particular names such as Michael, Gabriel, etc.. I guess what I'm trying to establish or figure out is, how does one maintain or even initiate a relationship or even a conversation with such beings?

I am Q'uo, and am aware of your query, my sister. One begins to speak to such a being from the center of the heart. It is well to enter into the meditative state or that which is centered in contemplation and prayer and to offer that which is the heart of one's concern in an open and, shall we say, somewhat dedicated fashion. The dedication of which we speak is that kind of dedication that does not seek a certain outcome but seeks to be of service in a pure and helpful manner.

Thus, as you would begin to open yourself to such communication, it is well to prepare oneself by personal efforts in the way of prayer, analysis of one's own needs and abilities and a beginning realm, shall we say, of consideration of the desired outcome so that there is both a focus for the petition and room within it for the appropriate response. Those whom you have called archangels are those whose desire to serve is not only deep and firm but is practiced and experienced. These are entities who have taken responsibility for a greater portion of your creation than most and who have for many of your millennia been able to offer themselves in a manner which has realized that which you would call success in that they have taken—and this instrument laughs—under their wings a great deal of responsibility and who have done so with a great deal of compassion.

Over seventy-five thousand of your years ago, this particular planetary sphere was placed in what you

would call a quarantine, for there have been many entities needing to be moved to this sphere from other third-density spheres that were completing their third density and who had populations of mind/body/spirit complexes that were unable to proceed into the fourth density and who needed to repeat the lessons of third density. They were transferred to this particular sphere by a variety of techniques, some of which were seen at a later time period to have been infringements on free will. Thus, it was necessary to guard this free will as the various populations of recycled third-density planets were added unto this particular third-density sphere. Thus, there was the need for a great deal of care in the overseeing of this process of the beginning of the third density of this planetary sphere, for there were many souls of various origins who would need to be protected, shall we say, [to] be placed in a certain situation that was designed to allow a balancing of distortions.

Thus, there were many hands and hearts engaged in this effort, and there were those who were willing to take the responsibility for a large part of this process, and they were given not only this responsibility but were given the positions that you would see as the angelic realm and the—we correct this instrument—and those who would guide this process in a kind of continuous consensus in the direction of energy expenditure.

Is there a further query, my sister?

**V:** Yes, and I apologize for lengthening this contact. I have one last question and that is if you would speak to the understanding or belief that, at one time or another, humans have actually joined with angels, I guess, in a mating fashion, if you will; that there have been instances where there were offspring as a result of humans and angels coming together, and there have been statements made at one time or another, “Oh, this person or that person came from the angelic kingdom,” and, “That person or this person has that particular energy within them.” Can you speak to that?

I am Q'uo, and am aware of your query, my sister. Many of those of the Confederation of Planets in the Service of the One Infinite Creator have been in various forms throughout their history of contact with the population of this planetary sphere. Many have been taken or perceived as being angelic, for indeed their vibrations are similar, and there has

been, as we alluded to in the previous query, the transition to this planetary sphere of various other third-density populations seeking to repeat third density in a manner which you would see as the sexual reproductive engaging of energies. This in particular was one of the primary reasons that the quarantine of this sphere was put in place, for there was the changing of genetic codes in order to assist the learning of spiritual lessons that was seen at a later date to be an infringement upon the free will of those with whom the mating occurred.

Is there another query, my sister?

V: No, thank you. That really clears up a lot. Thank you.

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

*(Tape ends.)* ♣

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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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## SPECIAL MEDITATION NOVEMBER 27, 2002

**Group question:** The topic is: What will be happening physically and metaphysically in 2003 and what spiritually oriented people should be doing and thinking about in order to cope with these things?

**Questioner:** The first question is, who exactly is Q'uo that we are speaking to, and how does the communication process through Carla work?

*(Carla channeling)*

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

We are those of Q'uo and are aware of your question. We communicate with this instrument by means of this instrument's pathways which she has opened within her energy body in order that it may receive messages in a more direct link from those universes which exist beyond the subconscious, of the inner or metaphysical world that dwells within your human brain. We and many other voices reside within that universe and are drawn to help those upon your sphere who are seeking for truth in the way that we might be able to be a resource, for like draws to like, and many are the channels among your peoples who receive various of these voices, depending upon the tuning, shall we say, or the resting balance of energies of that particular instrument.

We were called to this group this evening by this instrument, who asked for the highest and best

contact that she may receive in a stable and conscious manner in the name of Jesus, the Christ. Then the instrument called mentally for a contact of this nature, challenging us when we responded in the name of that which she holds dearest and highest and that is, for this instrument, Jesus, the Christ.

We are those who are able to say that Jesus is Lord, for this entity, yourselves, and we all retain from the beginning of that which is infinite the holographic spark of the one great infinite Creator. We have, in the processes of evolution, eventually experienced that which is the consciousness known as Jesus, the Christ or the Christed One. We have found that epitome of fourth-density unconditional love to be the redeeming quality that will create within entities the vibration which focuses the seeking soul towards a graduation from third density into fourth density.

It is, at this time, the graduation day, shall we say, for approximately the next decade of your years. Therefore, this instrument is very open to working with us, for this instrument feels also that the voices of universal guidance, shall we say, are helpful to any who wish to experience them and certainly for the next decade. It is well to attempt to aid those who are working spiritually in this way towards a graduation in terms of service to others and unconditional love.

This quality of Christed consciousness is that which the one known as Jesus, the human, wore and became in his selflessness and in his offering all for the sake of others. And this Christed consciousness

awaits those who would seek further in the ways of spiritual solutions. Therefore, this instrument was able to make contact successfully and to assure herself that the contact was that which it stated that it was.

May we answer you further, my brother?

**Questioner:** What has Q'uo's experience been in the evolution through the cosmos? Was there a third-density experience that was experienced?

We are those known to you as Q'uo and are aware of your query, my brother. The Q'uo principle is made up of three entities: one of fourth density, the identity being that known to this instrument and this group as Hatonn; one from fifth density, that entity being the one known as Latwii; and one from sixth density, that entity being known as Ra. These three social memory complexes comprise this voice. The entities are of this galactic system. One of the entities is of the energy known as Venus, the other two experienced third density within other star systems. All experienced third density in a unique way, each in their own refinement of that experience. Each has had a markedly easier third-density experience than those of your particular planet. This is because the planet of which you are a part has been peopled with those who have been repeating this grade; some of them since before the last seventy-five thousand-year cycle. This is a particularly confused group of entities whose great length of experience has not yet brought them to a clear choice amongst all the variations from service to others to service to self and [so they go] swinging back [and forth] in a random and unfocused fashion. The lack of will amongst those of your peoples can be traced to this history of many, many incarnations which, in some, have not added either to graduation in the positive sense or graduation in the negative sense.

We hope to increase the harvest by sharing such information as we can to those who would wish to hear it. In giving you this information, we would ask that it be stated clearly within your article that we are not those of authority but rather those who come in the name of the one infinite Creator. We can offer our opinion as those who walk upon the same road, that path which is the way, the Tao. And we can share our opinions as we go, but we ask that each who considers these thoughts choose only those amongst these ideas which resonate deeply within, so

that it feels as though each is remembering rather than learning. Those things which do not resonate we would ask that you lay aside and forget, for information is everywhere and in every moment, and if that which we offer is not timed right for you for now, then we ask you to let it go, for we would not be a stumbling block before any.

May we answer you further, my brother?

**Questioner:** Could you explain what you mean by graduation and harvest?

We are those of Q'uo and are aware of your question. All are familiar with the concept of the harvest, and, in this instrument's long experience in her fifty-nine years upon your planet, she has focused attention upon the teachings that are contained within that which is called your Bible. Within this particular book, the image of the harvest has an especial meaning, for the one known as Jesus in his teachings is said to have offered a story concerning the harvest. Indeed, this entity offered many teachings concerning the harvest. In the case of these teachings, all was offered in story and in image, for this messenger of the harvest came two thousand or so years before the actual shift of the planet itself into another density of experience, another area within space/time in the great spiral of the galaxies about the central sun.

The central thrust of the metaphor of harvest for the one known as Jesus was that the fields were white with the crops, and all was ripe and ready to be harvested but that there were not enough workers for the harvest, and there was a call for those who followed this teacher to take up the honor and duty of attempting, each in her own way, to add to the possibility of awakening those blooming and ripened souls that are the pride and the product of 75,000 years of learning, so that they might make that last step over the line, from a faint-hearted will to serve the cause of love, to a passion and a fire to serve in a very focused and loving way for the good of the self those about the self and the planet itself.

Indeed, in one of the other stories about the harvest, this entity suggested that laborers went into a vineyard to harvest grapes and worked most of the day, and there were those who came very late in the day to working upon the grapes, yet, at the end of the working day, all were given the same coin. This is true of the harvest as well. It does not matter when in the 75,000 years of learning the awakening and

realization of the true nature of the self occurs, it matters only that it occur. The one known as Jesus the Christ was the first of the messengers of that which is to come and that which is already here in part: that being the age of unconditional love that is fourth density, that is the very nature of the lesson of third density. Graduation occurs when the heart is able to remain open, in more than half of the circumstances of life, to the welfare, happiness, comfort, safety and service of others. The heart needs to be awakened and inflamed with the desire to know the truth that lies within the open heart. By keeping the heart open, the learning process is greatly enabled for the seeker, and, by attempting to serve others, the eyes of love begin to be given reason to open.

May we answer you further, my brother?

**Questioner:** If you need to exemplify unconditional love in order to make the harvest or to graduate, how do you overcome the negative patterns in oneself that keep you from doing that?

We are those of Q'uo, and are aware of your question. We would first suggest that the process not be thought of as overcoming but rather balancing and moving deeper into the nature of the true self. The self may be seen by the self, and the self may find itself helpful if it is able to retain an objectivity concerning the incoming data which it is receiving.

The very heart of third-density existence is the experience of utter confusion. It is the goal of this density to create an atmosphere in which only by faith can one see the health and rightness of the present moment. The purpose of this confusion is to wean the infant spirit from its biological choice-making brain and into the fourth-density gateway, shall we say, which is the fourth chakra of the energy system of the human vehicle, the green-ray energy center or heart chakra. Once the seeker is able to grasp the value of this opened heart and the limitations of both intellect and personality, the seeker is far more able to retain a certain sector of consciousness which is devoted to refining the accuracy and lack of emotional bias with which it receives the incoming information.

We would suggest that the biological mind has as its purpose the protection and the survival of the organism, and in order to adapt to its circumstances, from its very beginnings in the second-density kingdom of the great apes, it has prospered because

of its adaptive nature. Once this occurs—this opening of the heart—once this inner ear is able to begin suggesting to the consciousness as a whole when it is biasing its incoming information, then it becomes far more possible to detect within oneself the triggers that create confusion beyond the necessity of the incoming information.

Even before the birth of an entity, it begins to be acculturated, and very rapidly the process of acculturation, even in childhood, creates a pattern of misperceptions based upon this information passed on by parents, friends, teachers and others about the young soul entering this illusion through the door of birth. Therefore, it is virtually impossible to undo in a literal sense the learning experience that helps create distortion. We would not suggest that entities attempt to eliminate distortion, for distortion is not a pejorative term but rather a descriptive one. The first distortion of the infinite Creator is the free will, the second is love, and the third is light, these being the first three and primal values of this particular system of discussion of the mystery of the one infinite Creator.

Does this answer your query, my brother?

**Questioner:** It looks like our planet is moving into a very difficult time of negative experience. How can one who wishes to graduate into the fourth density cope with what's occurring now and what will occur in 2003?

We are those of Q'uo, and are aware of your query, my brother. Firstly, we would say that the physical manifestations of political intrigue, unrest, terrorism and war are as they are and are the natural outworking of the processes of graduation in which entities who have chosen [the path of] service to self are attempting to graduate with the same devotion and focus as those attempting to graduate in the path of service to others. The situations, we would suggest, are in the hands of all of those who understand and realize that they are citizens of eternity who came here to learn and to serve and who wish to go on to learn and to serve, for that is the desire of the upward-spiraling cells of each entity and each atom that exists within the physical and metaphysical universes.

We would suggest that the self be attentive. The responsibility of the open heart is to love unconditionally that which it sees and to see each and every thing and person as the self or a part of the

self. In times of disquiet and conflict, entities are offered a sharpened opportunity to behold the shadow portion of the self, the wolf that bites at the heart within. This forthcoming year may contain disquiet. We can only encourage each to open the arsenal of inner and outer gifts towards the third-density situation, finding ways to respond appropriately in service to others as inspired and as able.

With this concern reduced to that which is its actual nature, that is, that which can only be affected positively by knowing all is well or negatively by worry, the concern can then be turned to that which is the true business of this hour, this year, and indeed the decade to come. That is aiding the planet itself and aiding the self and each other self to achieve the ability to enjoy an increased density of [the] light that lights your physical sphere. The nature of that light is changing, and it will become less and less possible for third-density physical vehicles to dwell in that light, not because it is damaging to the physical body but because the energy is hardened in a way into a state of mind that is characteristic of third density and is connected with the concept of self-protection and survival.

The enjoyment of [the] light of fourth density is dependent upon being able to move into a state of consciousness in which all other selves are seen as the self and all crimes and achievements are seen as a portion of the universal self and to move that 180 degrees [until] the self is seen as all things and as the Creator. That unification of consciousness opens the self to loving and being loved in a way that the body loves itself rather than the way entities who are separate units love each other.

Each is unique. We do not presume a high mentality, but rather we suggest that, at the subconscious level, all entities within creation are already one, and therefore the process of moving from third to fourth density in part consists of accepting the oneness at a level which has moved into the belief and perception system of the entity. This biases the conscious entity towards retaining the attitude of unconditional love and outgoing radiance of being at times when there is a perceived threat. The one known as St. Francis of Assisi is said to have called the fire, Sister Fire and the pain, Brother Pain, seeing that all things and qualities are

a portion of one infinite creation. In each culture, there ...

*(Side one of tape ends.)*

*(Carla channeling)*

We are those of Q'uo and are again with this instrument. We were speaking to the concerns in a metaphysical sense of the upcoming year, and we were pointing out the enhanced ability of those who remember the mechanism of confusion which is covering the deeper essences of that which is occurring in the infinite play of consciousness.

We would suggest that the coming year is one in which there is an occurrence that is ongoing, and cyclical within that ongoing unity, which is as if there were a ratcheting up of the density actually experienced by those among your peoples at this time. These movements began long ago and are increasing in their frequency as the clocklike motions of planetary movements spiral this planetary sphere into the vibrations of fourth-density time/space and space/time. The mismatch in vibration between [fourth-density space/time and] those who live and dwell within the third-density, choice-making brain is increasing, and it is becoming more difficult to feel comfortable. This experience of discomfort is markedly increased by the toys and gadgets of those among your peoples who are indeed of service to self. These toys include your popular media and the various products of your peoples' service-to-self intrigues. These two factors combine to offer to the third-density entity a remarkably increased experience of rush, stress, uneasiness or even depression.

For those who are awake, the mismatch has a different effect. The attempts to keep the third-density heart open within incarnation are reliably imperfect. However, the sheer desire to keep that infinite love flowing through the energy body has a tremendous impact upon the time/space, rather than the space/time, universe. Within that universe, intentions and ideals are things. Consequently, even though the entity has been thoroughly imperfect in keeping the heart open, the intent, repeated and repeated without tiring, to return to a state of openheartedness allows the entity to respond to the fourth-density portion of the vibrations by seeking [them], and, in so doing, the entity moves into its needed next healing crisis. Many times, these crises are emotional and expressed through emotional,

what this instrument would call, conditions. Many other times, there is the actual difficulty with the physical vehicle or other effects which vary with the reactions of the individual to the increased density of light and the imbalances within that entity's energy system.

The goal, then, is not perfection but rather that sturdy returning and remembrance of unconditional love. That is the nature of the one infinite Creator, and that nature permeates and fills the universe that you are aware of and all that you are not yet able to measure. Indeed, the very space that has so long been considered a vacuum is far more intensely packed with the love and light of the one infinite Creator than the atoms of what you perceive as matter.

Does this answer your query, my brother?

**Questioner:** Can Q'uo give any prophecies as to what actually might occur, so people could prepare themselves mentally and spiritually to handle it?

[I am Q'uo.] We would suggest that the prophetic information is that which would detune this contact to the extent that we would not be able to speak through this instrument. The response must begin, therefore, with our note that we do not feel it to be possible to speak [specifically] upon such subjects without infringing upon free will. We again request simply that each be aware that there may be opportunities to serve in ways which are not presently obvious. The situation as it develops will far better be served by the focusing upon the steadfastness of faith that all is well and that all will be well.

We ask each, brothers and sisters: is it well to dwell on anything in fear when the matter with which each concerns itself helps to shape the future? Is it well, then, to dwell on danger even by way of preparing for it, or is it better to dwell in a universe in which there is no danger and thus affirm that which you wish and desire? The way that entities speak to themselves creates an amalgamated future in what you term consensus reality. Therefore, any attention paid to survival beyond the usual preparation for your power outages and so forth is a way of expressing fear.

There is no portion of the creation which can be labeled safe nor is there any which can be labeled unsafe in terms of the continuation and the thriving

and the progression of consciousness. There is no danger; the physical illusion is an illusion. The harvest is only physical in the sense that it is creating effects upon the surface of your planet because of the decidedly lagging vibrations of the third-density population which is creating a kind of resistance of the incoming density. The Earth is, as a planet, as Gaia, far into its labor, and it needs the pouring of light into that which this entity calls the Christ grid and which others have called the fourth-density grid or the ascension grid.

This is the true emergency. In a planetary situation such as this, our focus and perhaps any of those thinking metaphysically is upon the softening of the labor of planet Earth in her harvest and the increasing of the harvest of souls from this many-times repeated cycle of greed, rapacity and war. May we say that the sum total of this tack of defense and aggrandizement is the production of fear and pain. These emotions are as food to negative entities which from the fifth-density level are inspiring and activating the tendencies towards extremist belief systems and the "eye for an eye" point of view of justice. Those who would serve at this time may well attempt to ameliorate the third-density consensus reality, and we encourage those who would attempt to help. The attempt to save the self is one which moves from fear, and we would suggest that this is not a position from which to achieve a truth. Following truth leads to the heart of self, and, in the heart of self, the identity is [as] one with that which animates all things rather than being overly concerned for the physical vehicle. We do not suggest that entities be careless but rather that they respond appropriately as occurrences develop, meanwhile refusing to burden the pathways of the mind with fear-based concerns.

Information will come by many messengers: that which is seen, that which is read, that which is heard, that which moves before the vision of bird and beast, wind and rain. The process of true knowing come to one through one's own systems of guidance from within that universe that dwells in that shadowy ocean of your brain cells which opens a gateway to an infinite universe that is the true place where each lives.

Consider, if you will, that the entity which is watching that which is upon your television is observing a virtual reality. In just such a way,

distortions in the infinite love and light of the Creator are, when picked up on third-density's physical channel, translated into this particular channel of existence. At the same time, each entity dwells within the corresponding metaphysical universe. The physical death is the movement from a heavy, chemical illusion to a less distorted and non-physical universe. There is no discontinuation of being. However, each did move into incarnation at this time not to save the self but to reach out a hand to others so that, as each hand reaches out, hands begin to connect, and entities begin to hope in a focused and harmonized manner, becoming part of the rhythm and flow of the very appropriate and necessary changes that are occurring within your planet at this time.

The harvest can truly be greatly increased at this time, because so many entities here are just a tiny step from awakening so that we feel that there is a real possibility that, working increasingly in harmony, light centers such as this one and all positively-oriented groups upon your sphere may begin to look less like solitary lighthouses and more like big cities. The grid of fourth density may be seen as formed by the joined hands of all positive people and all joined hearts as well. In terms of aiding your planet, the seeking entity may look at the globe, and behold many places where the life forces are weak, places that are barren and unfruitful. These are places where there needs to be a strengthening or a tweaking, as this instrument would say, of the grid.

Entities may at any time choose to become radiators of unconditional love to the grid simply by intending to do so and moving into a state of meditation. The process of sending this light forth is one of intending to. There are visualizations which aid in this sending of light for some, such as the visualization of violet light being sent or the visualization of the planet with light streaming into the grid and the grid lighting up. We would note that your scientists have discovered this grid, among others, and therefore there is a panoply of sources which entities may find which offer information of a linear kind concerning specific portals and grid points which this entity has no language for discussing. However, it is not necessary to know the grid's makeup in order to aid by the very being of the self within the open heart.

May we answer you further, my brother?

**Questioner:** What's the best way to align one's own energy centers to the Christ grid? How do we visualize it in order to send energy to it?

We find that this instrument grows weary. We are those of Q'uo, and we will make this the last full query of this session.

This instrument is familiar with the writings of the one known Drunvalo Melchizedek, and we would say that the attempt to follow the exercises within that particular book having to do with the activation of the Merkabah make up a system whereby an entity may harness and discipline the wandering mind within ritualistic mental activity which tends to open the energy body. There are as many ways to open the energy body as there are inspirational experiences. The mechanical ways of opening the heart such as that of the one known as Drunvalo have as their burden the form and outerness of step one, step two, and seriatim, the list beginning and ending.

There are many suggestions of such rituals of opening the heart, and we would encourage entities who seek such to search the information available for such suggestions. For ourselves, our suggestions are more along the lines of that ineffable and spontaneous expression of joy and thanksgiving which each has experienced in ecstatic moments. We bring to this instrument's mind the experiences of the bonding of a man and woman in love, the bonding of friendships, the discovery that one loves one's work. Such feelings open the heart by their very nature. Beauty, when perceived purely, opens the heart totally.

Therefore, what will open the heart for each seeker is unique. For this entity, it is the returning again and again to the table of Jesus the Christ to take into herself that very being which this entity views as unconditional love. This entity is in ecstasy as she hears the central words, "Do this in remembrance of me," and to that, this instrument replies mentally, "I will remember, Lord." For another, the opening of the heart may involve the beauty of a song, the flight of a bird, the odor of a rose or the abstract dwelling upon an idea. Each entity's place of balance is different.

However, all have in common the need to open the heart, but not from a careless or unprepared



position. When the heart is asked to open, first we ask each to ask their energy body to come into balance, to open, and to be unclogged. The simple asking of the mind to the self to take care of this aids in the ability to move into that state of consciousness which is the inspiration of love, the passion of right livelihood or the firm settling upon that which is highest and best for one. These feelings of realization of the nature of the self and the nature about the self greatly aid in the opening of the heart. Certainly, anything which seems inspiring and resonant may be trusted by the discrimination of the entity.

The suggestion with which we would close is that we would ask each to remember that spiritual evolution is a process of change. Change is, by its nature, a condition which biases the consciousness towards discomfort. The more work one does in consciousness in a day, the faster the metabolism of the consciousness rises. It is as though an entity were exercising muscles. It is well to seek using measured times of meditation especially if such practice is being done in solitude. In groups, it is much more safe to meditate for longer periods, and we would certainly suggest that entities in groups are more powerful magnetically than by themselves.

We suggest a gentleness with the self, for the first self which must be loved in order to love others as the self is the self, and it is the hardest of selves to love, for the secret thoughts of the self are known. We would ask that each attempt to keep the light touch, being passionate and fiery as a lover in pursuit of the truth of the one infinite Creator and of the nature of the deeper self while being able to keep the light touch with the surface of the illusion, not disrespecting or dishonoring its importance but recognizing that illusion is involved in the information that is being offered.

We thank the one known as W and the other members of this group for calling for our presence at this somewhat unusual session. We have enjoyed meditating and sharing our vibrations with your own, and we thank each for the sacrifices of time and energy which each has made in order to carve out this time of contemplation and questioning. We leave each of you in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai. Adonai vasu. ❀

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information which may aid in  
the spiritual evolution of  
humankind.

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## SUNDAY MEDITATION

DECEMBER 8, 2002

**Group question:** Q'uo, today we are just going to take pot luck and see what you would like to share with us that might have some use in our spiritual journey and our opening of our hearts to love.

*(Carla channeling)*

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank each of you for laying aside the cares of the world in order to create this time of meditating together and seeking the truth. We thank you for calling for information that calls to us so that we may have the pleasure of sharing our thoughts and feelings with this circle of seeking. We ask, as always, that each takes what she finds to be a resonant and helpful personal thought or concept and leave any thought or concept that does not seem personally resonant and helpful behind without a second thought. We appreciate this discrimination on the part of all listeners, for this care upon the part of the hearer creates a freedom for us to share our opinion without being concerned that we might place a stumbling block in front of any. The nature of spiritual truth is such that it is not necessary to create stumbling blocks of dogma. It is our opinion that the truth, as it relates to an individual and to an individual process, is unique to that entity and to that entity at each point in time. Even for the same entity therefore at a different time, two seemingly disparate truths may appear equally helpful.

You have given us leave to speak concerning our choice of topics that might be helpful to your seeking and your opening your hearts to love, and we thank you for that marvelous freedom to paint whatever canvas that we can of the love and the light of the one infinite Creator.

What shall we draw with this day, my friends? Shall we choose the paint brush of the astilbe, and shall we remember with you all of the colors of the summer as we move the feathery flowers through the canvas of thought? In what colors shall we choose to dress truth and grace and beauty so that each may find a brother and a sister in those ideals, friends among the values of the seeking soul?

There is always a kind of feeling of hallowedness about the search for truth. It is as though there is a spiritual search that is created of the mettle and courage of the pilgrim upon the road, and the many different challenges and obstacles of that road are as the dragons of the time of mythology. One sets out upon a journey to seek truth, and it is a knightly and a noble pursuit.

Very often we find that entities among your peoples do not see this same *beau geste* when they gaze at such concepts as beauty and grace, and yet how simply do concepts of beauty and grace fill the mind which is asked to open to those images that have been held close to the heart in memory, from those times of being vividly, deeply impressed by beauty in a moment, in a pose, in an attitude, in a scene that is perceived just once! How very often has each of you

been stunned by the beauty of that which lies beyond the eyes of everyday in the moments of the daily life that are so small and so unremarkable, yet [which] hold such a burden of beauty? And is there not truth in that beauty? As the poet known to this instrument as John said, “Is not beauty a kind of truth?”<sup>1</sup>, and is it perhaps not easier to apprehend directly?

These are the gifts of truth to fill out that range of options for those who seek truth. For within the seeking of truth in words there is many a harvest, yet always will those words create their own structures and delimit many aspects of the whole nature of truth from the ability of the mind to express.

We would suggest to this instrument that she gaze inwardly at a tree that she was remarking at upon a recent walk. This particular tree, with its precise angles of branch and its precise knottiness of twig, where leaves had been dropped and where leaves would again bud out in the spring. Each tree has its unique pattern, its unique expression of prayer, praise and thanks. Each tree reaches to the infinite Creator in precisely such and such a way, and the shadows of light, as they strike and play with that particular form, create a system of truth, proportion and elegance that has never been seen before and shall never again be expressed. Such is the dearth of beauty to the eye that is open.

There are many times when we see among your peoples a great feeling of unanswerable depth of confusion. There are many among your peoples whose experiences are at present somewhat overwhelming, and we would suggest that, in these times of increasing transparency to change, it is a very stabilizing and grounding thing, when such restlessness is perceived, to ask the self to look at the objects that lie about one in the natural arrangements of the everyday life: the shape of a tree, the lift of a bird’s wing, the direction of flight and the posture of its body; the images that meet the eye. All of them contain information. All elements of your illusion work together to form an infinitely responsive and self-correcting system of information

that is helpful to the spiritual, mental, emotional and physical processes of all those within any given environment. It is quite possible, given that an entity is alone within its own space, within its own yard or ground, that each portion of the creation of the one infinite Father is more aware of that which is needed by the self than the self is, for each element of the creation of the Father dwells within an awareness that all energy is one and feeds within the same system. Each plant that shares space with you knows you, cares about your wellbeing and is aware even of the thoughts which you think. The only element within that natural environment of the third-density human self and its second-density surroundings that is kept from the awareness that all is truly one by the so-called “veil of forgetting”, as this instrument would call it, is that third-density element that creates an inability within the third-density entity to remember any environment except that local environment in which all entities seem to be separate.

The search for truth, like the search for self, is difficult to pin down, and we are aware of the previous question of the one known as C, “How do I know when I am being most deeply my self? What direction do I go to find a deeper and truer expression of self?” In a world in which entities are simply told how to behave, we believe that this is a most reasonable query, for it is a hallmark of the attempt to create comfort by third-density entities that they would seek, when creating for themselves standards of morality and ethical behavior, a list of desirable elements rather than an open-ended attitude of discovery. The explanation for this way of proceeding to find the self by consulting an outward list of attributes is indeed perhaps the more valued of your so-called parental ways of teaching virtue to the young and growing soul of the child. The virtues are taught as a list: be patient, be open, be loving, share everything, and so forth, the common suggestions for good behavior as each child grows.

The search for self is far more like the search for beauty in that there is no search precisely but rather the opening of the awareness and the realization of the nature of that which one has already been looking at without much comprehension. May we say that it is our opinion that the self that is most deeply true is a variable value depending upon the precise placement of the seeker’s mind and will and desire at the moment of awareness. Perhaps at one

<sup>1</sup> John Keats, “Ode on a Grecian Urn”:

... When old age shall this generation waste,  
Thou shalt remain, in midst of other woe  
Than ours, a friend to man, to whom thou say’st,  
“Beauty is truth, truth beauty—that is all  
Ye know on earth, and all ye need to know.”

point that awareness might be very close to the gateway to intelligent infinity as that person drifts in meditation on a sea of peace and silent fullness. At another point, an entity may be totally focused upon some difficult task, and every nerve may be strained simply to do that one task well, and, in expressing the excellence of that effort, the resonances of beauty explode out of each atom of that moment of intense effort. When the self can feel self being, it is an event that is real beyond the ability of any, the self or an observer, to describe or to identify that which has been realized. When an entity feels beauty, it is simply there. It does not have to be explained. Indeed, it cannot be explained.

How to see what each entity sees is a very difficult subject to examine. The techniques vary considerably from sensibility to sensibility. This does not keep one's perceptions from being very important nor does it keep them from being, no matter how confusing, vulnerable to the essences available through direct apprehension of beauty. So perhaps we would suggest, in seeking truth, in seeking the self, to lift from the literal seeking of that which can be said about the self, that which can be said about truth, and rather find the light and satisfaction in those moments of self-awareness when the heart can feel itself beating, loving, caring, hating, despising, being attracted to, when the self can feel its movements with clarity. In those moments, step back an instant and behold the beauty, the colorfulness, the articulation and the nuances of the one infinite Creator expressing just now, just so, and only because you are where you are, as confused as you happen to be and with all things precisely as they must be for this moment of beauty to burst into the awareness with its present, its gift, of gem-like truth wrapped up in the colors and textures of a whole and undivided moment.

We would at this time transfer this contact to the one known as Jim, that we may respond to any remaining queries in the minds of this particular group. We thank this instrument for its service and leave it in love and in light. We are those of Q'uo.

*(Jim channeling)*

I am Q'uo, and we greet each again in love and in light through this instrument. At this time, it is our privilege to ask if there may be any further queries that we may attend to at this session of working.

**Carla:** I have one from B, Q'uo. He says that he's very interested in knowing if the great horned owl that has been living in his family's backyard for quite a long time now, has a relationship with him and his mom or might be helping him and his mom in their spiritual seeking.

I am Q'uo, and am aware of your query, my sister. In this case we would suggest that the entities involved, the one known as B, his mother, and the creature known as the great horned owl have all found the area in which they live to be helpful in the nurturing of the life experience. The owl feeds upon the small creatures which inhabit this wooded area, and the one known as B and his mother are also most appreciative of the beauty of this place and the enhancement that the spirit feels in such beauty. As each spends time with each, there is a shared relationship that is developed. However, the conscious intent is that of the one known as B and the one known as his mother, leaving the choice of the area to these two entities. The great horned owl has found this area to its liking and is willing to accept the human intruders, shall we say.

Is there another query to which we may speak?

**Carla:** Well, just to follow up on that, then, if they asked mentally, if they projected a request to this owl for a relationship of that inner type, would that second-density creature respond? Is it just waiting to be asked, or is it simply an owl that's hunting food?

I am Q'uo, and am aware of your query, my sister. Your latter query is more to the point. Is there another query?

**Carla:** Yes, I'd also like to ask a question from C, and she would like to know anything that you could tell her about the members of the Confederation and where they might come from.

I am Q'uo, and am aware of your query, my sister. We of the Confederation of Planets in the Service of the One Infinite Creator are from this one creation that each experiences. However, we are aware that a more specific location has been requested, and we would suggest that we have come from many points within your, what you call, galaxy. Most are beyond your current technology's ability to perceive. We are joined in the desire to be of service to those who call for our aid so that it is the call that is important, not the placement in time or space nor the distance, for in seeking we are sharing steps on a journey with

you. There are vast numbers of inhabited planets within your galactic system. The number is large enough to be meaningless; thus, it is well to see the entire creation as alive and intelligent and able to respond to those life forms which move through it.

Is there another query, my sister?

**Carla:** No. I thank you on behalf of C and also on behalf of B.

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

*(No further queries.)*

I am Q'uo, and, as it appears that we have exhausted the queries for this session of working, we would take this opportunity to thank each present once again for inviting our presence in your circle of seeking this day. We are always most happy to join you there. At this time, we shall take our leave of this instrument and this group. We leave each in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣



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## SPECIAL MEDITATION DECEMBER 16, 2002

**Group question:** What can I do to be more of an integrated whole and healed being, vital, expansive and radiant, filled with more of the Creator's joyful and creative light, making me a more transparent and humble servant of the light?

*(Carla channeling)*

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we come to your people and to your circle of seeking this day. We thank each for the setting aside of the time and the energy and the care to seek the truth, and we are glad to share our opinions concerning the question of the one known as B concerning how to live a more radiant and service-oriented life, with the simple request that each of our thoughts be taken as an opinion rather than a fact and be subjected to the indifferent scrutiny of that part of the self which is the discriminator. Allow that energy within that knows what is and what is not helpful to make its feelings known, and, when there is resonance, then we are pleased to have been a resource. If there is not resonance, we are simply pleased to have you forget that which was said. For there is always truth in the surroundings of every moment for those who have the eyes to see, the ears to hear, and the hearts to understand. With this caveat, we are able to be comfortably on the proper side of the distortion towards preserving free will amongst all; of being a stumbling block for none.

The one known as B, as well as the one known as Carla and the one known as Jim and in general those entities on your planet which are enjoying third density at this time, indeed do have a tendency to get in their own way, as if there were part of the self that enjoyed blocking the natural light that streams into the body complex, most visibly from sunlight, but, in an energetic sense, moves into the body at all time. Both the physical and non-physical vehicles flow light through in infinitely great amounts, potentially. The energy body is as the electricity, having the capacity for both a large amount of energy carried and a large intensity or resistance of energy carried. Thus, the crystal within you can both be strengthened in terms of more power and can amplify its power by focusing, crystallizing and mythologizing the energy that moves through it and the crystal that bears it and shares it. The higher the desire, the more opportunity or capacity for bringing more light through; the more focused the will upon the dance of creative living, the more intense and penetrating shall be the nature of that widened channel for light. The ability of one entity to be a channel for light is infinite. An unflawed crystal could heal a planet. The secret to doing work in the sense of magnetizing the fourth-density grid or, in a more mythological sense, helping to birth Gaia's fourth-density self, is a helpful way to encourage and align the self with the emotional point of view which will help create a broader and a more intense and pure flow of the Creator's infinite love and light into the planetary grid. We may say in another way, into

the hearts of all those that lie within the tidal waves that emanate from your being.

It is said in the holy work known as the New Testament of the Bible that it is not good to hide one's light under a covering, but rather it is good to stand it upon a hill where it can be seen, letting it bear witness to the light. The tendency of this instrument, of the one known as B, of the one known as Jim, and of most of the entities upon the earth is to stand in one's own light. The truth is that each entity is precisely that which the one known as B asked how to become. Each is as the master, the knight in shining armor, the hero or the heroine. Each faces the ordeal of life, the ordeal of personal relationships, the ordeal of creating a living, the ordeal of true communication, and the ordeal of facing the self, in the sense of doing work in the disciplining of the personality. The answer to the question which you asked lives within you already: purpose, already perfect, worthy co-creator, part of what this instrument's teacher calls the Godhead principle.

You are part of the Principle of planet Earth. For the most part, this social memory complex has not been activated, because the fourth-density mass mind has only taken its first tentative steps. Each who is master during this hour plants the seeds of a harvest that will feed those who are able to build upon the work done by this special group of those who come to aid in the harvest. Certainly, as the one known as Brother Philip has said, "... the crown (of co-creatorship) weighs heavy upon the head, and yet you shall wear it, and you shall serve under it."

If each is a master, what is keeping each from the self-realization of mastership? This instrument has been used to calling it "world opinion." All that is within the consensus reality is world opinion. In no case does it reflect reality. That which reflects beyond the illusion is the consciousness within and it is, as all potential things, caged until the reaping hand unlocks the door. In this instrument's hymnal, there is a poem which she is used to singing, which [has] the image of the entity known as Jesus the Christ standing outside the door of one's heart, knocking ever so gently and asking to come in. Doubt, fear and that kind of contracting emotion deafen the ear of faith and blind the eye of knowing. They stop the mouth of hope, and make one's armor permeable.

It is acceptable in the extreme to be doubtful; to, as this instrument would say, "err and stray from the ways"<sup>1</sup> of the infinite Creator, yet the attempt to move gently back into the balanced and centered state of mind which is the open heart ever and always creates a new experience or the potential for the brand new moment. This entity is aware enough of the psychological benefit [of] starting again that it will, tomorrow afternoon, confess its sins, slight though they may be, to that priest which is assigned to her parish. This entity does not believe in sin, only in making mistakes, yet still this entity feels lighter when it is completely empty of un-confessed shadows and forgiven for each and every error. Then there is a new heaven and a new earth, infinity of new possibilities and new beginnings. This is true at the moment, and it does not take a priest unless an entity is fond of rituals and finds it helpful to seek such a practice as this instrument has. The roles of this confession and forgiveness can both be taken by the self. One stands in one's own light, because one is under the impression that it is the proper thing to do.

Many times, it does not even feel incorrect or wrong to express fear in some way, because it seems practical and thoughtful and responsible to be concerned. However, it is well, when the possibility of doing so arises, to take the opportunity to recount one's errors to one's priest or itself and to be shriven with a truly compassionate heart. The addition of the outer priest creates the illusion that there is a Creator moving through the intermediary of priesthood and touching the lowly penitent. The truth is that the instrument creates or projects the priest from the self by fear, contracting against the idea of meeting the Creator directly. This is that which the instrument is aware of and accepts as a part of her earthly personality shell until such time as this practice no longer offers her comfort or a resource in pursuing her desires.

However, for those who are of a more solitary nature, it is well to invoke the priest within yourself, and we would suggest that you create this portion of the self as feminine, nurturing and loving; a part of the self that truly loves with the full and flowing heart, that sees the soul amidst the grime of an entity's inevitable errors. As this instrument pointed out in the conversation before this meditation, errors

<sup>1</sup> A phrase from the *Episcopalian Book of Common Prayer*.

are not only necessary but adventurous. They are necessary, because the nature of learning is trial and error, trial and error. Each time, the information of that attempt creates new knowledge. Eventually, an entity increases its knowledge enough to reach its goal, by which time it is involved in a further quest.

So the cycle is a spiral which will predictably address the life's issues of an incarnational level on a cyclical basis. Each time that the theme recurs, the motif is offered in a new instrumentalization, and there are nuances to be learned each time. There is no reason to be discouraged because the entity sees itself slipping into numbness or over-activity. This is another way of making an error and represents that which offers the possibility of learning. Thusly, if it can be seen as "adventures in failure," and if it can be seen that each failure inevitably leads to the attainment of goals that are deep within the desires of the soul stream of the entity, then it becomes easier to have compassion upon the self within its dream of personality and preference.

**Carla:** (*Sings*)

Oh, Jesus, thou art standing outside the fast-  
closed doors,  
In lowly patience waiting to cross the threshold  
o'er.  
Then come, oh Christian brother, His name and  
sign who bear,  
And shame, thrice shame, upon us who leave him  
standing there!<sup>2</sup>

The heart is the seat [of] and the portal to the truth of the self. The emotions are the fruit of great refinement through the turmoil and difficulties of turning catalyst into experience and the potential into the actual. It is a short lifetime in which to do such a thing. It is an adventure too great for skin and bones to hold it. The imagination of the entity within the human breast is stellar, star-like, infinite, eternal and several magnitudes larger than life. Yet it glows within as if in a cave until the door is unlocked into the heart, and the self enters fully into the tabernacle of the one infinite Creator. Moving into the silence is like unlocking that door. Even stopping thinking is like picking the lock.

The return to center is a journey from fear to love. When the sun is shining and the pocket is plump

with money and the heart and the arm are full of love for a pretty girl or a handsome gentleman, when the breeze is fresh with the smell of spring flowers, such a state of mind as this instrument would describe as centered and joyful is easy to achieve. Yet it is as though the entity played upon the surface of the waves, enjoying the sunlight and basking in the graceful, ceaseless swells of the softly lapping waves. When the storms and extreme tides and waves of inclement weather stir the sea's surface into spume and spray and destruction, the self must needs remove its body from the deeps and become a land creature again, seeking shelter from that which is too turbulent to enjoy. Blessed is that swimmer with the equipment to dive deep, deep under the storm, to the still, crystalline water that is under great pressure and moves only languidly even with the wildest storm upon the surface.

This circle was speaking of points of view. And the feeling and emotion and point of view of resting in the deep of the ocean and the stillness of the ever-moving sea is a helpful way to create a kind of icon on the desktop of being centered so that you may click on that image, and other images that you find instinctually, to create a sense of expansion, stillness and peace. The every effort which is produced with the intention of opening the self to the one infinite Creator, of radiating more of the Creator's light and serving more and more as an agent of light, is in itself the heart of the process of achieving the desired goal. Shall you achieve it perfectly within this lifetime? We would not wish to deny the possibility; though we may that it is a possibility/probability vortex rather than a truth.

The energy to walk a path and to live a sacred life is as the energy of the deep [ocean water,] with little movement but great force. The peaceful soul is a soul resting in love. It has no waves to buffet it, because it is protected by its position, just as the heart is protected within a heavy and very strong cage of rib and spine. The precious interior of the body is well protected, and the precious heart of the energy body is similarly loved. To allow oneself to feel the joy and the passion and the *brio* of one's being is to dare great things. To do so with gentility and honor, with grace and with style is to shine up the armor of life. Rather than shrinking from pain of any kind, we do not say to dwell upon it, but rather to see it as a helpful friend, a sister or brother. You do not know why this friend is helpful; it may seem

<sup>2</sup> From an 1867 song by J. H. Knecht and W. W. Howe.



to be very, very unhelpful. However, the blasting of sand against rock creates the removal of grime and grit and the reappearance of the stone in all of its crystalline beauty, and so is the soul blasted to remove the grime of living and learning and failing. The storms come, and to all eyes which look upon the surface, the boat is crashed upon the rocks, the body is thrown into the turbulent and boiling waters, the life is extinguished. Those who are in the open heart simply dive with remembrance, with faith, and with joy, deep, deep into the waters that separate the mind from the heart, the storm from the stillness, the illusion from the truth.

We would at this time transfer the contact to the one known as Jim. We thank this instrument for its service. We leave this instrument in the love and the light and transfer to the one known as Jim. We are those of Q'uo.

*(Jim channeling)*

I am Q'uo, and we greet each again in love and in light through this instrument. At this time, we would inquire of the one known as B if there may be any further shorter queries to which we may speak.

**B:** Is S what's known as my twin soul? Are we twin souls, her and I? How may I serve her highest good? Is it likely that love will bring us together in this present world?

I am Q'uo, and am aware of your query, my brother. There are some aspects of this query to which we may say very little, for we do not wish to infringe upon free will. Concerning the concept of love bringing together two souls to sing a song of service together, [this] is to suggest that that which has begun shall continue, and indeed this shall, in some sense. However, the exact configuration of this relationship is even now being turned, and we would not wish to interfere with that which is of perfection.

Concerning the previous portion of the query, we must pause that this instrument be allowed to go deep.

*(Brief pause for tuning.)*

I am Q'uo, and we appreciate the aid from the one known as B. Will the one known as B re-vibrate the query?

**B:** Is S what's known as a twin soul, and are we twin souls, her and I?

I am Q'uo, and we appreciate your restating of the query, for the portion which we had responded to was the portion dealing with this illusion in particular. The query referring to the concept of the twin souls is one which goes beyond this illusion and reaches into those timeless states where being is all and service is easy. We would suggest that these two souls indeed have found themselves within each other's hearts and in this respect are twin flames of the heart energy, each expressing in a unique fashion that which is one and which has, through their mutual expression, become two.

Is there any further query, my brother?

*(Side one of tape ends.)*

**B:** There are moments of higher consciousness where I think I am piercing the veil, and I would like to know, are these moments more gifts or are they states of consciousness that are attainable? How may I best use these moments, and is there any kind of outer gift of service that I can bring out of them?

I am Q'uo, and we are aware of your query, my brother. We would suggest that these experiences of unity with the one Creator, the experience during which one feels great inspiration and such, may be likened to the stages of a journey, where there is a marker left on the trail by the self for the self, at certain times during which there is an opportunity for an increased level of service. Some may call this initiation; some may call this a reaffirmation or dedication. Indeed, there is a quality of a connection with unity which of itself will be made apparent through the life pattern and the energy exchanges that follow such experiences. For it is not possible to feel so inspired and aware and not be changed to a degree which will be noticed and be a means of service in itself, in that the light from within the soul shines forth in a nurturing fashion.

To most effectively utilize such experiences, it is necessary simply to open the heart and the mind as a natural portion of the daily round of activities in a fashion which says, "Here am I; what would Thou hav'st me do?" When one is willing to serve in whatever fashion it is asked, then one has provided the channel through which any such energies as these of the enlightened quality may flow. Thus, to desire, to intend to be of service is all that is necessary, for the way shall be made clear how one is to serve when one clears the way to the heart and mind.

Is there a further query, my brother?

**B:** Thanks, Q'uo, for this channeling. You know I pore over your words almost daily. To realize my highest known desires, is it necessary that I change or purify my diet, and, if so, to what degree?

I am Q'uo, and am aware of your query, my brother. The degree of purification of one's diet, of one's thoughts, or of one's actions is completely a function of one's free will. As one wishes to increase the level of being with the knowledge that this quality informs all service, then it is well to take an action such as [the one] you have suggested, the improving of one's diet, to serve as a training aid, shall we say, a function or an action in the physical world, which grounds the desires that are spiritual in nature so that the daily round of activities is informed by such inspiration, such desire, and such perseverance. Thus, it is completely a function of your free will as to how your personality sees such physical expressions of metaphysical principles. Trust your own heart, your own knowing of that which is appropriate. "Seek and you shall find," it is truly written.

Is there a further query, my brother?

**B:** Is it probable, after my work is accomplished in Ohio, that I might move or stay for a time in Louisville and/or Virginia, to help in whatever manner I can?

I am Q'uo, and am aware of your query, my brother. Again, we reach that point across which we do not wish to step, for there is infringement possible when speaking of this kind of future activity. May we simply say that all things are possible for one who desires to serve.

Is there a further query, my brother?

**B:** Can you tell me what happens to me when I smoke marijuana? In December of 1998, the year I graduated high school, after much time spent smoking the substance, I found my body and mind reacting severely to marijuana. I became paranoid and self-doubting. My thoughts became jagged and conflicting. I couldn't make sense of what was real and what wasn't. My body reacted violently, shuddering sometimes, breathing with difficulty, heart palpitating, unable to interact with anything external, unable to think, unable to function. And every time I have tried to smoke it since, it has been

the same experience, sometimes almost fighting for my sanity/survival.

I am Q'uo, and am aware of your query, my brother. We are aware that there are certain, shall we say, parameters which have been drawn by your higher self in your preincarnative choices for this incarnation which were necessary in order to focus the considerable amount of spiritual energy that is available for your service and your learning. The desire was that there would be a near-complete reliance upon your natural ability to access this information without the use of any aid or crutch such as that which you have mentioned, the marijuana. Thus, we find there is a preincarnative choice that has expressed its qualities in your conscious and subconscious response to the experience you have described.

Is there a further query, my brother?

**B:** I feel very scattered within my mind/body energy. I am either on one side of my head or the other, or in different focal points and twistings and turnings, and I wonder, does the imbalance lie in my brain, in my body, in the chakra system? And how can I bring greater balance?

I am Q'uo, and am aware of your query, my brother. To achieve the balance of which you speak it is well to engage in the meditative state once a diurnal period so that these various thoughts and directions of energies may find their true home. That is to say, as the energy of a spiritual nature, of which we were speaking in the previous query, begins to move through your physical vehicle, there are various, shall we say, distortions which may have an influence upon this energy, so that there is the shattering or the splintering of the integrity of the energy and the information which is available to you. If one is able to calm the conscious mind and present a cry, or plea for coherence, or centering, for the return to the foundation of one's spiritual self, then these various thought patterns may, as the mud within a murky water, begin to settle, [so] that the water be cleared, that the sight be restored, and the vision made whole.

Is there a further query, my brother?

**B:** You're making a lot of sense to me, Q'uo. I was recently told by a healer that I had done physical and spiritual damage to my red ray and was wondering

what steps I can take to heal and open that chakra again?

I am Q'uo, and am aware of your query, my brother. The practice of meditation, of which we just spoke, is again that which is working upon this same, shall we say, distortion, that has its effect in the randomization of the thought process. When you are able to feel at home in your body and in this illusion to a degree where you are ready to express the energy available to you, then you will find both the thoughts and the red-ray energy center will be easily discernable to you. And it will be far more easy to express any energy from any energy center. Thus, the practice of the meditation is that which, when done with the appropriate dedication of purpose, may become a healing for you that is reflected throughout your mind/body/spirit complex. The meditative state is much like the recharging of a battery and a reorganizing of its energy potential, so that as your desire taps this potential, there is useful work in the metaphysical sense.

Is there a further query my brother?

**B:** You know I'm kind of out. Would you have anything to offer, to say, advice on my work to come, my healing to take place up in Ohio, my interaction with my family?

I am Q'uo, and am aware of your query, my brother. We would advise the worthy seeker to go forth in faith. All is truly well and the Creator awaits the interaction of your love, as you express it, within your family structure. It is much like building a firm foundation for that which is to come. There is much potential. There is the positive direction. There is the realization of a few remaining stones necessary to place within that foundation and this work has begun apace. We say be of good cheer, go forth in love and rest in faith. All will be well. Your feet are firmly planted upon the path of seeking. Continue walking this journey with a happy heart, and with a willingness to accept all that awaits you.

Is there a final query at this time?

**B:** Surround Jim and Carla with a lot of love and light, and that's my last request.

I am Q'uo, and we assure each present that as each seeks light, the light finds the seeker and there is an imbuing of the seeker with this light, that it may be shared with others. So that each as a candle may alight the earth with the light of love and service to

the one Creator, and each face that comes before the pilgrim on its dusty journey.

At this time we would again thank each present for inviting us to join your circle of seeking this evening. It is always a joyful invitation that we gladly accept. We remind each that we are available to help deepen your personal meditations when requested to do so. It is our honor and pleasure to join each in meditation to lend our conditioning vibration so that the meditation might be more stable.

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

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## SPECIAL MEDITATION DECEMBER 19, 2002, MORNING

*(Carla channeling)*

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator in whose service we come today. We thank you so much for calling us to your circle of seeking and for taking the time and the concentration and focus from your very hectic and busy lives for creating a place and a time to seek the truth.

We grasp that this is to be a question and answer session, and so we would ask only that, in our answering these questions, each keep in mind that we, like you, are travelers upon a road, knowing little, experiencing mystery and wishing to share our thoughts and opinions but not wishing [to assume] the vesture of authority. Therefore, we ask each to pick up and enjoy those thoughts that appeal to each. Those thoughts that do not appeal, we ask each to leave behind. With this discrimination on the part of each, we are free to speak without infringement upon free will. May we ask for the first query?

J: Yeah, hi, Q'uo. This is J and glad that you're here with us today, and I'm the one that called you to the channel, and I'm here with my best friend, R, who is leaving soon to move to the beautiful island of Hawaii, and so I wanted her to be with me here today to ask some questions. One of the most nagging questions that I have is I really like what I

do; I like being a body worker; I love doing massage with people, and I feel like that's one of the ways that I can be in service of others. However, sometimes I feel like that there's more that I should be doing, and I don't know if I should worry about it. I would like if you could speak about being in service to others and maybe doing body work and if this is really where I'm supposed to be at this time.

We are those of Q'uo, and we grasp your query, my sister. The desire to be of service to others is the arrow that flies without error. It is difficult from within the illusion of third density to have a clear, lucid point of view concerning one's own outer gifts and inner gifts, and one's use of them. [It] is often skewed, because perhaps one misperceives a portion of one's gifts or denigrates it as being not as useful as other inner or outer gifts. We are aware that, in the case of the one known as J, the desire is true, and, although we cannot ask any to be content with our knowledge, we would offer the point of view that the system of incarnational lessons and service works with a great deal of redundancy so that if an incarnational lesson or an incarnational lesson has been planned, it will occur as an opportunity, not once, not twice, but as long as the entity who has set this pattern up is alive and needs the experience of working with that particular pattern or structure of catalyst.

Therefore, it is not that any entity is going to be the perfect understander and scholar of one's own fate or destiny but rather that the redundancy feature ensures that, if one opportunity for a certain type of

service or a certain type of learning is missed or unseen at one juncture, it will surely come around again offering another opportunity, and another and another. Nor is there any judgment from self to self, in terms of the self between incarnations that set this plan up, concerning whether or not the entity in incarnation decides to take advantage of a particular pattern for learning. Indeed, it may be noted that many wanderers create for themselves a superfluity of incarnational lessons and service in the same way that a child will fill his plate overfull because it all looks so good.

Not all things in life are requirements as far as the school of living is concerned. As a classroom, the curriculum of Earth is simple: it is love. There are lessons in how to love, in how to accept love from others. These lessons may have to do with loving without expectation of return or, in many cases, learning to accept love without expectation of debt or guilt. As the one known as J has pointed out, it is often far easier to serve and to love without expectation of return than to accept the love offerings of others as a worthy and honorable person. The lesson of acceptance of love is keyed, therefore, to those who are dealing with exceptional clarity in seeing the landscape of their own imperfection. Consequently, that entity which is working upon opening the heart to being worthy of love is also working upon lessons that are linked to the distortion of feeling unworthy. The service of the inner type, as each in this group is aware, is the more central service, since it works upon the soul of the planet, the soul of the entity, and the soul of the group entity that is the self and those other selves that are even now becoming more and more able to form the basic structure of trust and sharing that is the foundation for fourth-density shared memory.

Although the inner service is the central service, it is often the least easy to accomplish because of its very simplicity and its nature of being essence rather than form. Consequently, it is often the more efficient route to rest within one's outer gifts while one is becoming more aware of the beauty of the inner self. There is, as this instrument has often said, a process which this instrument calls falling in love with the self. Until this moment occurs, the self will be seen as imperfect and error-prone. Within the illusion which you enjoy at this time, this is inevitable. However, there is a process of moving beneath the personality shell's turbulence that we encourage each

to invite, through silence and listening and the immersion of self in the creation of second density and first density, where the vibrations are without the veil, and there is much grounding and reaffirmation coming from the energetic beings that dwell within air, fire, earth, water and within each plant that blossoms and each animal that shares breath with those upon this planet. This first and second-density entity is extremely helpful to those who are attempting to get a sense of themselves as beautiful and worthy, for each animal, no matter how humble, each plant, no matter if it be called a weed or a flower, has its youth and its blooming and its happy old age and its natural sinking again into the earth. Does the leaf grow concerned because its structure has been somewhat eaten by insects? Does the doe in the forest lose faith in the rightness of things because there is not enough to eat? Indeed, each plant and each animal spends its time in surety, confidence and peace, for it is not troubled by attempting to justify its existence. It is not troubled by its perceived imperfections. Rather, [such entities are] just as the very aged kitty on the instrument's lap. As it struggles with difficult and stertorous breathing it has absolutely no feelings of inadequacy, guilt, anger or fear, but rather takes each breath as it comes while enjoying the most positive and safe and comfortable situation that it can find which, in this cat's case, is to be within the aura of its favorite human.

May we say in this regard that service is often greatly helped by association with those who are able to support, encourage and offer honest criticism of that path which in general is shared by both. The value of spiritually-oriented companions in this wise of seeing oneself, seeing one's service, cannot be overemphasized. All is within the self, and that which is intended to be placed before the view is indeed being placed before the view. The essence of service is that there is not a specific right service, but rather there is an opportunity that will revolve and come about again and again, and each instance of this sort of opportunity to pursue an outer gift will, if pursued, blossom into a viable path. Consequently, you cannot make a mistake; you cannot choose an incorrect road. You can choose only between a more direct one and a more roundabout one.

May we answer further, my sister?

J: No, that was good on that question. Back to the second-density beings. I was wondering if you could speak to me about my dog, Gypsy, who is also getting on in years. She is so loving and so faithful. Is she third-density harvestable at this point in time when the cycle of her life ends?

We are those of Q'uo, and we find that we can confirm this as the one known as J is already aware of this entity's harvestability.

J: Okay, one more question, and then I'd like for R to ask a question if she'd like to. I've been wondering lately if earth changes, things could really occur this year. I see Carla as an advisor, because she really helps me to stay grounded and not have a lot of fear. I'm thinking that possibly I should change residence. Is that something that you can speak to? I do like this place that I live in, but I'm wondering if I move in this coming year of 2003.

We are those of Q'uo, and are aware of your query, my sister. The energy that moves through your peoples at this time is an extremely vigorous one. It is the product of the increasing transparency between third density and fourth density. As this process of transparency continues to intensify, more and more entities will be sensitive along the lines of their distortions, sensitive in all ways. In those who are awake, it may seem to be a vigorous, cleansing wind; in others, it may seem to be the wind of change; in those who are fast asleep, it may seem simply to be a wind of confusion, chaos and disaster. As this instrument would say, it is all in the point of view.

In such an atmosphere of increasing sensitivity of the self to thoughts and subtle energies, it is not surprising that entities whose distortions lie along the lines of quiet and an untouched aura would begin to feel that perhaps dwelling in such a densely populated area might not be as desirable for the peace of the inner self as moving to a less crowded area where there is more space for the aura to flower on its own. We see neither harm nor [true help] in such a move in terms of any deep spiritual motivations but would note that often, when there is within the self the desire for transformation, the movements of the self in the outer sense of literally moving from place to place may well help to create the atmosphere of transformation, in that the process of moving is in itself traumatic and carries an energy which can be added unto by the cleansing

and regenerative energies that are felt within the being. Therefore, the move is not just a physical move but a symbol of the felt or perceived movement or transformation of the self. Therefore, it may be that such a trigger, that acts as a suggestion resource for the inner entity, may be helpful to the outer entity.

Is there a further question on that, my sister?

J: No, no, that's good. That explains everything great. I personally want to thank you very much, and, as always, it's good to be around you and your energy. I would like to ask R if she would like to ask a question.

R: Yes, J, thank you, and thank you for honoring me by bringing me here to this channeling.

Thank you, Q'uo. I feel like a lot of what you've spoken already has been spoken to me and my inner self and questions.

I am moving to Hawaii in less than a month, and I feel one of the big reasons is that I want to create that feeling of space and openness for my inner transformation, and you spoke of the first and second densities, of the plants and the animals, and I have a strong urge to submerge myself in that environment of nature. My questions would be, how can I best serve this world, my girlfriend, M, who I'll be moving with, and myself through this move and this transformation, and are there particular energies, whether it be individuals or groups that might ... that I might be able to assist and they may be able to assist me in our transformations to be love?

We are those of Q'uo, and are aware of your query, my sister. We are glad to comment upon this exciting and transformative adventure upon which you set out in so brief a period of days and hours. The best way to serve in the new environment is the best way to serve in all environments, and that is to offer the self without pride but with joy, to the moment, to the lifetime, to eternity in purity of being, in the glisten of armor polished by discipline so that the armor of light may shine.

Already the one known as R sees the self as a light. The question always with the light is, where to put it? Shall it be placed upon the top of a building and become a light in a lighthouse that warns those of dangerous reefs? Shall it be a light of hope that is cast into those lives which have been darkened by pain? Is [it] the particular kind of light that is the

flame of passion? This is the question that each may ask the self when hoping to serve one's very best. Where is the passion, where is the desire, and where, when one opens one's eyes, is the opportunity?

It has puzzled, confused and baffled many and discouraged more that when the dreams of the heart are to serve by noble and outwardly respected means, [that] when the eyes open to the situation at hand, it consists instead of cleaning a bathroom, washing the dishes, cooking the meals, "chopping wood, carrying water," as this instrument would say. The one known as R also has placed for itself in the coming situation, as well as in the situation it is leaving, ample opportunity for service and for learning.

There are entities and groups with whom, as a soul, your soul stream has made agreements. You may think of these entities as members of a large family that has been apart for some time but that, when it comes together, has a certain resonance that speaks of home, anchoring, safety, intimacy and nurturing. Look for the resonances in those that you meet, not only so that you may be of help to them but so that they, in their need to be of service, may be of help to you.

May we answer you further, my sister?

*(Long pause.)*

Is there a further query at this time?

J: No, I think this is probably about the length of time for this instrument. We thank her, too, for offering herself as a channel and thank you very much, Q'uo, for being with us today.

We are those of Q'uo, and we thank you, too, my sister and the one known as R as well. It has been our privilege and our pleasure to share energy with you. We thank this instrument as well, and we leave each of you as we found you, in the love and in the light of the one infinite Creator. Adonai. We are those of Q'uo. ♣



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## SPECIAL MEDITATION DECEMBER 19, 2002, EVENING

*(Carla channeling)*

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in Whose service we are ineffably overjoyed to be. We cannot express our thankfulness for being called to this circle of seeking, and, as we prepare to offer our thoughts, we would request that each scan our thoughts and concepts within your process and pattern at this time, looking for resonance and the feeling of recognition. We request that all opposing or separating ideas, in their seeming to you, be released and forgotten, for they clearly are not those which serve as resources for you. With this caveat, we gain our freedom to share our opinions not as those in authority but as friends and fellow walkers of the way of the one infinite Creator.

We greet the one known as J *in absentia* from the physical circle gathered within the walls of the Magic Kingdom<sup>1</sup> and would welcome this entity's first query at this time.

**Questioner:** J has experienced cancer and its healing, and he was wondering if, in the book he is writing about cancer, Q'uo was involved in providing any of the inspiration for the book, and, if so, would Q'uo have any insight as to its purpose?

We are those of Q'uo, and we are aware of your query, my brother. It is an interesting one, for the

answer is yes and no. We are a part of your guidance in the sense of being used for personal guidance or higher self in direct communication as an entity, with you, as the specific guidance which is a portion of the soul stream, shall we say. In the sense of being an entity who chose to contact you from some vantage point which convinced us that we as a group needed to contact you for a certain project, no, we were not those who created the desire or the material for the written expression of your heart and your pen.

The process of channeling, creatorship, authorship or composer-ship is that of the tempering fire of circumstance, the quality, purity, intensity, crystallization and balance of the desires of the deep heart for the truth of the self and the truth of one's service, and the quality of what this instrument would call alertness or awakeness. These are the tools which open the channels of creativity. There is a balance between intuition and guidance and the more artisan-like craft of learning, discovery analysis and synthesis which must needs find an inner bridge in order that the heart and the mind work together as a portion of an extended spiritual family, shall we say. We are that portion of your guidance that we naturally occupy by virtue of the shared soul stream. However, as we have often mentioned, our guidance comes more in the form of a kind of carrier wave that deepens and intensifies or sharpens in delineation the details of the personality shell's own processes of dreaming, envisioning and seeking.

May we answer you further?

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<sup>1</sup> Carla's name for the Rueckert-McCarty and L/L home.



**Questioner:** “Are there any inaccuracies in the book that I’ve written or are there any areas that could benefit from further amplification?”

We are those of Q’uo and are aware of your query, my brother. We find that this direction of questioning is one which, if followed, would detune this contact, for these are key queries. We remind this instrument of an experience that it had when the course was being studied and the instrument asked the professor a question concerning the book about which the test would be taken. The response to the query was, “I will not answer that question.” Consequently, this instrument chose to spend its study time answering that question, and this instrument was accurate in determining the nature of the final test. It was indeed that question that the teacher could not answer.

Sometimes, there are these decisions made which must be the sole concern of the creator dwelling within flesh and the personality shell. It is the quality of coloration within the third-density work of art that so enlivens and expresses the courage and the irony of being a third-density entity. We would simply say that a creation is a world, and, when the world is expressed in the roundest, most clearly delineated topography and detail of which the imagination of the creator is capable, then the work is whole. This instrument, as a writer, has never had the inner discipline to persist in correcting distortion until it was satisfied with its work. This has not prevented the work from being appreciated, and we would share that musing of this instrument’s with you, that perhaps something can always be made better, the possibilities being infinite.

May we ask if there is another query?

**Questioner:** Are there any suggestions as to how best to disseminate this information, any target groups or timing that you could recommend?

We are those of Q’uo and believe we grasp your query, my brother. The target for the audience is that target which focuses upon the greatest concentration of those to whom the message is written. In your case, this would be those wanderers close to awakening within your peoples. The choice of the writing in English and of using story as a means of delineating metaphysical processes is a valid choice amongst the various approaches that could be taken. The target group cannot be said to be entirely of one type, whether that type be

economic, age or job-related, for wanderers exist at this point in your planet’s evolution at virtually all ages. The initial waves of entities have come through to take incarnation beginning in the [19]20’s and 30’s and your [40s,] 50’s and ‘60’s. Therefore, though it is always the youth of any people which are the most sensitized to deeper issues, yet still there is no clear demarcation between the young and those who do not share youth with those younger, because of the length of time that the harvest has been quite close, and the extent to which those from elsewhere have felt it well to commit themselves to the taking of third-density incarnation in order to aid the planet and its people at this time. Thusly, we would say that the young ones are a substantial portion of those who would welcome these ideas but such a creation as your volume would be very good material for those of many ages and conditions.

As to the timing of this volume, again we come up against the full stop of free will, for that is a matter of resonance for you and those who encourage and support you. Allow this question to resolve itself as far as the particular month or day. In general, we would say that the addition of all sources of sound metaphysical information are to be encouraged at this time and in the immediate days of what you call your future, for natural cycles connected with this planet’s sacred harmonics of position will be in crescendo and in coda for your next decade or so in your years. The timing as a particular date—though not necessarily a significant key—is, however, a puzzle that the one known as J may find pleasure in resolving.

May we ask if there is a further query?

**Questioner:** The last question is, “Would Q’uo honor the book by providing an endorsement or a message which could be printed on the cover, website and/or promotional material?”

We are those of Q’uo, and are aware of your query, my brother. May we say that we are flattered by your desire for the author of cosmic sermonettes through this instrument to give a recommendation for your worthy volume. May we say that your creation shines with its generosity, purity and wit. We are those who honor the heart and the process of forming the point of view that informs your creation has great elegance. The attempt to move from the appreciation of a way of thinking and being to a position of internalizing that system of perceptions is

a long journey most often at least partially stumbled through and suffered through. The fruit of such an intense time of transformation is often black and bitter among your peoples.

The energy that is moving through the earth that you enjoy life upon at this time is a cleansing and a purifying energy. Fourth density and third density become more and more transparent to each other. This precipitates, for those who are awake and for those who are asleep, the experiences of a mind and a body which are no longer tuned to the vibrations present in the current ambient experience. The need then is to release the old experience in order to accept that which comes next, and the one known as J has our thanks for being able to express a story in which this shifting of realities is given so many helpful stories, characters and moments. We recommend the reading of all books which may appeal to an entity. We recommend that entities gaze upon this and all volumes looking for resonance. The pleasure of new ideas is that which often sharpens inspiration and clarifies logical processes. Consequently, this and all books may be viewed as possible resources for spiritual growth.

Would there be any follow-up queries that those present might have in terms of these questions and what the one known as J might pursue?

**Questioner:** I think that's all the questions at this time. We thank you very much, Q'uo, for all of the information that you gave us.

We are those known to you as Q'uo, and we thank you, my brother, as well as this instrument, the one known as T, the one known as M, the one known as J, and those who are with these in thought for asking us to share our thoughts. It is such a precious thing to touch into your energy and feel the shared vibrations of your beings. We leave each of you resting in the infinite Creator. We leave you in the love and the light of the One. We are those of Q'uo. Adonai. Adonai. ♣



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## SUNDAY MEDITATION DECEMBER 22, 2002

**Question from J1:** Can the source of anger, seeming this is the source of the cancer, be inherited? Can it be from past-life programming, or could it be deliberately implanted or consciously created to create a learning opportunity during the incarnation?

*(Carla channeling)*

We are those known to you as the principle of Q'uo, and we greet you with great joy in the love and in the light of the one infinite Creator in Whose service we are. It is a great blessing and privilege to be called to your group this day to join in your meditation and to offer our humble opinion on the subject of the causes or the providence of cancer. We are glad to share our opinions with you with the request, as always, that each discriminate carefully as each listens or reads so that no idea is allowed to take lodging within your value system that is not resonant to you personally. With this in place we feel much freer to offer our opinion without being concerned that we might infringe on your free will.

The circle of seeking this day queries concerning cancer and certainly we may speak concerning this particular distortion or disease. However, our remarks may in general be relevant to other conditions and estates of humankind's physical vehicle.

We would begin by acknowledging some of the basic structure from which we speak concerning that which is conceived of among your peoples as disease.

Since all that has formed is a distortion of the one original Thought, to say that disease is a distortion is not to insult the breed. For, indeed, that which is known among your peoples as disease has its own beauty and function within the system of dynamics of third density. It is a highly convenient and somewhat sensitive means of ending a life span at the just and appropriate time for that entity and, indeed, in many cases the so-called disease comes into play as a result of the filling up of the capacity of the entity's learning system from the wear and tear of the daily incarnational experience once the vital energies of the entity have expended that amount which they have to offer to the challenges and pleasures of having breath and life within third density [which] may have ended sooner than was intended before incarnation.

This is impossible to predict before incarnation, either how catalyst will strike the entity within incarnation or to what depth the increased load of unprocessed experience may go. When such bank accounts of undigested experience rest within an entity so that the amount of unprocessed catalyst is over the full line for an entity in terms of incarnational energy then it is that the physical vehicle may gladly accept the disease in order to plead a sensible and timely period upon an incarnational pattern.

This is most helpful for the entity so that healing may occur as would be needed to create an

atmosphere within which the entity somewhat healed from its travels in its personality shell through the incarnation may recover itself, take thought after its healing, and consult with its higher self and all guides in the construction of a new incarnation which would address those unresolved catalysts.

It is for this reason that many entities [who] find themselves dealing with physical difficulties of one kind or another would then end life experience at a younger age than would be, shall we say, the cultural norm among your peoples. Consequently, whatever the condition or disease that is perceived by those who offer tests with the various measuring devices of your peoples, [they] have only the outer hints and clues as to the true cause of the condition.

The shape of unprocessed emotion within the incarnational energy vehicle most closely associated with the physical vehicle has a much more accurate and clear concept of where the opportunity of an ending to the incarnation is coming from in terms of cause. Only the entity and, perhaps, sometimes not even that entity is fully aware of what sorrows upon the heart, what unbalanced emotion upon the emotional body, have created a situation of imbalance which has reached the point where the mind complex of an entity cannot balance it. When this occurs the natural evolution of the distortion known as disease is to move from those difficulties within the mind to the more obvious hints and clues offered by the analogous condition which has been given to the body, for it to, shall we say, act out its distress, sorrow, anger, grief or whatever the imbalanced emotion or unrefined emotion that has been causing the distortion to be chronic within the energy body of the individual.

The query specifically moves to question the three possible causes of the arising of cancer from anger, that is: the predisposition of the genetic makeup of the vehicle, the carry over from past life distortions, and the placing of the illness or condition within the life experience as a response to those things which occur within incarnation, and we would take these one at a time after simply saying that we would agree with the one known as J1 that relating the emotions of unrefined anger to the condition cancer is quite often correct as a solution to the linkage between mind and body in the arising of that particular disease.

Firstly, there is the possibility of genetic predisposition, and while we completely agree that this predisposition is a portion of many entities within your density who do experience the arising of this disease, it is entirely possible for two entities with the same genetic makeup to respond quite differently to stress when it takes the form of the hot and fiery distortions of anger. One entity may be able to allow the refining of that anger by not resisting it or holding on to it but simply sitting with that anger in utter compassion for the reasons for that anger, the hurt and pain and sorrow behind that anger, the entity feeling threatened, fearful, abandoned or unworthy and thus creating the experience of a confused anger that then can be placed in the tempering fire of patience and waiting so that that anger is given time to be refined by the enduring fire of experience.

When that which is creating distortion is allowed to express itself completely in the inner energetic system of the vehicle then it is that the physical distortions that might arise, the cause of genetic predisposition, will not arise since there is not an imbalance penetrating or chronic enough to trigger the stimulus to which cancer is a response. Consequently, the thinking system and the perception system of each entity has the responsibility for determining what is the truth of any particular occurrence and when an entity's information system is able to deliver, shall we say, a less distorted truth concerning the evolution of the emotion of anger, the skill of this draws the sting out of the otherwise triggering perception that the entity is no longer safe and must become one who is on guard and protecting oneself.

This contracting or defending choice when faced with one's own anger defines the perception that the cells of the body will receive. If anger is perceived and yet it is perceived from a viewpoint of safety, compassion and nurturing it will not constitute a trigger for a physical vehicle to produce that which is cancer.

Thus, it is exquisitely central for entities to be alert to the actual nature of their allowed perceptions for what is perceived is what the physical vehicle reacts to. Each has seen the demonstration of hypnotism where an entity is informed that being stuck with a pin will not hurt and, sure enough, the hypnotist is able to demonstrate the changed perception of the

client which has been hypnotized. This is precisely the nature of perception, and we encourage each always to gaze with a clear eye and an unbiased point of view at the nature of one's thoughts. For each thought that is processed by the intelligence has its nature, its strength, and its vector in terms of polarity and purity.

The second suggestion as to causes of the cancer, that is, the cause of how the anger expresses itself in cancer, is that which is carried over into a present incarnation from a past incarnation. Often there is in the experience of older souls upon your planet—that is, those who have been through multiple lifetimes upon your planetary sphere—that there is a carry over especially of those experiences that have been involved in a previous death: the place of a fatal blow, the chakra involved in a mortal emotional dysfunction, even the primary and secondary energy centers associated with certain relationships distortions and imbalances. When such a relationship is central to the incarnation pattern [it] may well constitute an imbalance that expresses even through an entirely new body and energy system the cause of the strength of the previous distortion. Often in the case of wanderers this does not apply because such entities have balanced karma moving into the earth plane and therefore have only the energies of the present incarnation to balance.

When such a lack and imbalance does persist from one incarnation to another we would say that it most generally does not take a certain form in terms of disease but rather constitutes an area of weakness that may be a target of opportunity for those illnesses that are offered to one that is at as toxic state of imbalance. These would then have to do more with the energy center affected by the imbalance than they would have to do with a particular disease.

That is, where the imbalance [was seen] to be a yellow-ray imbalance, shall we say, the disease might be of the organs, it might be cancerous, it might be a nervous [disease], it might have various descriptions depending upon the target of opportunity, its timing, and those illnesses available in the surrounding of the (*inaudible*). However, such an illness would involve the same basic area of the physical vehicle.

This, then, would not be so much an emotionally caused disease but rather it would be that almost

mechanical outworking of previous patterns with the insulating numbness of forgetfulness to ease the outworking of a complex pattern of imbalance from a previous incarnation. The usual expressions of such carryover illness are those expressions such as the colds, the flu, the problems with weight, the problems with the appearance of the skin, those things which are more generalized or simply visit for a time at a time when an entity does present a target of opportunity.

The third suggestion of the one known as J1 was that such anger may create opportunities for such a disease as cancer from inside the incarnation or from just prior to incarnation during the planning stages. And we would say that often this is the cause which is the, shall we say, the efficient cause of cancer among your peoples. For many are the people who are very eager to cleanse and purify their energy body of all imbalance and the guidance before incarnation encourages the self to put in place a possibility of illness in order that should the incarnation not be going as planned there may be set in place the predetermined tendency to form illnesses which create the opportunity for inner work.

A good example from channeling which we find within this instrument's awareness is that of the one known as Franklin who programmed into its incarnation the possibility of crippling polio. This did not occur in childhood as that particular disease normally does but rather it was set in place as a fallback strategy in case the one known as Franklin became led astray from its desires prior to incarnation to become more positive, more openhearted, and more service-oriented.

The practice of politics is, shall we say, not designed to create such opportunities for positive polarity but rather such practice as those of a politician may well lead to service-to-self energies being fairly freely encouraged under the guise of helping groups of people for their own good. When this particular imbalance became marked enough within this entity's incarnation it then chose subconsciously to create for itself a situation within which it would be more able to do inner work and less able to have a breadth and a fast pace of social activity. This did, indeed, in this particular entity's case work well and created the possibility of much good work and balancing the distortions having to do with the right use of power.

When a severe illness comes to one unexpectedly it certainly is appropriate to question carefully all three of these possibilities and many others not yet thought of. It is well to gaze deeply into the self to see as clearly as possible the distortions and glimmers and exaggerations and cruel lacks of self-encouragement and self-validation that may have created such an imbalance that the energies of disease were needed. It is well always to see disease not as an enemy but as that friend which has perhaps come too soon and needs to be asked to move out of the stage of life and back into the wings so that more of this incarnation may be enjoyed.

The solution which the one known as J1 [seeks] to the riddle of disease and illness is that which we commend for truly all is love and as each becomes able to see the self with love and all things outside the self with love one is able to create the atmosphere in which healing occurs. It is like giving oxygen to one who is having trouble breathing to give love to the inner self. It may seem that others should love one and one should love others and that self-love is selfish but there is a level at which it is not only unselfish but necessary for health, to come into a sense of peace within the self that is beyond explanation that is the result of feeling unthreatened, safe and nurtured and there is no one but the self that is able to give that resource to the self on a stable, everyday basis.

Certainly an entity may feel safer with a certain companion or with a certain group. However, in terms of the innermost workings of an energy system within the human third-density being the setting of the stage for a balanced and even functioning experience of living is what this instrument calls falling in love with the self.

The energy of compassion is easy to feel for others. It is easy to open one's heart when one sees another's suffering. It is much more difficult to see the beauty of one's own suffering and to see the heroism of one's own endurance and determination to survive. It is very easy for an entity to be blind to his own beauty. More than that it is very easy for entities, especially within your culture, to fear and shun the shadow self, thus alienating that dark side of self in which lies so much strength and health when appropriately acknowledged, loved and disciplined. The one known as John wrote, "Love is all there is." Others have written similar sentiments such as,

"Love is the answer," and these simple phrases hold a powerful and unified truth.

We would ask each at this moment to rest and to invite the self to move beneath the breathing, the heartbeat, and to the essence of self. Beyond form, beyond function, beyond explanation, can you feel the jewel-like crystal of you vibrating, radiating and being? Experience that beautiful energy that is yours alone, feel it flowing from the root chakra upwards and out the top of the head. Sense into the entity upon your left; now turn your attention to the entity upon your right. Feel the energy fields mingle and cuddle together and feel the energy of the group entwining itself from the energies that have flowed out of the heads of each so that they begin to spin and form a spiral, upward spiraling, moving on into the eternal realms from each pilgrim heart. This is your beauty and this is the beauty of the group.

We would at this time transfer this contact to the one known as Jim that we may answer any shorter queries that this group may have at this time. We thank the one known as Carla and leave this instrument in love and light. We are those of Q'uo.

*(Jim channeling)*

I am Q'uo, and we greet each again in love and in light through this instrument. May we ask if there are any briefer queries at this time?

**Carla:** I have a question from T. She says, "I am interested in the energy exchanges between individuals. I understand the law of squares and was wondering if the benefit is the same ..."

*(Side one of tape ends.)*

*(Jim channeling)*

I am Q'uo, and we are again with this instrument and we appreciate the patience of each present, and to continue.

When in the meditative state, then, it is well to focus the attention upon some quality that belongs to the entity with whom you wish to link your energies. Perhaps this quality might be the openhearted sharing of energies that is available through this person. Perhaps it is the kind of question which this entity seeks with you to solve the riddle to. Perhaps it is a desire to share a certain kind of future experience, the sending of love and light to various places upon your planetary surface, for example.

Whatever the focusing mechanism, it is well to utilize this quality, desire or goal in order to blend the energies with the other self within the meditative state. It is well to decide beforehand the appropriate time for such an experiment, and it is well to retire to that place that is yours for the seeking within the meditative state, that place which you have made holy by your previous intentions.

When these simple prerequisites are accomplished then one may enter into the meditative state with a certain degree of confidence that what you are attempting to do is indeed possible and shall be the result of your efforts.

Is there a further query, my sister?

**Carla:** I was wondering if you could comment on whether it is equal to have a focus group in a physical location and then have others from remote areas focusing on the focus group or is it equally efficient to have no focus group but simply everyone at a remote location connecting to the place itself at a certain time?

I am Q'uo, and am aware of your query, my sister. In the attempt to provide increased energy resources to various portions of your planetary surface we find that it is well to focus upon these places as precisely as one can within the meditative state, for this is a metaphysical working that is being attempted and is not one in which the physical precision is required, for it would be nearly impossible to find the precise location of any point upon your planetary surface that was described by latitudinal and longitudinal lines. Thus, one must rely upon the intention of the group of meditators that sends its energy offering with the precision that is allowed in the metaphysical realms. Thus, it is well to have an entity or a group which organizes such an effort, yet all who partake may do so from their own personal locations.

Is there a further query, my sister?

**Carla:** So, just let me clarify. So when somebody like James Twyman goes to whatever place he has gone to most lately and then has everybody pray for peace at that place—I think most recently it went to Iraq—the advantage is psychological within this illusion rather than metaphysical. Is that correct?

I am Q'uo, and are aware of your query, my sister, and, in general, this is correct, though we are aware that the entity of whom you speak is one who also performs his own kind of music and magic within

the location that is in need of the energy of healing. This is a somewhat different kind of working, for this entity also operates within the social and to a lesser degree the political realm of the area in which he is involved, this adding different levels of energy to the mix, shall we say.

Is there another query, my sister?

**Carla:** If you don't mind me being persistent, would it be easier for people to focus and become linked concerning a place if there was a small focus group somewhere in the surrounding area at a specific time, or does that make no difference in terms of the law of squares, in terms of the actual faith of entities who are able to join with each other metaphysically? My basic question is does it actually help people with the process of linking up to have somebody to focus on or is it just as easy to focus on the place as to focus on the person?

I am Q'uo, and am aware of your query, my sister. We appreciate your persistence. The query is best answered, we feel, by suggesting that it does not make a difference to those who are from a distance sending their energy resources to have other entities within the area receiving the energy that will focus it. This is an activity which all may accomplish from a distance, shall we say, for it is a metaphysical working that is attempted.

Is there a further query my sister?

**Carla:** So the only advantage that a focus group would have would be if they produced their own gift to the place and that would be another kind of energy rather than purely metaphysical, is that correct?

I am Q'uo. This is correct, my sister. Is there another query, my sister?

**Carla:** No, I am done. Thanks a lot.

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

**J2:** My question is that I am really interested in learning how to start to remote view. I realize that it takes a lot of energy. Do you have any suggestions that you could give me on maybe how I could create more energy to learn how to remote view?

I am Q'uo, and am aware of your query, my sister. Again, as in all metaphysical undertaking it is well that one cultivate the desire to do that which you

describe and to set aside a certain amount of your time upon a daily basis in order to practice that which you wish to accomplish. It might also be helpful if you enlisted the aid of a friend or two and informed this friend that at a certain time you would attempt to visualize this friend within whatever surroundings this friend may be currently placed. Then at a later time to check your experience with that of your friend. This done upon a daily basis or some portion of your time might develop the ability to see with the far-seeing inner eye that which is usually missed.

Is there a further query, my sister?

J2: No, Q'uo. Thank you so much for being with us today.

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

**Questioner:** I have a question. I was re-reading Ra in connection to how they came at this time to help correct distortions that they felt occurred from a long time ago. I was wondering if there is any assistance we can provide in helping Ra correct any distortions that they feel occurred?

I am Q'uo, and am aware of your query, my brother. The attempt to alleviate those powers which were given to the Law of One by the experience of those of law with those of the Egyptian culture many thousands of your years ago, is an experience that is profound enough in its fundamental nature. Its ability to influence many of the population of your planet is also that which is difficult to achieve in any physical sense, for there has been the, shall we say, construction of a certain artifice of an intellectual or mental nature that is the result of the reserving of information meant for all by a few.

That this pattern has been reproduced in an extensive sense in the years that followed this experience, that perhaps the most help that can be offered by individuals at this time is to seek to remove these distortions from one's own pattern of experience and personality structure. Thus, the healing of the self as is the first attempt and work of any who would heal others is that which is most helpful to the entire planetary population and not just to those of the social memory complex known as Ra.

This experience of attempting to balance the internal distortion is that which uses the information

concerning the Law of One in its most significant sense, for as one is able to find a balance within the self then one radiates this attitude of unity in a way which is much like the broadcast signal from one of your radio or television stations.

Thus, the principle might be stated that one teaches many, for the beacon that shines from the consciousness that has cleared its own system of energy is radiant, is all-pervasive, and is that which enlightens the darkness.

May we ask if there is a final query at this time?

**Questioner:** Not from me, thanks.

I am Q'uo, and as we find that we have apparently exhausted the queries for this session of seeking, we would again take this opportunity to share our gratitude with those present for inviting our presence in your circle of seeking this day. We are most filled with joy at each invitation, for to share your experiences for but these brief moments is most enheartening and enlightening to us as well, for we see that with which you struggle in your daily round of activities as you move through this grand illusion attempting whenever possible to pierce the veil of forgetting and remember just one small bit more of information and inspiration with which you have propelled yourself into this dimension and these incarnations with the desire to serve and to seek the one Creator.

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





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## SPECIAL MEDITATION DECEMBER 26, 2002

**Question from S:** The first question today is, “I feel like I’m living simultaneously in two worlds, both with opportunities to love and serve and both lined with fear and “what if’s.” I feel right in the middle of both worlds, being pulled more and more, not able to discern. In each world, my indecision and neutrality are seemingly causing others some pain and distress in different ways. I’ve been thinking of R and how she went with N. “Your people shall be my people and your God, my God,”<sup>1</sup> and the possible benefits [to] my husband and symbolically to the fourth-density Earth coming into being [stemming from] that sort of unconditional decision, even to the point of intense sacrifice and standing firm in the open heart and unconditional acceptance. I’ve been consciously sending love and light through my hands and heart—not mine but the Creator’s—and I don’t know if this helps. I’m wondering if there’s something more that can be consciously done to help serve.

So my question is: Can you comment as specifically as possible on the dichotomy that I’m experiencing in this situation? By what process can I make two worlds one and honor a now-open heart? Is there any significant distortion of my own that’s hindering this decision?

*(Carla channeling)*

We are those known to you as the principle of Q’uo, and we greet you in the love and in the light of the

one infinite Creator, in whose service we joyfully take part. We greet the one known as S and thank this entity for its desire to seek the truth and for its queries. We thank those who have formed this circle of seeking with the one known as S and commend each for that driving desire to seek and know the nature of the self and of the one infinite Creator enough to lay aside this time in service to learning, to truth, and to the benefit of all through the increase of light. We ask only that each listen to our thoughts with a dispassionate and open consciousness, looking for that resonance that speaks of recognition and remembrance and that feels like a personal truth. Leave all other thoughts aside, for they do not hit the mark at this time. Perhaps at another time they may, but for now we ask you to lay aside those things which may constitute a stumbling block.

This query concerns the way to serve to the maximum of the ability of the one known as S. We are aware of the purity of intention of the one known as S. Further, we are aware of the resonances between this situation and situations in the past experiences of two of those within this circle, which create for us the delicacy of movement through highly charged emotional issues concerning fidelity, honor and the concept of rightness.

The skill and art of learning the self has a great deal to do with the patience necessary to untangle the self from the, as the one known as S has called them, fears and “what if’s”; from the trammels and snares of relative and acculturated variations of opinion,

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<sup>1</sup> *Holy Bible*, Ruth 1:16.

each of which has a rationale and a beauty of its own but which are mutually exclusive.

The situation of third density is that of the falling through midair. The entity is aware of the danger inherent in falling while at the same time being completely unable to affect the direction of the fall. This is the perceived situation within which the consciousness of an individual is very tempted to feel itself [a part].

In essence, the situation is one of complete freedom of action, given that the entity can free itself of the various acculturated and relativistic opinions which divide the self as it is from the self, as it believes it should be.

We would gaze with the one known as S at the concept of rightness. This instrument is aware of cultures within the limited number of societies that are upon your planet and dwell within the recorded history of this planetary sphere.

There are those cultures which value above all things the fidelity of the mated relationship and the exclusivity and permanence of such a relationship.

There are other cultures in which this is a value which has its relative uses but which is outweighed by ceremonial or personal preferences having to do either with personal growth or cultural movement having to do with position, status and so forth.

The concept of rightness, then, is, as all concepts within your conscious mind: to some degree an illusion, the falsity uncovering the truth, and the truth uncovering the falsity.

These are mysteries rather than puzzles to be solved, these questions of rightness. This does not negate the value of a wholehearted and deeply sacred process of plumbing the actuality of that which is most resonant as a path of learning and service in the particular moment of this crux. How is one to release the self from all past opinions concerning rightness? There is only the option for the faithful of opening the self to a higher concept of that which is right. This instrument, in speaking as a counselor to the one known as S, has several times discussed the concept of resonance and has suggested that, when there is a question before the attention, that the question may be taken into the meditative state with a view to finding that path of maximum resonance, and we would say that, for this instrument, it is somewhat simpler to connect the heart and the

mind, thereby offering this instrument a more balanced platform from which to release the strictures of past conventional thinking. It is more difficult for the one known as S to release these strictures.

However, we would say that the observation of the one known as S that the neutrality of the present position is catalyst for others is accurate, and we would agree that the present moment is indeed that time during which it is entirely appropriate to ask of the self that it lend its desire to finding that path of maximum resonance creating the atmosphere in which, prayerfully and thankfully, a choice is made and closure found to that structure which at this time resembles, no matter how inadvertently, the triangular relationship. It is well for the choice to be allowed to blossom, and we would simply encourage the one known as S to focus upon the releasing of judgment and all statements containing the word, "should."

What is the nature of preference? This instrument would say that the key to judging preference is the distinction betwixt preferences and obsessions or addictions. Preferences or distortions of opinion or bias are entirely natural to entities as long as they experience identity. We, ourselves, experience preferences at various levels within our own processes at this time. They are part of a net of information and intuition and, within third density, contain a good bit of grist for the mill of third density. The making of choices as an ethical entity is at the heart of the learning process of third density.

We find ourselves up against the Law of Confusion in becoming much more specific about this particular choice. It is a choice betwixt the past and the future, betwixt the conventional and the unconventional in that it is conventional within your society both to remain with the relationship in which trust has been broken and to leave a

relationship in which trust has been broken. Consequently, the desire for purity exceeds the limits of the situation, which is in actuality part of the consensual process for these entities involved.

The one known as S has her heart and soul to listen to. We simply encourage honesty, a full examination of preferences and an honest evaluation of the dynamics of inner truth which operate within the one known as S to maximize her learning and service.

This instrument once asked concerning a sacrificial situation, and, when the source was unable to make any substantive response, it suggested to this instrument that the question may be whether or not it was this instrument's time to go to Jerusalem. Is it a time for unconditional love to one direction? Is it a time for unconditional love in another direction? Where is the love? Where is the opportunity? Where is the deeper beauty and the feeling of resonance?

We would end this particular portion of this session by responding to the question concerning the sending of love with heart and hands. It is well to see the energy system of the self as being a system of energy which is enclosed within a self-protected system of energies, so that the infinite energy which feeds the vital portion of the being is allowed to remain at all times at full strength. The image of the self sending light through the hand is distracting in that it suggests that the entity of itself may have energy of that infinite kind. It therefore is perhaps more skillful for the one known as S to experience the way that the fully-functioning energy system opens the centers to being a channel for the unconditional energies of the infinite Creator, which then can rush through the open channel within that energy vehicle.

Thusly, the self is seen as the beautiful, gem-like being that it is and full energy continues moving through the channel, itself, which needs to be honored as the self which is offered in service to the light.

Often, feelings of lack of worth and excessive "humanity" influence an entity quite subtly into feeling that one is unworthy of being honorable, content, happy and so forth. These prejudices against the self have an insidious effect upon the faculties of judgment and may be examined for qualities of delusion. The essential truth of all beings is infinite worth and an awesome amount of personal power. We urge in all humility that humility and self-worth are not incompatible.

May we ask for the second query at this time?

S: You have previously stated that B and I are twin flames of the heart energy. Is this the same as my understanding of twin souls and could you expand on our two particular souls coming into this incarnation and finding each other? If we are communicating and aiding each other outside of our conscious minds, as it seems we have an almost

telepathic [communication], we feel we need to know how to deepen that and strengthen that to help serve each other and others through any meditations or practices.

We are those of Q'uo, and are aware of your query, my sister. The terms "twin souls" and "twin flames," in our limited usage of these terms, are equivalent. There are other systems of philosophy in which there are distinctive differences between these terms. However, in our usage, they may be taken to be general terms indicating that entities are part of the same soul stream, which is to say that they represent those who have worked together a sufficient number of times within the same group of wandering souls that they have become one.

In some lifetimes, this might express as being twins; in some lifetimes, this might express as a purely spiritual attraction having to do with that which is greater than both, such as those involved in a revolution or in the mission of sharing the healing or the comfort of spirituality with those about one.

In other cases, it might take the form of the star-crossed lovers.

And in many cases these relationships mingle and have undertones and overtones connected with the many experiences of learning and serving as companions of the heart and as those who are portions of the same social memory complex or those complexes which are allied. For there is a vast brotherhood of allied, spiritual entities, whether they are planetary entities or individual entities of your inner planes, that have banded together at this time and, in many cases, for several thousands of your years to work upon that which this instrument calls the harvest of your planetary sphere. We do not wish to cross that line from describing the nuances of being twin souls to defining the details of a particular joined relationship but would simply say that potentially all entities are twin souls. It is a matter of the two becoming so intimate that the barriers to shared thought are completely removed, and that which is an experience for one is an experience for the other.

It is seldom that entities within third density have the comfort of such companions, and we would suggest that each comfort is also a responsibility and each responsibility, a comfort.

The deepening of any inner relationship is contingent upon resting in the confident silence of knowing and allowing time within that silence for the communion of souls. This instrument uses a small doll to allow a channel for its spiritual teacher to rest physically close to this instrument and certainly the one known as B and the one known as S, in exchanging the many things which they have created with their hands and hearts, have created such talismans for each other that may serve as channels for such resting energy.

These talismans are able to operate because of confident faith that all things are alive and that there is no space or time within love, and we would encourage the moving into the silence and the resting in trust and faith as the primary methods of deepening this service-oriented oneness.

We would at this time transfer the contact to the one known as Jim, as this instrument tires, and we would wish to address the remaining queries. We leave this instrument with thanks and transfer in love and in light to the one known as Jim. We are those of Q'uo.

*(Jim channeling)*

I am Q'uo, and greet each again in love and in light through this instrument. As we feel that we have spoken to the third query which asks us to differentiate between the terms "twin souls" and "twin flames," and what makes it a unique relationship, we would ask if we might respond to the fourth query at this time.

**S:** Can you comment on the stress situation in my body and anything I could do to help relieve and release the situations before they become manifest physically?

I am Q'uo, and am aware of your query, my sister. We find that the stress of which you speak in this query is related to the situation that you described and to which we spoke in the first query. Thus, the alleviation of the stress which you feel within your body complex is contingent upon the ability to relieve the stress that you feel in the relationships that are now pulling your heart

and your thinking in various directions. It is a situation in which we are unable to participate fully, for we do not feel it a service to solve the riddle which you now contemplate. However, we can suggest that, as you meditate upon the direction in

which you wish to move in your relationships and find a ground upon which you may firmly stand, there then will be the reduction of the stress factor within your entire life pattern that you will find reflected within your physical vehicle as well, for, when the physical vehicle is party to catalyst, it is usually so because the mind complex and the emotional complex have not fully utilized the catalyst which has been given to them. Thus, they pass on, shall we say, a kind of doubling effect ...

*(Side one of tape ends.)*

*(Jim channeling)*

... I am Q'uo, and we are once again with this instrument. We thank each for the patience that has been granted to us.

We were nearly finished with our response to this query, but wished to be certain that it was clearly understood that the ability of the one known as S to find an harmonious solution to the balancing of emotions and relationships is that crux which will determine the ability of the body to deal with less and less of that which you call stress. Thusly, we recommend significant portions of time spent in the meditative state upon the daily basis, during which the one known as S may ponder that direction which is most in keeping with the heart of her own compassion and desire to serve.

We realize that this is not an easy situation in which to find direction, for there are qualities of character that are involved in each instance respecting the traditions of one's own culture and religious upbringing, in the keeping of vows made in marriage, and the direction of the spiritual seeker whose heart has opened and has found directions that move beyond cultural conditions. This is a matter which must be carefully considered.

However, we assure the one known as S that there is within her own heart a direction which seeks to be known. Thus, within the meditative state, this entity may seek to be moved by her own heart.

At this time, we would thank each once again for joining in this circle of seeking and for inviting our presence here as you continue to seek means by which to open your own heart and be of service to those who would cross your path at any time in your daily round of activities, for this is the way that each entity affects not only one's own spiritual growth but the service one would wish to offer others. For it

is in the non-dramatic interactions of your everyday round of activities that the power of your own choices of service to others and opening the heart may be found.

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