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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

JANUARY 6, 2001

Group question: The question today has to do with the contrast between religion and spirituality, seeking from without and seeking from within. We are asking if Q'uo could give us some ideas as to the direction that is appropriate for each person, how each can be helpful, what the hindrances might be for each, and how a person can determine what is right for him or her. And is there really a precise answer or direction for each of us, or is there a certain amount of uncertainty that we need to be able to accept?

(Carla channeling)

We are known to you as those of the Q'uo, and we greet you in the love and in the light of the one infinite Creator, whom we serve. It is a great privilege to join this circle of seeking, and we greet each of you, thanking you for your great thirst for the truth, for all that has brought you to this meeting. It is a very special time for us when we are able to communicate with this group. We welcome each of you. Those in our principle known to you as those of Hatonn and those of Oxal wish especially to greet the one known as Kyra and to greet all of those who are new to this group. For each of you has your unique and beautiful music that you embody in your energy, and we greatly enjoy sharing this meditation with the beautiful harmony that you make together.

We ask one thing before we offer our opinions, which we are glad to share, and that is that each of you use your powers of discrimination, knowing that we are not authorities but, rather, we are as you:

seekers after a mystery that recedes before us as we pursue it through density after density and experience after experience. The mystery remains and our thirst for that mystery continues to motivate and inspire us in our seeking and in our service. We want to thank each of you for helping us to perform that service which is simply to share our thoughts with you through this instrument. If any thoughts that we share do not seem right to you, we ask you to leave them behind and move on. For the nature of personal truth is resonant. When something is yours, some truth, some aspect of the truth, some inspiration or thought, it will ring true. It will have a resonance, and those thoughts that do not resonate are simply not a part of your own personal truth at this particular time.

Truth is a very slippery word, and we find that it evolves as we evolve. The principles and ideals remain the same but we ourselves, and you also, are in a constant and unremitting state of evolution. We cannot stop it. We can simply accelerate it or let it proceed at its own pace. Each of you has chosen to attempt to accelerate the pace of your spiritual evolution, and we commend you for that. It is effective. It is working. The problem with it, of course, is that increased rates of change are concomitant with increased rates of discomfort, spiritually and emotionally speaking. Consequently, the more successful that each of you is at seeking the truth, the more likely each of you will be to feel at times that you have lost everything; that you cannot possibly make heads or tails of what the truth might

be, and that you might as well give up. We assure you that this is part of the pattern of spiritual evolution. And wherever you are, whatever the lightness or darkness of your own interior heart at this particular time, you are part of a pattern of spiritual lightening that, as you look back on it from hindsight, you will see to have been effectual and inspired.

Your question for beginning this evening is about the contrast between two words that, on the surface of it, mean very much the same thing in your language: religion and spirituality. Religion might also be called the outer path and spirituality might also be called the inner path in order to point up the basic point of tension between these two terms. Your question is most interesting, and we are very glad to spend some time on it. You asked concerning the advantages and disadvantages of each path, and we will talk a bit about each path in those two aspects. In order to orient the discussion, we would take a moment to step back and ask each to come with us. See yourself at this time resting upon your seats, your limbs relaxed and your minds quiet. See the beauty of the evening, the patchwork of snow and earth and tree. And see yourself lifting away from that chair and that close environment of home and friends, and drawing back in space until the Earth becomes smaller and smaller and disappears, and you are one with the stars and space and distance that is the outer appearance of the house of the Creator, the infinite creation of which you are a part. Rest in this larger identity and know that you are loved by the one infinite Creator, that you have been with that Creator since before there was time or space. Without duration. without dimension, you are a citizen of eternity, a being of infinity. In your heart of hearts, in your deepest self, you have no limitations, you have no location, and you have no set personality shell as you now experience these things. Your truth, beyond all telling, lies in this oneness with the one great original Thought that has created each long before there was a planet or dimensionality or sequence.

And if you are all these things, why did you choose to be in such a heavy and deep illusion at this particular moment in eternity? Why did you choose to come into the body of flesh that is heavy and illusory and limiting? Why did you choose to forget that you were a citizen of eternity and instead take flesh and join an incarnation? Each of you has

desired greatly, before this incarnation, to partake in this experience at this particular time. Each of you felt that there were things that you wished to learn in this density, in this darkness, and at this time. And above all, each of you was moved to service. Each of you saw before incarnation an incredible opportunity, for truly this is the dawning of what this instrument would call the fourth density. Your planet itself is at this time and space traversing the boundary between what this instrument would call third density and fourth density. You are moving from a density in which the lesson is one of choice into a density where that choice has been made and you then are able to build upon that choice and to learn further lessons of love.

At the dawning of this density of love it is a dark-seeming hour. This instrument has the phrase, "It is always darkest before the dawn." And we would say that this is indeed the case as regards this particular planetary sphere and its inner planes as well. For there has been a great deal of building up of unbalanced karma, as this instrument would call it, in the interactions betwixt selves in individual lives, in betwixt groups of selves in societal lives, and in betwixt the selves that live upon this sphere, and this sphere itself. And all of these imbalances cry out with the voice of sorrow. There is a tremendous amount of suffering that rises from your planet. At the same time there is a tremendous amount of lightening of this darkness that has begun to occur because more and more entities are awakening to their spiritual identity. And it is for this awakening that you took the tremendous risk of incarnation. Certainly you hoped to enter that process of catalyst and experience that involve so much suffering, for you hoped to learn better and better how best to make the choice of this density for yourself. And it is this choice of polarity, this choice of how to serve and how to be, that riveted your attention before incarnation. For before incarnation, between incarnations, each of you saw the big picture, spiritually. You saw the plan. You saw the opportunities, and you saw, looking deeply within yourself at what you have learned and what you have chosen so far in this density, how to make an even more polarized choice for love. It is this context of how to love, how to open the heart, and how to be upon this Earth in order to increase the light that has riveted your attention and continues to offer you the challenge of the moment, and it offers us this

same challenge. However, we are not upon your sphere. We are not in third-density bodies. We do not have the right to bring light into planet Earth. Only those who have paid the price of flesh, who have come into the darkness of the illusion of Earth, have the right to open their hearts and ask to become crystals for transducing light.

Each of you receives an infinite and continuing supply of love and light from the one great original Thought, which is the Creator. This infinite supply streams through the energy system of each of you continually. When a seeker becomes aware that she wishes to live so as to increase love and light upon planet Earth, she then begins to gaze at how to do that, how to be a more clear channel for the love and the light of the one infinite Creator.

The movements of culture upon your planetary sphere work because of the nature of the mind that all of you share. We would call this mind the archetypical or archetypal mind. In these deep roots of consciousness, certain key truths spring up as if from a fountain. And they flow through all of your lives in common. The high principles and spiritual truths that have inspired one have, at their proper season, inspired many. And they come up again and again in each seeker's life as if living were done in a spiral. Each time that one approaches the same concept again, whether it be an ethical choice or the structure of religious thought or spirituality, it comes into the field of a different person in that you are in unique place in your own time line. You have had perhaps had this lesson before, many, many times, but this time is different. It is always something new that you are looking at when you seem to be receiving an old problem.

In the outer path, the choice of what this instrument would call a mythology or religion has to do with how your particular archetypical mind and its connections to your conscious mind work, because moving into a mythological system is like making an electrical connection. It has to work, or it's no good. If you plug in an appliance and it is not the right kind of electricity, it will blow the circuit or it simply won't work. You cannot get power. And so if there is an attempt to follow an outer path and it doesn't work, this doesn't mean that the electrical system doesn't work for someone who is hooked up right. It just means that you are not of the sort of hookup that is going to plug into this particular

structure of ways to think about the archetypes or the archetypical mind. Again, there is the concept of resonance. This instrument was talking earlier about the comfort that she receives from the old words that have been the same, for the most part, since this instrument was a child. This instrument carefully organized itself before incarnation to give itself every opportunity to reconnect with this particular mythological system called Christianity and with the entity known as Jesus the Christ. It was a choice made before incarnation. There were gifts placed in the personality shell of this instrument in order to make the hookup work. For many others this particular Christian myth or religion is an outer path that has a tremendous amount of power available. And we would suggest that this is the way that you look at the search for a religion, a mythology, or an outer system. Realize that it is a spiritual aid of tremendous power that is available in many, many different configurations, even within the Christian religion, and certainly within the family of religions, philosophies, and myths, enough differentiation and variety so that anyone seeking with enough patience can find resonant religions, resonant myths or philosophies from which at least to gather some gifts and resources and assets that can be used on the spiritual path.

The glory of any outer path is also its limitation. The glory of power is also the limitation of power. The glory of depending upon that which is outside of one is also the limitation of that which is outside of one. For many, many entities the great limitation of the path of outer religion is that it seems to demand a surrender. This instrument has not found that surrender to be necessary. However, it was born into one of the less radical or dogmatic sects of the particular religion called Christianity. We do not find any criticism of the desire to seek via the outer path. And may we point out that each of you to some extent in coming to this particular meeting at this particular time is accepting a certain degree of outerness to the path, for there must be some agreement in every group before there is a spiritual community. And as each of you came through the door this evening, including this instrument and the one known as Jim, there was a shift of universes, and it is powerful to shift universes. It is powerful to set time aside, to join a group of people of whom you wish nothing except to learn more about how to love each other and how to love the one infinite Creator.

May we say that whatever the spiritual group, it is blessed, and it has a tremendous company of angelic and inner planes entities which move to support each of you, to support the group, to support us, and to support the construct that is this particular channel that we use to speak through this instrument. All of these activities are part of the positive nature of that outer path that brings people together in devotion and in service. Many are the hard lessons learned beginning with any spiritual group, but also many are the blessings that come from the interaction that comes from those who seek and that chemistry that exists when the universe has shifted and you have moved into the acknowledged desire to seek.

The inner path is often seen as a rejection of the outer path. Spirituality can be seen, and has been seen by many, as what remains after religion is rejected. We would only suggest in this wise that it is helpful to look at the structures of outer paths as what they are: buildings for the seeking spirit, places to sit and look in a certain way at a certain pattern of concepts. Any myth that is so constructed that you begin to see a way to live a life in faith is a good match for you. And if you do not find such a match, then it is that you must turn within and leave the outer world behind, for at that level you are not finding resonance. The peace and the power of the devotional or spiritual path lies not in how happy it makes one, although it often makes one happy. Rather it lies in the satisfaction of another kind of surrender, this time an inner surrender, a surrender to the Creator within.

You have just passed through that season known to you as Christmas and we would suggest to you that each of you has moved through this Christmas season welcoming not only Jesus the Christ but also that Christ consciousness within yourself that yearns to be born and to be nurtured and to grow and mature. Each of you has within your heart a manger in which lies your own spiritual being, and it is a young being in need of protection, in need of encouragement, and in need of love. Any time that you can spend within your mind and within your heart acknowledging this child that is truly the heart of yourself is worthwhile. Time spent in the heart rocking this cradle is worthwhile. Coming into the heart and seeing the self as a spiritual being of which the fleshly being is a kind of parent we feel is worthwhile.

It would seem that the spirit could reach down and grab the soul from within you and bring it to a better place. And yet we say to you that many times that this is not the way that spirit works. For every time that there is a sudden and dramatic change in the outer picture, there are ten and twenty times when the lesson has to do with limitation, patience, and faith. This instrument said earlier that faith is not faith in anything. Faith is the trust, without any proof or supporting evidence, that all is well and that all will be well. And this is the surrender that is demanded on the inner path. It is faith stripped of dogma. It is faith not *in*, but simple faith. It is that faith that leads one to leap into mid-air as the Fool, not seeing the safety net, not seeing the next step, not knowing the answers, and yet being willing to act as if all were well by faith. It is a frightening concept when thought about without the activity of the self as a living being. And if thought about it will often bring that living self to a state of paralysis.

The great virtue of the inner path is that it is unshakably yours. There are no words from without that can dismay the one who is upon the inner path. There is no discouragement that is effective. For there is no point of dogma which another can use to bring to the mind confusion and despair. There is no cleverness to the inner path. There is no pretext and there is no knowledge. There may be many wisdoms that come to one and are useful at the moment they come, but the basic tenet of the inner path is simple faith. The great disadvantage of the inner path is that all connections with others shall be fortuitous and synchronistic and cannot be planned aforesaid. Instead of visualizing the spiritual journey as a physical journey to a physical place with a certain group of people who are fellow travelers with whom you shall find the truth you are operating at another level of being where each is alone. For some this is so inevitable that it feels comfortable. It feels like the right place to be. It feels like the only place to be. For others it is a tremendously arid and desert-like experience, that experience of being in the mid-air of simply faith.

We would not offer one path as superior to the other. In fact we imagined that for most entities over a lifetime of seeking there will be dipping into both aspects of spirituality: the outer and the inner. There will be a mixture of finding outer concepts and structures of thought with which to resonate, and of finding surrender to simple faith the only real answer

in a specific situation. Realize, if you can, at each time that you find yourself getting into the tangle of intellectual thought, that all words and all structures of thought partake deeply of the illusion which you experience as your separateness. We communicate with this instrument in clusters of concept that this instrument is often heard despairing of being able to translate. There is, in such a cluster of concepts, a whole world of assumption and structured thought that precedes the necessity to translate it into the structures of words, sentences, and thought concepts. It is difficult to explain the stepped down nature of language and thought as opposed to the unified power of concept. We shall simply say is part of the illusion that you have embraced for a reason.

Be aware that no structure of thought will ever hold you completely. Only the emotions that you produce in your work with these structures of thought have a value in your own alchemical process of growth into the light and the love of the one infinite Creator. Trust those times when you do resonate. Trust those moments when your heart soars, and for a moment the limitations drop away and you are in the light, and you see the plan, and you know that all is well. Trust the bare memory of those times and always come back to the heart. Whether it be in spiritual groups or in working on your own, always we would suggest the great virtue of coming back to the heart. When we say this we are really describing in the heart a kind of structure like a church which we might call the holy of holies, for it is in this particular part of the energy system of your body that the connections are rooted that move into the infinite Creator, into guidance, into inspiration, into the ability to surrender.

The one known as Joyce asked if perhaps we were attempting to become too precise if we attempt to define the path for each person, and we would agree that indeed it is not a precise science to steer the boat on an ocean where there are no landmarks, no directions, and no sextant. The guidance in this three-dimensional ocean that is the spiritual search is an impelling from within. And at times it may feel that you are being kicked about the universe by a Creator who has a wry sense of humor. And yet we ask you to move back into the heart when you are discouraged, to sit in the silence of that holy of holies, and to become aware of the presence of the one infinite Creator. For when you enter your heart, the Creator is already there. It is you who have been

away. You have forgotten to turn the key of silence and surrender. We always suggest, whatever your path, that silence is a powerful helper. As long as the intellect and the busy mind are engaged it will be correspondingly difficult to enter that portion of yourself that is sacred, not only because everything is sacred but also, relative to the outer life, there is that most inner self which is a spark, unadulterated and pure, of that one great Logos that is love.

We would at this time continue this transmission through the one known as Jim. We thank this instrument and would leave it at this time. We are known to you as Q'uo.

(Side one of tape ends. The second side did not record.)

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SUNDAY MEDITATION

JANUARY 14, 2001

Group question: Our question today concerns the healing practices of the Christian Science Church versus the more orthodox use of medications and treatment by physicians, with the emphasis for the Christian Scientist being the relying upon the truth that we are all one, we are whole, and we are perfect. And we would like for Q'uo to give us any information possible that would pertain to the healing that can be achieved by the Christian Scientist's point of view versus the healing that can be obtained by the more traditional orthodox medicine. Would one be more likely to result in a cure? Any other comments that Q'uo could make about healing would be appreciated.

(Carla channeling)

We are those of the principle known to you as the Q'uo and we greet you in the love and in the light of the one infinite Creator, in whose service we come. It is a great privilege to be with this group, and we thank each for choosing to make the effort to be a part of this circle of meditation and seeking. We are very happy to share our thoughts with you on healing and request only that each of you listen with a discriminating ear to our opinion, realizing that we are not authorities but, rather, those like yourselves: fallible and error prone. We are glad to share our thoughts, but we do not wish them to become a stumbling block before any. Therefore, if an idea or thought is not helpful to you, we ask that you leave it behind. With this infringement on free will protected against, we feel free to share our opinion with you.

The healing of the mind and body and spirit of the human animal, as this instrument would call all of you who are living in third density at this time, is often a complex project because of the fact that there are some illnesses which have components which are physical, mental, emotional, and spiritual. Indeed, [for] each of you, with a complex of different kinds of energy and different levels of awareness and types of being and entrance into the mind/body/spirit unity that you call a human being, the essence of each of you is spiritual. Each of you is, basically, thought, not a single linear thought but a round, three-dimensional essence which expresses itself as a vibratory complex that creates a harmonic with at least three basic tones and sometimes more plus overtones and undertones of being.

This complex, harmonious chord of being that you are is beautiful. Whatever your situation, whatever the difficulties and challenges that each of you faces, this basic essential self that is you is unable not to make music no matter how dark the chords, for each of you is essentially a thought which is love, and love is that which is beauty and truth. And each of you expresses as a truth that is unique to you, and your being sings a song that is your identity and your name in the metaphysical universe, the universe of thought, which gave birth to the universe which you now experience.

In the mechanical process of coming into incarnation, each of you entered into the inner planes or the spirit world, shall we say, of your Earth world. For within your Earth world there is

recapitulated all the densities of creation, and these inner planes worlds hold everything from the perfect idea of all structures upon your Earth world to, in their lower densities, the challenging monsters and fairies, elves, pixies, all of the childhood seemingly make-believe creatures which are a part of the lore and mythology of your planet up into the higher inner planes where reside entities between incarnations, those who have not chosen to take incarnational bodies but have chosen to remain with their guides and teachers. We, ourselves, are, shall we say, parked in one of your inner planes at the fifth level where we are welcomed and are able, from this vantage point, to have access into your Earth world.

In the highest of these inner planes lies one of the seven subtle bodies which each of you enjoys as part of your energetic life, that which this instrument refers to when she talks about chakra energies and balancing the chakras of the physical body. These various centers of energy within the physical body are connected to all of the finer bodies. But we refer to this form-maker body because it is that body which instructs the energetic body as to how the perfect body is conformed and created. When those whom you have referred to as Christian Scientists work upon healing a human being what they are doing is simply addressing their thoughts to what this instrument would call the form-maker or the Buddha body and asking that body to reassert its ascendancy over the physical body which has departed from that pattern.

Because each of you is basically, in essence, a thought, thought, itself, if refined sufficiently, has the power to heal. There are some entities which have the gift of awareness of this thought body. And such entities are natural healers. There are many healers who work with other of the subtle bodies and in each case there is a degree of effectiveness of such work with thought in healing. And again the reason that this is not miraculous but, rather, natural is that all of the seven subtle bodies are connected into the energy system of the physical body so that if there is a combination of a healer who is able to work upon that level of thought and of one to be healed who is willing to accept a new pattern of thought that can change the physical experience, then there is a good possibility that such mental or thought healings may be effective.

However, the subtleties of the practice of healing continue due to the fact that illness within the human being is not usually a simple thing but, rather, a multi-layered set of departures from various parts of the natural balance of energies in various of the subtle bodies as well as the physical body. So that in Earth terms, for instance, using this instrument as an example, there may be the physical stomach ache, the mental distraction, the emotional challenges, and the spiritual tension, this spiritual tension then having its home in various subtle layers or densities of the inner planes. Within certain entities' illnesses there are levels within the inner planes where pre-incarnational lessons have been put into place, meaning that a certain condition cannot be healed because it is protected. At other levels of the inner planes, there are points of opportunity for leaving the incarnation which are also protected, so that it is only the will of the one who is ill that can choose life or death at a certain crisis point, so that no healing can be effective at those points except it be the healing of the person by the person, by that person's will and choice.

No two situations are identical and this is the subtlety that is missed completely, for the most part, by those whom this instrument would call medical doctors. A medical physician in your culture is not trained to probe deeply into spiritual issues. There are doctors which are aware of emotional or mental issues, and there has been increasingly within your so-called modern times the effort made to begin to attempt to heal entities whose emotional and mental bodies contain illness, illness which only secondarily shows up within the physical body. But for the most part, when faced with physical illness, those of your medical professions will look for linear and mechanical answers. They will treat the body as a machine, and a machine it is. And certainly many conditions have been healed by the correct mechanical operation or the correct adjustment of chemical and biochemical properties of the physical body through the use of what this instrument calls medicine. It is no wonder that a physician does not always achieve the desired results, for mechanical, chemical, and biochemical agents do not address the issues of the finer or inner planes' bodies. And they cannot correct ill health in those bodies. The only way to address those issues is by moving into the arena of thought and vibration.

Within the very recent of your past there have been very creative and intuitive entities, which have begun to create so-called machinery which is actually a combination of physical machine and vibrational machine. These so-called black boxes of which this instrument is aware can in some cases affect some of the finer bodies by virtue of sending certain vibrational energies, which have a sort of shadow effect on these finer bodies. And this is a technology which is limited only by the creativity and intuition of those who become able to work with these technologies. However, the judgment of all may be withheld from choosing one technique or mode of healing as better than the others, for in truth it is rather the case that each person which is ill represents a picture which has a certain number of levels. And each level of the illness may take a different level of healing. Thusly it may be effective to offer the surgery, medication, the use of subtle energies sent through so-called black boxes, the healing of intercessory prayer, and the healing of one who knows the truth. It may be that health will not be achieved before all of these levels of healing are employed. And always it must be remembered that in some cases, no matter what healing modes are offered, certain illnesses are protected and are impervious to any form of healing because they are a portion of the pre-incarnational plan of the human being that is experiencing the illness.

The one known as D asked about the aspect of the healing of Christian Science in which parents choose for their children the healing mode which is preferred. There have been cases where this healing mode has not been effective and the child has entered larger life, not able to retain the physical vehicle and remain a human being. There are those who feel with justification that this kind of choice made for others constitutes murder¹. And we agree

¹ From a reader: "I am a Christian Scientist and found several comments in this meditation inaccurate and therefore misleading about Christian Science. No one wants to have a child die or suffer. It's a tragedy. And every loving parent would do everything in their power to save their child. Christian Scientists are no exceptions. They turn to prayer as a first resort because spiritual healing has proven so effective in their family's lives. Choosing Christian Science treatment rather than medical treatment shouldn't be characterized as 'denying' or 'refusing' reliable care. It is choosing a spiritual treatment with a long record of success.

"Because health care choices are so personal, there is no dogmatic church policy to dictate to members which course of

that this is a very difficult ethical quandary. We would point out that frequently, when people choose to believe in a dogmatic approach, when they limit themselves to feeling that one avenue of healing or of belief is the only acceptable way, they may limit themselves to the point they have removed from themselves simple, common sense.

However, it is a part of the free will of each entity in choosing how to be and how to believe, to decide whether there is the need for the kind of structured belief that this instrument would call dogmatic. For many entities there are lessons that this soul has chosen to learn that can only be learned within incarnation by embracing a dogmatic approach to belief. From the standpoint of this instrument, for instance, it would look as though the one who holds to faith healing at the expense of all other techniques that indeed might be effective in saving the life, [are refusing healing], and yet for that person there is an intensity that is desired in the path of following the Creator that cannot be gained without the choice of utter, dogmatic belief. Certainly it can be argued that it is not acceptable to make these choices for others. And it seems most sad that such children as have died because medical help was refused are most sadly lost. Yet insofar as the metaphysical aspect of this agreement betwixt child and parent, it may be said that almost always, such a death is part of the agreement that was put into place before the incarnation of the child or the parent and that this is a plan acceptable to spirit and to the Creator.

Many aspects of that which you call the physical death have this quality of being other than the way it looks on the physical plane in terms of the actual metaphysical situation. In suicides, in abortions, in crib deaths, in accidents, in many times where there seems to be great and sudden tragedy, the metaphysical situation looks completely different. In terms of the metaphysical situation in many of these patterns, all of the actions involved have been

action to take with ill children or themselves. It's entirely an individual's decision what form of treatment they choose. Over the last 125 years, countless cases of all kinds of illness, including those deemed incurable or hopeless by medicine, have been healed through this system of spiritual healing. For a complete explanation of Christian Science please see *Science and Health with Key to the Scriptures* by Mary Baker Eddy. The full text is available online at www.spirituality.com. If you have any further questions, please email me, Valerie Minard, at valminard@aol.com."

planned as part of a pattern that has been considered helpful and useful by the soul before the incarnative pattern was begun. We say this realizing that in no wise can this keep entities who remain after such deaths from feeling the most deep sorrow and profound grief and loss. Yet as each life creates its final shape, it is a perfect and beautiful shape, and we offer this to comfort those who are dealing with those who are ill and who have resisted healing.

We would like to encourage each to think of healing in a slightly different way, not ignoring death, not ignoring illness or discomfort, but, rather, seeing that the pattern of illness and healing is a multi-layered thing and that prayer continues to be effective on many levels whether or not there is any visible sign of healing, whether or not the entity seems to thrive or improve. We again use this instrument to avoid infringing upon free will because this instrument already is aware that there have been many healings within the finer bodies of this instrument, healings of suicidal feelings and deep depression, healings of the spiritual, the emotional, and the mental bodies that have cemented this entity's energy and greatly improved this entity's quality of life without removing the physical discomfort or limitation which is a protected aspect of this entity's situation.

Each of you is able to heal. Each of you is able to work on the self. And each of you is well able to pray for others. For you are, above all things, creatures of thought, creatures of intention and emotion, and the great gift of the healer is the unifying of the human will and the compassion of the heart. Let us look first at the healing of the self by the self. May we say, as an over-generalization, that the great illness of the human spirit is a lack of forgiveness of the self. Often it does not seem to the self that it is the self that is not forgiving the self. It seems as though the lack of forgiveness were coming in from the outside. Members of the birth family, members of the marriage family, those in the work environment, the various environments of the life, always contain challenging relationships. And it may seem that it is those voices that hurt, harm, and make us ill. Yet metaphysically speaking, the great majority of pain is inflicted by the voice that one uses to talk to one's self. Often the challenging voices from birth family, marriage family, work environment, and so forth, seem to be others' voices but are actually internalized. Those entities may be gone from the

life pattern. They may have passed into larger life. They may have moved into other relationships, but within the mind they have become adopted children of the self, and the voices then have the right to continue talking to the self in rude and unkind ways: criticizing, making fun, ridiculing, discouraging, doubting, and fearing. These voices are difficult to catch. It takes time and effort to begin to tune into the things that are said to the self that go down into the body, the mind, and the spirit to create ill health. But when you do catch yourself criticizing yourself, then it is that you have the opportunity to stop and say, "Wait, I would like to change that voice. I would like to encourage myself, and, most of all, I would like to forgive myself."

When this entity began working to forgive itself, it ran into a brick wall and we feel that this is true of most people who begin to attempt to create a spiritual practice of speaking to the self in a loving way. The problem is that part of being a human being on planet Earth is being imperfect, and not just slightly imperfect, but continually and maddeningly imperfect. It is, in fact, your responsibility to be imperfect on planet Earth, to be confused, to be foolish, to miss signs and signals and to remain somewhat confused at all times. This is the most beneficial atmosphere for growth and this is the atmosphere which each of you enjoys. How can one forgive oneself when one is constantly discovering that one has once again been mistaken? Been a bozo? Been a fool? But here is the key: it is when you see the imperfection of the self that you may realize that you are here, not to be perfect, but to love. You are not here to love perfection, but to love. You are not here to love this and not that, but to love. And the first object of your love needs to be yourself. There is a process of falling in love with yourself which is most salubrious and helpful, and we recommend it to each of you.

When you can look yourself in the face and see every imperfection and say, "I see a child of the one infinite Creator, and I love you," then you have begun to forgive yourself. We recommend the attempt to do this most profoundly, for it is only when you have come into a condition of love for yourself that you can truly begin to love each other. It says in your holy works that virtue lies in loving the Creator with all of your heart, with all of your soul, with all of your mind and all of your strength, and loving your neighbor as yourself. On these two

commandments hang all of the law and the prophets. How can you love your neighbor as yourself if you do not love yourself? So the heart of healing the self is the continual and persistent attempt to speak to yourself with the voice of love, to see yourself with eyes of love, to hear yourself with ears of love. Not to condone that which is amiss, not to gloss over those things which are errors. Indeed, we recommend the attempt to satisfy every obligation, to correct every mistake that can be corrected and so forth.

However, beyond those attempts at restitution, it is essential to come into a state of forgiveness concerning that pattern which surrounded that particular mistake or error, to say to the self, not "You fool. You criminal. You have done something wrong." But to say to the self, "That was wrong, and I am sorry. I will attempt to correct that error, but I love the self that is trying to do the best that I can. And I love the self that is small and confused and feeling terrible." For it is that kind of imbalance in energy that comes through into the physical body to create more and more illness. So when you are working at self-forgiveness and self-acceptance, you are working on the mental body, the spiritual body, the emotional body, and as the shadow passes the sun, the physical body as well. Never doubt, when you are doing this work, that it is a good work.

We find that this instrument is instructing us that we have run out of time and, therefore, we will stop at this point on this interesting subject, aware that there is much more to say, but also aware that we have taken up too much of your time to move further in this basic first look at healing. We thank you very much for this question and would like to focus on any other questions that you might have at this time or follow-ups that you might wish to make of this first material. In order to do this we would transfer this contact to the one known as Jim, thanking this instrument and leaving it 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 the love and the light of the One Creator through this instrument. At this time it is our privilege to ask if there might be any further queries to which we might speak in a briefer sense. Is there another query at this time?

S1: First, last week the second side of both tapes did not record, and I wondered if you could comment on the reasons behind that?

I am Q'uo, and am aware of your query, my brother. We find that there was a difficulty with the recording devices as they were operated in a dim light with some misapprehension of the correct buttons by this particular instrument. Hopefully, this has been corrected. We apologize for him. Is there another query at this time?

S1: Yes. My wife has broken her leg and we have thought a lot about what the lessons were in that and we have a pretty good idea. Could we have a few words or thoughts from you in that direction?

I am Q'uo, and am aware of your query, my brother. When one is engaged in a process which requires the slowing, and the deeper portions of the subconscious mind are in agreement with the conscious mind, and the conscious mind is unwilling to follow through with the agreement to slow the physical vehicle, then it is that the subconscious mind will move upon its own to do that which has been agreed upon. The nature of the slowing process is various for each entity and those opportunities that present themselves will be utilized in this process. In the case of the one known as C, this entity found the necessity of slowing its pace of the daily round of activities to be profoundly necessary. However the conscious mind was also dedicated to carrying those activities upon which importance had been placed. Thus this entity, as it is known well to each here, was able to apply the brakes, shall we say, to this process and the wintry conditions of the exterior walkway were used to literally break the pedal appendage that was necessary for continuing that which it wished to discontinue for a period of time. Thus the ability to reflect upon the life pattern was given in the form of the broken bones. These techniques of slowing the physical vehicle are, shall we say, stop-gap measures so that the conscious mind may once again become able to find a harmony with the true wishes of the entity to reassess that which it does on a daily basis. Is there a further query, my brother?

S1: Lastly, referring the initial question you were talking about, I have been in contact with some people who have created some subtle medical devices. One had to do with channeled information from one known as Hilarion. It is a combination of

electromagnetic and inert gases. I am curious if you had any comments on that?

I am Q'uo, and am aware of your query, my brother. Such devices as these are indeed quite beneficial when the basic receptivity of the subconscious mind of the one to be healed has been awakened by the desire to be healed. The healing of any entity by any device, any intervention, any medication, any thought is aided when the entity itself, at a very deep level of the mind, desires this healing. Most entities are unaware that they have within themselves the ability to heal each affliction that may occur within the life pattern. However, within this and most cultures upon this planetary sphere the process of healing and the powers of healing have been given to those who you call medical doctors or healers of one kind or another so that the emphasis upon healing and the power of healing is given away by the self to another. However, even in these instances healing can occur when the one to be healed wishes it strongly enough and believes strongly enough that this or that entity, this or that device, this or that medication can be helpful in this regard. Is there a further query, my brother?

D: I have a query. Is it permissible to discuss the travails that L is going through and all the thoughts and prayers, her own included, to complete her sojourn on this planet? Is there any enlightenment that you can give us as to why the situation is as it is?

I am Q'uo, and am aware of your query, my brother. We find that we may speak in a certain degree without infringing upon free will, and this we do gladly. This entity, the one known as L, has successfully completed that which she has come to do. Though the purpose of each incarnation may be shrouded from any eye, including the entity living the incarnation, when this purpose has been completed and there is no further work to do for this entity within this incarnation then the entity takes its leave in a certain manner in order that those who are beloved of it, by it, and who love this entity as well may be allowed to say their farewells, shall we say, may be given the opportunity to express their love for this entity, and this entity for them. Though there may seem to be a great deal of suffering as the entity takes its leave of the incarnation the suffering is that which strengthens the soul, which strengthens the bonds between it and all who know it and love it. The one known as L has been able to express her

love to each in her care, and each has had the opportunity to look upon the shared experiences and achieve a kind of review of not only her incarnation but their relationship throughout the incarnation with the one known as L. This entity hovers between this world and the next, moving more slowly into the next world so that there is a gentle transition, shall we say. When the incarnation is known to be ending it is often easier for a soul to finally make the transition after a period of awareness and lingering that brings a resolution for those it leaves behind. This entity shines brightly with the life-force that has been, for the most part, transferred to another world and remains here for but a brief time longer in order that this process might be as gentle for each involved as possible. Is there a further query, my brother?

D: Thank you for that explanation.

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

S1: Would you say that is L's gift to her parents?

I am Q'uo, and we would say that this is L's gift to all those who know and love her. Is there another query at this time?

Carla: On behalf of myself and D I would like to ask about the similar lessons that we are involved in at this time concerning physical discomfort and limitation and the continuing ability to do quite a bit of creative work and so forth at the same time. We have identified our lessons, among others, as faith and patience and are encouraging each other daily. I would be interested to ask if there are other key words or concepts that would be helpful for us to think about at this time for us?

I am Q'uo, and am aware of your query, my sister. To those concerns and those qualities we would add that quality known as a sense of proportion or that which you call humor, the light touch. For when one is able to gain a perspective on one's incarnation and the daily round of activities that occur within each incarnation one is able to partake more fully in the creative process. To become the Creator in each instance, to see the glory, the humor, the imperfections, the attempt, the perseverance, all of these which make each in third density human. And we would also suggest concentration upon the quality known as gratitude, for each portion of each incarnation is a gift to the entity within the

incarnation. When one is born into this third density there are no contracts, guarantees, or promised that are made to any entity. All is a gift. All is an opportunity. All may be seen as the stairway to heaven, shall we say. These steps, humble though they be, faltering though they be, confused though they be, are each made by a portion of the Creator that moves in a certain fashion, mysterious to many, perhaps most mysterious to the entity taking these steps. However, each step is a step of the Creator, moving in closer harmony and rhythm to the music of the spheres, as you may call it. There is much within each incarnation that may be counted as blessing, much that may be seen as difficulty and burden. However, each offers the opportunity to move into a more full realization of the nature of one's being as the Creator. The entire process is one which may fill the Great Record of Creation with the most hilarious stories, the most tragic of dramas, the most incredible of experiences. It all depends upon the mind of the entity, the attitude of the seeker, the desire of the heart, and the openness of the being to move itself into places which are mysterious, which are difficult and confusing, and to open the heart there just to see what happens. Is there a further query, my sister?

Carla: No. I think I'll be pondering that one for some time. Thank you very much.

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

S2: I would like to ask again how H is doing and if she is happy and well.

I am Q'uo, and am aware of your query, my sister and of the great concern that is within your heart for this small entity that has been separated from you. And we would assure you that this being is quite happy, for it not only carries your love with it but has found love with other entities as well, and it is most well cared for. Is there another query at this time?

S2: Yes. My question is did the people, or person, or family that has H, did they take her for a reason or a reason that they haven't tried to contact her owner? Are they trying to learn a lesson themselves? Or is it a lesson that I am trying to learn myself?

I am Q'uo, and am aware of your query, my sister. The motivation of the entities which have, shall we say, acquired the one known as H is not that which

is consciously deleterious or meaning to be difficult or mean but more that which is ignorant of the actual situation of the one known as H, feeling this entity to be without a home and without an owner and feeling that they were fortunate to give the one known as H both. Is there a further query at this time?

S2: Thank you.

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

T: I have a question about awakening the life force every day. From just common exercise such as Tai Chi or others specifically designed to raise the energy throughout the body to just common everyday exercise like I do: swimming, tread mill, and stuff like that. Would you comment on how beneficial it is to engage in such to raising your energy to the point where you can utilize that energy in your spiritual life?

I am Q'uo, and am aware of your query, my brother. The primary quality here is, again, the attitude of the entity undertaking the exercise, whatever the technique used, is enhanced, enabled, and powered by the desire of the entity to do such. If the desire is born within the heart, reinforced within the mind, to raise the energy level of the mind, of the emotions, of the body, and of the spirit then the technique used to do this is at the entity's choice. Many techniques would work if the desire is present. Is there a further query, my brother?

T: No. Thank you very much.

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

R: I would like to thank Q'uo for once again finding a way to communicate with our group and for laboring mightily to translate concepts into words that we can use.

T: Me, too. Thank you.

Carla: As a final question, to follow up T's question on movement I have long been a fan of dancing myself and feel that when you move you are creating a rhythm and not only the physical body but the finer bodies like a rhythm and are able to do a lot of harmonizing work not only with the physical body but the finer bodies too in the context of rhythmic movement, and I wondered if that was an accurate

perception on my part. Could you comment on that?

I am Q'uo, and am aware of your query, my sister. Indeed the rhythmic physical activity energizes the physical body, the mental body, and the emotional bodies of an entity in that as the physical health is increased the muscle structure is enhanced and the pathways for various levels and kinds of energy is made more secure, shall we say, so that the entity is able to channel through its various vehicle higher and more intense levels of energy that, in themselves, are enablers to the expression of mental energy, physical energy, of emotional energy, and of spiritual energy. The rhythmic movement of the physical body is also that which tends to bring out the childlike nature of each entity that has perhaps been ignored as one ages in your culture. The physical body is too often seen as that which is as the mule, shall we say, to carry one about in a workaday world. When one is able to stop this normal round of activities and to engage in the rhythmic movements the entire complex of bodies is enhanced in its ability to express more intricate and advanced levels of energy. Is there a further query, my sister?

Carla: No. Thank you Q'uo.

I am Q'uo, and again we thank you, my sister, and at this time we would thank each present once again for inviting us to join your circle of seeking this day. It has been a great privilege and an honor to do so. Again, we apologize for causing each to sit for a greater portion of time than we had intended. We are not good measurers of your time and we would, if unrestricted, speak far too long and would probably cause each to enter those realms of theta and delta brain activity. We are known to you as those of Q'uo and would leave each at this time in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✨



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SUNDAY MEDITATION

JANUARY 21, 2001

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

(Carla channeling)

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

As members of social memory complexes, as this instrument would call them, we ourselves have the highest opinion of the help offered by the ambiance of a group. It is deep in what we perceive to be the Creator's plan of creation that entities not be alone. In a very important way, of course, each spark of

spirit, each portion of the Creator that is experiencing self-awareness is indeed alone and we would not quibble with the inevitable and inexorable forces of individuality. Each of you chose, in coming into incarnation, to leave the stream of the soul, shall we call it, and choose certain relatively unbalanced portions of that soul stream, both in terms of limitations and in terms of gifts and resources to furnish the personality shell that each of you brought into incarnation. Each of you chose this veil of solitude that flesh represents, not just at the level of being unable to merge physically with another third-density entity but in terms of metaphysically finding many divisive factors in relating to other selves.

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

The entire fabric of increasing light contains warp and woof of connection between entities, between groups of entities, between groups of groups of entities until finally all truly is one being, all

knowing what all parts of the Great Self have thought, done, and intended. There is a strength and power to this kind of unified knowledge that is part of the rightness of creation. And there is, naturally, a hunger and a thirst for this connection in each and every mind/body/spirit complex as this instrument calls people, spiritually speaking, that is most understandable considering the basic nature of creation.

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

For the most part the work done within the cocoon of an incarnation is emotional, mental, and spiritual. The emotional and mental being far more obvious, but the spiritual being tremendously important as well. The feelings of isolation and independence from others create that opportunity that cannot be bought outside, of incarnation, to live by faith. Outside of the cocoon it is obvious that all are one. Inside of the cocoon it is isolated and protected. And the only thing that is obvious are the thoughts and the entity inside of the cocoon. What are those thoughts? Do they lead to an open heart? Do they lead to other thoughts along spiritual lines? Do they lead along threads of forgiveness, forgiveness of the self, forgiveness of others? Do they lead along lines of communication, more and more openness between the self and others within the environment?

These are all good questions to ask when the self is feeling isolated within that cocoon. For as one moves through the day one may pass a dozen people. Each of those is also an immature being of light within a cocoon. Each of those also feels isolated and alone. In what way? By what smile or gesture or word could a connection be made? These are questions to ask the self within the cocoon.

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

The spiritual community is the certain kind of connection, but it holds a special place. In one way this special place is created by the simple mechanics of multiplication. In this instrument's holy works it is written, "When two or more are gathered together in my name I will grant their requests." This message from the teacher known to you as Jesus was a hint about how groups of a spiritual nature work. We would, rather than hint, simply say that the vibratory energy of one entity, when joined in meditation with another entity, doubles the strength of that entity. When a third entity joins a group sitting in a circle of seeking, that energy doubles the energy of two, meaning that three people have become four. When a fourth entity joins the circle of

seeking, again the energy of the group is doubled. Thus four entities vibrate with the power of eight. And when a fifth joins the group, the strength of the group doubles bringing the power of a sitting group of five to be equal to sixteen people who are sitting unconnected to each other. You may extrapolate from this to see how rapidly the power of a sitting group, of a unified nature, can grow. But there is an increase in not simply the vibratory power of a sitting group because of its being more than one person.

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

The area of the third strengthening, however, is the most difficult to catch in words, and at the same time by far the most important of the three aspects of the helpfulness of groups. In joining a metaphysically oriented group there is what this instrument has often called the switching of universes. And when a group of entities does this together there is a strengthening of the thought structures which exist in the very deep mind, which this instrument would call the archetypal mind. Normally this material remains in the very deep and unconscious portion of the mind and only sparks through the threshold of consciousness in visions or dreams and then in a muddy or confused fashion. Within the influence of a group the shifting of universes means that the power of spiritual coincidences increases and the sheer number of things that are said and seen and heard, both in and out of the environment of the group, will greatly increase in the sense that more and more of those things that are seen and heard will have bearing on the spiritual journey that is undertaken by each of you. The universe is always trying to speak to the cocooned being. The creation of the Father is constantly trying to get its messages through. It does not know that it is trying to get the messages through. It is simply sending forth that message with every fiber of its being. To the flower, to the tree, to the plant a human being is a portion of the creation like any other and the vibrations of the plant pour out to it in glad fullness. Further, those second-

density creatures are trying to drink in all of the vibrations which each of you might offer to them. There is no fear that that which is felt, intended, or said might not be attractive to the plant. There is only that all-accepting experience of welcoming and inviting all energies from the other. This is what the creation of the Father has to offer, not simply the welcoming of the human into the environment but the willingness to hear whatever that human has to say. What this means is that many things that cannot be said to other cocooned beings—that is, other humans—can in the context of the group soul nature not only be said but be heard.

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

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

the default setting of the vibration of creation itself, the Logos of the one infinite Creator which is Love.

When one attempts to talk about love one ends up talking about qualities such as compassion, faith, hope, patience, and humor. But these are all as the rays of light which comes from the sun of Love, each a slightly different color, each a definable and recognizable quality but yet each a ray of light from the heart of the Creator. And what the spiritual group does is to bring that sun a little closer to make it more possible to find a conscious, honest faith in the existence of this sun or source of love and light. It is a permeable cocoon, this cocoon that your experience of incarnation in flesh. Through your energy body there are tremendous numbers of entrance into finer densities. Through the gateway of intelligent infinity which is part of the energy body there is access to inspiration and realms of teachers and guides.

And through the openings into the self which are through the heart, not just in the chakra or in the finer bodies but in the physical heart, there is entrance into the deep mind. And all of these sources of light are aided in the clarity with which they enter the energy web within the cocoon by the subtle enhancement of group energy. Each of you is much more than you know or can sense. Each of you brings to a group such as this one a variety of qualities over which you have little or no control and many of these qualities are greatly helpful to the group. Each of you brings, in essence, the universe and all the energy and power that fuels that universe that is yourself. And when you open that universe in meditation there is a golden connection and in any circle of seeking there is that connection that encompasses the group, that runs between each member of the group, and that exists within the finer bodies with a physical, if you will, truth. No connection is ever lost. And each connection increases the light. Indeed, it is by a series of connections with other awakened beings that each of you creates the net of love that is lightening your planet at this time. We are happy to say that this net has become more and more articulated as more of those upon your planet awaken.

There are many around your world, none of whom this instrument or any in this group knows, who have joined this group because they are aware that this group meets at this hour. And these unseen

friends also add greatly to the power of the work done by each within the group. And, finally, of course, there are those many, many beings of spirit who are drawn to a group such as this and whose delight is in enhancing the experience of the group for all those who are attending.

We would at this time encourage each ... We correct this instrument. We would at this time transfer this contact to the one known as Jim that this instrument may continue this contact. We leave this instrument in love and light and thank it. We are those of Q'uo.

(Jim channeling)

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

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

I am Q'uo, and am aware of your query, my brother. We would speak to the point with a desire of avoiding the infringement upon free will, for it matters such as this one that entity's are, for the most part, upon their own when it comes to receiving advice from those such as are we. For it is in the give and take of difficult decisions that the ability to exercise decision-making power is most enhanced. In this regard, and with this consideration, we would recommend that when you feel that there is a point upon which there is a disagreement, a point upon which there is confusion, whether it be the entities with which you work, the terms of the agreement, or any matter pertaining to this situation that you look together within the meditative state that you might seek your heart's direction. For the steps that you take within each incarnation are steps well taken when they are, shall we say, in the context of the incarnation, the direction, the attitude, the mode of seeking that which is most helpful to the learning and serving that each has come to do. Thus within the meditative state one may ask any question, then wait in patience, and receive a direction from that which we have called the heart. Or perhaps it would be

more clear if we called it the higher self, angelic presence, guidance, unseen hands. Each entity has this assistance available. Knocking upon that inner door is the most, shall we say, salubrious method of achieving a direction and an answer.

Is there a further query, my brother?

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

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

Is there another query, my brother?

S: Not right now. Thank you.

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

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

continuing to increase the light, or how would you describe it?

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

(Pause)

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

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

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

Is there a further query, my sister?

Carla: Yes, there is. Thank you for that. Quickly, just with procedure. I like to be responsible with my

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

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

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

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

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

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



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SUNDAY MEDITATION

FEBRUARY 4, 2001

Group question: Our question this week concerns the ascension. A lot of different sources have described the ascension in different ways, speaking about its rapidity of occurrence, those to whom it occurs, how it occurs, when it occurs, what it means, and we would ask Q'uo to give us some information from Q'uo's perspective as to what the ascension, or the rapture, or the graduation, or harvest is like now for us on planet Earth and what it is likely to be like in the near future.

(Carla channeling)

We are those known to you as Q'uo. Those of our principle greet you in the love and in the light of the one infinite Creator. May we say what a blessing it is to be called to your meditation. May we thank you for calling us with your thirst for truth and your effort to join the circle of seeking at this time in each of your lives. We are honored and grateful and thank you for helping us to fulfill our chosen service at this time, which is to share information and what inspiration that we can with those who seek light in the third-density environment of your outer world.

We find that this day we experience not only those of Latwii and those of Ra, but also those of Hatonn and those of Oxal. The constitution of the principle varies somewhat from meeting to meeting, depending upon the vibrations and the needs of those who are attending the circle. As always, we ask that each use discrimination in listening to what we

have to say, for we are as fallible and error-prone as any seeker on the spiritual path. We do not consider ourselves or put ourselves forward as authorities but simply as those who may have a slightly different point of view and one that might be helpful. For we are those who have taken a few steps more while upon the path that you are now engaged in navigating.

We are glad to speak with you about ascension, rapture, graduation and harvest. These terms are not precisely interchangeable, but certainly closely associated and it is an interesting field of inquiry. As often happens we feel the desire to step back into more basic material and look at the ground from which we would like to talk about these subjects. The song which the one known as Jim chose to aid in the tuning of the group at this session was speaking of love, and it said that, basically, the living was all about the appreciation and recognition of beauty, the beauty of nature, the beauty of thoughts, and so forth. It is the beauty of thoughts on which we would like to focus.

The creation is a thought. For lack of a better word, the creation is a Logos, a concept at one time simple and unified and infinitely complex. It is a metaphysical or non-physical thought. The physical world that you now enjoy is also a thought, but it is a much weaker thought, much stepped down from the energy of the Thought of the one infinite Creator, that Logos which, for lack of a better term,

we can also call love. Each of you is a thought and that thought is of love because all things that are thoughts are distortions of the one great original Thought which is love. Before all manifestation, each of you is and exists as an energy, an essence, a concept, a complex of thought. Each of you, to put it another way, is a kind of crystal, an energy field that takes in energy, transduces energy, transmutes energy, and sends energy through the energetic system of the body, the mind, and the spirit.

The thoughts that you think, the emotions that you feel, the spiritual experiences that pass through your energetic system are all kinds of thought and they constitute your basic metaphysical identity. Every thought that you think, every thought that you pursue, every thought that you bring to a fruition, creates slight changes in the vibration that is your energy signature. To those of us, and others upon the spirit planes, looking at the metaphysical entities that you are, these vibratory nexi are very evident, and it is as clear to us as day who you are, how you are, whose you are.

To the entity within physical manifestation this is not at all clear. In the physical illusion, as each of you knows all too well, there is much confusion. And there will continue to be confusion generated by the very nature of third-density experience. All of the confusion may seem tremendously destructive. The suffering may seem to be erasing your identity when things become difficult. This too is an illusion, for beneath the surface confusion those energies of deeper thought, emotion and spiritual feeling continue to pulse rhythmically, continue to process energy, and continue to send out the fruit of the energy that has moved through your energetic bodies. Each of you, then, is sending out your own harvest of received, blessed, transduced and transmitted energies.

We might describe this energy output to light, that of a candle, let us say. Many times, it seems to each, that there is no way that one person can be of service, that one person's light can make a difference. However, this instrument is fond of saying that in a dark place the light of one candle can be seen for quite a distance. Metaphysically, this is far more true even than the physical truth of candles and sight. Each of you makes a significant difference to the lightening of the planet as well as to the lightening of your soul. For when each of you does one, each of

you is doing the other. To work on the self is to work on the world. Indeed, to work on the self is the most direct and effective way to work on the outer world in a metaphysical sense.

And it is in a metaphysical sense that your Earth is experiencing that which this instrument calls harvest. The Earth itself has come to a crux in its own development. It is as though the Earth must needs give birth to itself. The third-density Earth is in the process of being transformed into a fourth-density, positive sphere. Your Earth is having difficulty with this birth. There are various reasons for this difficulty having to do largely with the negative concepts which have fed into entities choosing negatively polarized actions towards each other over a period of centuries and millennium. It is as though the Earth's energy system were clogged with a good deal of toxic material of a metaphysical nature. As entities such as yourselves awaken to their spiritual identity and become more and more conscious of the positive value of thinking along positive lines and pursuing positive orientations of polarity in thought, that toxic material is gradually given permission to be released. For as the light brightens, the new energies of instreaming fourth-density nature are able to find more welcome. And in that atmosphere it is gradually more and more possible for negative energy to be released and disbursed harmlessly.

We are not talking, in this wise, strictly about non-physical events, for certainly there are physical aspects to the metaphysical birth of fourth-density Earth. There are problems having to do with excessive heat within the mantle of your Earth, which, again, have to do with these negative thoughts, over a long period of time, being driven into the very Earth itself. And we find that there have been disasters and catastrophes aplenty within your Earth sphere, difficulties of weather that offer flood, earthquake and fire, causing much suffering and loss of life among your peoples. However, in actuality, were we to have spoken with this instrument a quarter century ago, we would have been less sanguine about the possibility that your physical Earth will be able to enter fourth density relatively unscathed and with the planetary population relatively unscathed.

As Earth entities awaken, the planetary energy lightens and global catastrophe has become instead a

series of small and survivable catastrophes. Certainly they are not small catastrophes to those who lose the life or have loss of life in their families. Nevertheless, the great majority of Earth entities see the difference between local catastrophes and global catastrophes, and we feel that this is a very hopeful portion of this subject: that things are better, metaphysically speaking, for the Earth than they were in terms of the Earth's harvest.

The concept of ascension is a concept that we have found largely within your cultures' Christian belief systems. The beliefs vary, but the basic commonality of this idea centers upon the concept of some entities being physically removed from the surface of the Earth to safe places at a time when the remainder of the population of the Earth will be destroyed by the end of the world or some other version of the apocalypse, whether the cause of it be man or spirit. It is not our understanding that this concept is a helpful one spiritually. It is not our opinion that this is the way things work in any physical sense. In our opinion the processes of ascension or harvest are subsumed within the process of moving through the physical death and entrance into larger life, as this instrument would put it.

The concept of the harvest of Earth is, more than ascension, in line with our understanding with the way things work metaphysically. Each of you is a spark of the Creator, and each of you may think of yourself in a way as that which has been planted in the Earth, for you have been planted as a soul into flesh. And at the end of that work done within the school of life, the door of death opens, the Creator beckons, and through that door each goes. Upon the other side of that door, the decision for your harvest shall be made. However, it is not our understanding that this harvest is one of judgment placed upon one from the outside. Rather, it is a matter of that vibration that you and how that vibratory energy field works. Each crystal soul accepts light in a certain range and finds it difficult to accept life outside of that range. Consequently, the harvest of each of you consists, basically, of the careful and guarded process whereby the soul walks along a gradually increasing line of vibration of light. The light increases as the soul walks, and as the soul walks it senses whether or not it is most comfortable. It walks into that increasing light until it is at the spot of fullest light that it can enjoy and appreciate in a stable manner. And it stops at that point

because it is uncomfortable to go further. Where that soul stops is either still in third density or has moved over into fourth density or higher. If that soul has stopped in third density, then it chooses, completely on its own and with no judgment involved, to repeat the third-density experience. In many cases this decision will not simply be for another incarnation, because this is the time of Earth harvest. It will mean there will be a 25,000 year period during which that spirit will enjoy third density upon another planet. However, it is not a punishment to repeat a grade. It is simply the right place for that soul that enjoys that range of light. If that spirit has stopped across that quantum divide between third and fourth density, that entity may then choose to begin a series of incarnations in fourth density and can be said to have graduated from Earth's third density. For each person that experience will be unique. To our knowledge, there is no general harvest but, rather, the individual harvest of each soul upon each soul's schedule.

We are aware that there is much confusion between metaphysical harvest and physical concerns having to do with the environment and other physical, scientific facts. May we say that is specifically not our province, and we feel that to discuss some of the concerns of those who seek scientifically is to infringe upon the free will of those who seek spiritually. This is, for us, a delicate area, for we too are both physical and metaphysical. However, in terms of our relation to this group or to any of those of Earth, we are at this time carefully non-physical. For we have found in the past when we have attempted to move physically among your people that there was no possibility of doing so without gross infringement upon the free will of planet Earth. Consequently, we have learned the hard way to allow some confusion in terms of scientific queries. And for this we offer our apology. It is an honest one. We do not withhold information for petty reasons but, rather, because we think that it is not only the right thing to do, but the clear and concise thing to do, for anything that we say about your physical situation upon planet Earth is not fact but a possibility vortex. By entering into discussion we become part of that possibility vortex. This is not acceptable. This would compromise our polarity and make it necessary for us to leave your people. Therefore, it is our judgment, fallible though it may

be, to create these boundaries of that which we feel free to talk about and that which we do not.

It all comes back to the thoughts that each of you thinks. Only you know your hearts. Only you know the desire that you have to seek, to love, to serve. Only you know how you crave the love and the light that is so often missing from your Earth world. And so we ask you to be support for yourselves. Believe in yourselves. Feel that you are important and that the things that you think are important. And see that expression of what you think as valuable and a listening ear for supporting those things that someone else might think spiritually as being greatly valuable also. For as the ones known as Carla and S were saying earlier, for each person the self is blind to the self. Each can see into another's patterns far better than one can see into one's own patterns. Therefore, each may help each in that search for what one really thinks, what one truly feels, and for what one truly thirsts.

Know that your thirst is greatly important, and pursue your desires. Pursue those intuitions and inklings. Listen for those hints that come in the wind of everyday detail and coincidence. And know that whatever is occurring on the physical plane, what is important in terms of your harvestability is your response to what is occurring. Look at your responses and see what you can do to sit with them, to work with any fear that you find in them, to comfort yourself through any suffering that occurs from them, and to encourage yourself to move always to the higher plane, the loftier principle, the belief that all is well and that all will be well. It is said in your holy works that "in quietness and in confidence is your peace." Know that in terms of harvestability it is very helpful to have a high place within the self, a holy place within the heart, to which you may retreat and fall into the arms of the one infinite Creator who loves you dearly. When you are lost, when you are suffering, when you are alone, remember and move into the heart, into the sanctuary and peace of the one Creator's love and dwell there as long as you need to, in order to feel that balm of Gilead which is that energy of being loved, being valued, and being understood. These things the Creator does. In fact, the Creator greatly values each and every thought that you have, for it is this way that the Creator learns about Itself.

We encourage as much silence in the day as you may find, whether it may be a walk with the dog, a form of meditation, the time spent working in the garden, or simply time spent without the television or radio or other sounds of the creation of man in the ear. The key of silence is a powerful one.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and in light and thank it for its service. We are known to you as those of Q'uo.

(Jim channeling)

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

S: After reading last week's session one thing intrigued me and that was that you said that there were many unseen friends that join us at these meetings. I was wondering if you could elaborate at little more on this topic or can we welcome them or make any contributions to them? What can you tell us?

I am Q'uo, and am aware of your query, my brother. This group has, in one form or another, been sitting in these sessions of working for a number of your years and has, throughout this time, been able to receive communications of what is hopefully an inspirational nature from various members of the Confederation of Planets in the Service of the One Creator. When an entity has spoken to this group then there is formed a kind of bond with the group that is always honored by giving the attention to this group's proceedings when this group sits in a circle of seeking, as it now does. Thus though most such entities choose to remain silent during these sessions, each is keenly aware of the transfer of energy back and forth between the entity speaking and the group itself. This is a blessed event for many such as are we and those who seek to serve in a manner which is largely unseen by the great majority of your Earth population. It is a blessed event because it is so rare. So seldom are we, and others of our group, able to make direct contact with your peoples that when such is made there is attention given to it, a protection, shall we say, a wall of light that is formed of love and the attention of those who wish this group well. Thus there are many who have been known by name to this group who join silently but

certainly as this group works. There are also, from time to time, other entities who have yet to speak from this same Confederation of Planets who nonetheless offer their vibrations of love and protection as this group works.

Each entity that joins this group from your illusion and sits in your circle of working, whether it asks questions or is silent, also may have certain guides, friends, and teachers that are not incarnate who are also desirous of blending their vibrations with this group and those of the Confederation as well. Thus when this group sits in a circle of working there is what you may call a heavenly host that joins with you and rejoices with you and feels sympathy and empathy and all those great emotions that third density is so richly populated with. For not only is there inspiration passed from each to the other, but there is also the opportunity for many of us of the Confederation of Planets in the Service of the One Creator who value being able to feel the emotions that those of your group bring to this circle of seeking and express not only in their queries but the very timbre of their being. It is a rich exchange of the experience of each shared with the other.

Is there a further query, my brother?

S: Interesting. Certainly welcome. It's nice to know that they are here and I request that they not be so bashful, I guess ... Is there any ... I'm puzzled what we do for them and the opportunity to help us in unseen ways. Is there truly that much that we can give or help in return?

I am Q'uo, and am aware of your query, my brother. Each entity such as yourself that joins this circle of seeking brings many riches in the nature of the variety of experience, the purity of emotion, the passion with which truth, love, etc. are sought so that those of our group may be able to appreciate the difficulties that each of you are able to labor under successfully even though you may think that your ability is far less than successful. When you are able to express a difficult emotion, the emotion, situation, relationship, or other Earthly adventure that is not offered to those of us who are now discarnate, to those of us who live, shall we say, on the other side of the veil of forgetting, then it is that our appreciation grows as you are pulled one way and the other in the struggle to remember love.

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. Just as you within this circle of seeking would enjoy reading a new novel that is in your area of interest, we of the Confederation of Planets are always interested to observe that which is freely shared within this circle of working. For it allows us to see how each entity may work with the catalyst which is presented in the daily round of activities, to see how the love and light of the one Creator may yet shine forth from the darkest of experiences, from the most confusing of experiences. This gives us a great deal of joy, to see that, indeed, that there is no place where love may be hidden so deeply that it will not shine forth in a brilliant and inspiring way. Thus you inspire us as much as we attempt to inspire you.

Is there a further query, my brother?

S: My last query is something that you mentioned earlier about your appearance in third density was not as successful as you had hoped. Could you give me an idea of what happened, what you did, how it was perceived?

I am Q'uo, and am aware of your query, my brother. As you are aware, we of Q'uo are what you might call a conglomerate or group principle formed of other groups such as those of Latwii, those of Hatonn, and those of Ra. And it is to this latter portion of our group, those of Ra, that the feeling of being less than successful in our contact with third-density entities a great portion of your years ago within that area which you call the Holy Land was undertaken and was, of necessity, abbreviated because of the difficulties in communication not only with words but in the appearance of our very being, our physical vehicles being much unlike those of the entities of Egypt with whom we sought to share the Law of One. There were enough misperceptions resulting from our words and our being that we found it necessary to take our leave of this group at that time and to retire to what you would call the inner planes of your planet to consider more carefully how to be of service in sharing the Law of One without giving to it those distortions of power which the entities of that land had attributed to the Law of One because of our work with them. The words which we chose were not always perceived in the manner which we had hoped and the message in general, we found, was reserved for those of royal and powerful position

rather than being shared equally and freely with all. It is this particular experience that we seek to balance and have sought to balance since that time in days of old.

Is there a further query, my brother?

S: Not that I can think of right now. Thanks.

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

Carla: Yes. What S was asking kind of sparked me, and I wanted to ask about how it looks when we sit in meditation because when I tune upstairs to pray and sing a hymn after I work on my energies to channel and protect them and so forth, I call the archangels and I ask for all those who come in spirit and in the name of Jesus Christ to help us, as you said, the host of heaven. When I call them and ask them to protect the place and protect the channel and protect everybody in the circle I not only get a sense of their presence but I also see a kind of dome kind of structure where there are ribs going up in the dome, and it's kind of like a cathedral space, but it's made out of light. I wondered, since you were talking about this, if this was an accurate perception or if this was just something that my intellectual mind was stirring up to visualize what I was praying about?

I am Q'uo, and am aware of your query, my sister. Indeed, as we gaze upon this group, from our perspective, we see light, various shades and coloration of light, each entity offering a unique coloration and variety of colors as various energy centers are activated. Some are blocked. Some are spinning rapidly and brilliantly. And the group itself is producing yet further light so that there is, as you may see, a kind of dome or vortex of spinning light energy that has both the characteristics of each individual and the characteristics of the group itself blended with the light of the heavenly host, so that in sum there is a mass of light which reaches in an upward spiraling fashion as you may imagine or image the pyramid having a flame that reaches infinitely upwards yet inwards as well.

Is there a further query, my sister?

Carla: I just wanted to clarify what you are saying. The light is not only forming a vortex but at the peak of the vortex at this time there is a flame going forth, spreading out from that point like an upside-down pyramid. Right?

I am Q'uo, and am aware of your query, my sister. We followed your description until the last and would suggest that the pyramid is right-side up.

Carla: OK. Let me try again. The pyramid itself, of this group, has a point and what I thought that you said was that coming from this point and going outward into the creation was the sum of the light of the group, and it was coming out of the top of the space of the dome or the pyramid. Is that correct?

I am Q'uo, and this is correct, my sister.

Carla: Thank you. That is very inspiring. It looks like within the dome the energy is moving in a clockwise fashion. Is this true?

I am Q'uo, and this is correct for the inner portion of the dome or pyramid. The great majority of that which we see as light and that which forms the pyramid is simply in place, without movement. Is there another query, my sister?

Carla: No. I thank you.

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

Carla: One final query. Procedural only. There are a number of entities who have asked for Confederation entities such as Yadda and Nona. I perceive that I am removing the opportunity for these entities to speak because of the way I tune. I ask for the highest and best source that I can contact in a stable manner in a waking consciousness, and so I get you all. Is it permissible at the end of a session if someone wants to talk to Yadda or to listen to Nona that they would simply ask for that entity and then the contact be transferred back to me? Is that possible? I believe that both Yadda and Nona would vibrate harmoniously within your range.

I am Q'uo, and am aware of your query, my sister. This, indeed, would be possible if it was desired and requested. Is there a further query at this time?

Carla: No. Thank you.

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

(No further queries. A couple of members express appreciation to Q'uo for speaking this day.)

I am Q'uo. We are also most grateful to each of you for inviting our presence for this particular session of working. We feel that there has been a great deal of

love and light offered from you to us. We hope that we have given to you as well. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends.
Adonai. ❁



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the spiritual evolution of
humankind.

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SUNDAY MEDITATION

FEBRUARY II, 2001

Group question: The question today has to do with the concept of the new Buddhism. There seems to be a new interest in the practice of Buddhism around the world and we would like Q'uo to give us information that might shed light on why interest has increased for Buddhism, the effect it has upon people, the philosophy of how Buddhism connects to other world religions, and how it connects to the philosophy of the Law of One.

(Carla channeling)

We are those of the principle known to you as the Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we are. It is a great privilege to be called to your circle of seeking, and we thank each of you for the thirst and hunger for truth that has lead you to this circle and this moment. It is a blessing for us to be able to pursue our chosen service at this time, which is to share thought and inspiration with those who may seek it upon your planet. For the most part our duty is carried out by simple presence in visions and dreams and moments of inspiration. Seldom it is that we have the opportunity to communicate using words such as we are able to do using this instrument and others that are similar to it. It is a real treat to be able to express our thought in these slippery things called words. We appreciate the efforts of this instrument and instruments in general who provide us with the opportunity to share our words in this fashion.

As always, we ask of each of you that each use her discrimination, for each of you has a very finely

tuned, resonant awareness that springs into life when a personal truth is heard at a deep level. And we would ask of you that, as we share our thoughts, each listen for that resonance, that feeling of rightness and truth that comes from the heart and is far more of an authority than the so-called authority of teacher or seeming outer authority. We consider ourselves to be your equals and ones who, perhaps, have had a bit more experience. However, we still are aware of ourselves. We are still puzzled and seeking the mystery of deity. And we consider ourselves to be fellow pilgrims with each of you. It is a privilege to walk with you and to share the beauty of your vibrations during this meditation.

You ask this day concerning Buddhism, as it has in recent times been reenergized in terms of the number of people who seek within the path of Buddhism as an outer and settled religion. And we are glad to share our thoughts on this subject with you from our own point of view. As is often the case, we would begin by laying a ground upon which we would speak. And that is, as several within the group said in the discussion beforehand, that there is one Creator of which the so-called revealed religions are attempts to discern, illuminate and express. Any religion, so-called, has what this instrument would call baggage. And in the case of Buddhism, as well as the case of several of the major world religions, that baggage is not the baggage of a few years but, rather, the weight and onus of generations, centuries, and millenniums of those within the religion, who

practice the religion, finding ways to re-identify and reassess the valuable points of the religion.

Thusly, a religion such as Buddhism, just as Christianity, Shintoism, Judaism, Yogic disciplines, and many other world religions, goes through a continuing series of changes and cycles of changes within itself, as its members attempt to practice the path that is offered by the mythical system involved. Each religion, including Buddhism, has valuable aspects that are peculiar to it, but each, shall we say, has two sides. There is to each religion the revealed or outer aspect and the inner, occult or mystical aspect, and we find that it is in the mystical aspect that the religions have the tendency to unify and to harmonize, so that a mystical Buddhist can speak to a mystical Christian, a mystical Jew, or a mystical Oriental worshipper and have very few communication problems, because mysticism focuses on essence and not on detail.

It is in the revealed or outer aspect of each religion that we find the bulk of the challenging material for those who seek to be inspired by religion. For in each religion you will find in the outer or settled church aspect of the religion the tendency to be dogmatic. The advantage of dogma is a simple and vital one, and we find that many among your peoples have the necessity for a dogmatic type of belief system. In such a system there is a certain list of things that are believed and are held to be true and a certain list of things that are specifically not believed and are held to be untrue. We find that the more that a mythical or religious system attempts to define in a dogmatic way the theology or belief system of the religion, the more pronounced the tendency is for there to arise disputes and disagreements between various factions within the religious system, so that in the outer church there is the positive aspect of a group which thinks alike or is attempting to think alike over against the disadvantages of this same group attempting to define itself by stating those things which it does not believe and finds to be false within various other sects of the same religion. Consequently, the efforts towards ecumenical or unified belief and unified worship on a global scale will be found to be far more successful when they are mounted by the mystical or occult portions of any of the world's religious faiths.

Perhaps the most striking difference between the various religions is the energy center or chakra which is the seat of most of the germinal or seminal energy of that system of belief. We would discuss three basic systems, the first being Christianity, the second being the amalgam of Oriental religions which honor family ancestors and tradition and the third, the Buddhist way of enlightenment.

In Christianity the basic chakra energy that tends to be activated for the worshipper is the green-ray or heart chakra. This is due to the fact that the entity known as Jesus was a teacher concerned with one thing only, and that was love. This entity offered a simple system of beliefs, stating, "Thou shalt love the Lord thy God with all thy heart, with all thy soul, with all thy mind, and with all thy strength, and thy neighbor as thyself. Upon these two commandments," said the teacher known as Jesus, "Depend all of the law and the prophets." In this statement the one known as Jesus specifically moved from the Old Testament, so-called by this instrument, which was the holy work of his people, and delivered and offered a new covenant having only to do with love, love of the infinite Creator and love of each other, beginning with the self and continuing with loving the neighbor as if it were the self.

When this simple commandment is the focus of the Christian path, we find that this truly is the path of the heart and there are those mystics such as this instrument who tend not to wish to deviate from the path of simple devotion because of the fact that moving into a more dogmatic approach to belief seems to pull the focus away from the heart. We suspect that each has those relatives or friends or acquaintances whose Christian belief system has a dogmatic aspect sufficient to create an atmosphere of judgment and, therefore, we suspect that each is fully aware of the difficulties involved in moving into the dogmatic beliefs and leaving the simple faith in love behind. However, when those who are working along the positive path using the Christian system find themselves to feel at home in the heart we feel it is likely that they have been able to move from the outer aspects of worship to the inner aspect.

In the disciplines or myths of the Orient, such as Shintoism, the energy which is most involved in the system is the yellow ray or solar plexus chakra. This

is the chakra of the illusion. It is the chakra of relationships like marriage and family that have to do with the groups with which one associates one's self as a human being, as opposed to the individuals with which one associates oneself in a relationship. The great advantage of the religions that move from the yellow-ray energy is that there is no translation needed between the holy and the everyday. Each entity within a family, a clan, a village or a nation is specifically and frequently honored as a part of a valuable whole. Thus the family is seen as sacred. Age, itself, is seen as a sacred and holy thing. Events within the life take on the glow of the revealed Creator in bodily form. While it is not a system of seeking that specifically opens the heart, what it does in terms of the human experience is render it into a kind of liquid in which the elements of everyday life are specifically seen to be holy. And thus the life experience of everybody can be taken by one who has worked in this discipline as having a resonance of rightness that is profound, and there is a peace that this produces that is similar to that feeling of groups of entities at one of your games where instead of two sides there is only one side, and all portions of the game are winning. In this kind of experience there is a solidifying and strengthening of the bonds of simple humanity in the valuing of family, in the valuing of the wisdom of age, in the valuing of the death process as a part of life. There is a tremendous peace.

In the case of Buddhism, the energies involved tend to spring from two centers: the communication chakra or the blue-ray chakra of the throat, and the indigo-ray chakra of the forehead or the pineal gland. These energies of communication and work in consciousness have a tremendous advantage for people within third density at this time for two reasons. Firstly, there is the peace of working from the higher centers. The yellow-ray chakra is the chakra where the rubber hits the road in terms of everyday experience. It may render the everyday experience sublime, but it shall not render it completely peaceful, for peace is not the nature of the passing passion play that is life. Neither is it peaceful to dwell within the heart, for the heart is not only the shuttle for the spirit but also the seat of the emotions. And the tumult of the rising and falling away of emotions is constant. Consequently there may often be the transcendent experience of bliss and peace, yet it lies within the rising and

falling of emotion. For in love's focus, in the heart's focus, there is the specific value of passion, desire and thirst. And this cannot be said to be completely peaceful.

Therefore, there is a tremendous appeal to the peaceful rounds of, shall we say, the wisdom aspect of Buddhism. Buddhism takes a far more distant view than either Christianity or the Oriental religions of suffering. In positing the reality of suffering within the world, Buddhism's only prayer is that it end. It gazes at that which a heart-centered religion would find full and sees it as empty. It gazes at the everyday round that the Oriental religions see as holy and finds that everyday round to be completely illusory. And, therefore, it is focused upon the reduction of suffering, the reduction of confusion, and the welcoming of nothingness, that nothingness being held as a holy thing and greatly to be prized. As this instrument said earlier, "First there is a mountain. Then there is no mountain." It is the hope of one who seeks along the path of Gautama Buddha to become able to gaze at all of the passing scene and see nothing, as opposed to the Christian hope of gazing at the passing scene and seeing the Christ or love, and the Oriental or Shinto hope of looking at the passing scene and seeing value and worth in the thing itself.

This peacefulness of working as an observer from the higher centers is very attractive because it promises a surcease from struggle and perceives struggle very much a part of third density at this time. There is a tremendous amount of pain at the emotional, mental and spiritual levels within the more comfortable and more economically advanced nations of your world, which has begun to be toxic in terms of perceived struggle. And in the light of this unceasing struggle, the opportunity to move into clear communication and work in consciousness is seductive and almost irresistible to many.

We do, however, see an implicit challenge in moving along the path of Buddhism. And that is in its remoteness. There is, shall we say, an intellectual cast of thought which is easily awakened within the Buddhist mentality. And an enormous literature of speculative theological works is evidence of the intellectual fruitfulness of this type of inquiry and discussion. Indeed, we may say that those who seek along the Buddhist path have done far more investigation into the specific discrete realms of the

inner planes, identifying and describing various states of consciousness, various places where teachers dwell, and so forth, than any other system of religion. The difficulty with this tremendous panoply of assets and resources is that entities will remain within the higher centers without bringing the lower centers into balance with this work in consciousness. This weakens the integrated self and we suggest to those who wish to seek along the path to Buddhism that care be taken in a persistent and continuing way to reintegrate into the practice those lower energies of orange and yellow ray and of green ray so that there is not simply talk, discussion, thinking about the Creator, and the releasing of the illusion, but also the awakening of the heart and the valuing of the structures of the illusion. For the structures of the illusion, the relationships, the families, the friendships in groups are an elegant and eloquent design for learning. Into each relationship has been poured a tremendous amount of preincarnative thought. You may see each relationship as a carefully prepared lesson in the giving and receiving of love. And it is well to reconnect persistently with these lower chakra energies as one works within clear communication, the reading of material, and all of the work in consciousness that is so delightful to those who seek after wisdom as opposed to love.

The second advantage of Buddhism is an advantage of position and perception. The Christian and Judaic religions and the Moslem religion are all patterned with extreme similarity, to the extent that one may see that their holy works are shared. The stories are shared. The origins and springs of religion are shared. At the same time that this unity exists, there is also a tragic history, millennia of discord, and there is no religion that comes out any better than any other in terms of the folly of the wrong uses of power. In the name of religion it is well known throughout all peoples upon your globe that Christian, Jew and Muslim are a contentious and war-like people whose gods tend to be as aggressive as they are loving. And this is a difficult burden for the spiritual seeker to carry no matter how much the entity may adore Yahweh, Christ or Allah. No matter how much the seeker may feel the resonance and rightness of this path for him, yet too there is a perceived burden of shame and guilt than cannot be ignored.

It is not that the Buddhist religion as a system has not had its hassles and its fights, for indeed, if the scholar were to penetrate the outer details of this world system it would find the bellicose and aggressive actions and disputes of petty gods which indeed offer shame and guilt. Yet because of the fact that those who worship along Buddhist paths do not and have not for many centuries had ascendancy as race, people, nation, economy or society, there is little known of this history of shame and guilt. And instead it is possible for those who are seeking within the supermarket of world religions to come upon Buddhism in an innocent and fresh way. There is more of the feeling that this is a religion of peace and enlightenment, not a religion of war and dispute. And this perception is extremely valuable.

As we said, the great virtue of any outer religion is that it offers a place to be within the illusion. When one is within a path that is known, one may feel that one is not alone, that one belongs, that one is part of something that is beautiful and continuing and holy. When no sparks come to a seeker from looking at the various religions, then it is that the seeker must decide to create her own path. And this is a challenge. Certainly it is one that each is capable of rising to and meeting. But it does throw one upon one's own resources in a way that an outer path of religion does not. We sympathize with each who seeks, for we, like those within your circle, do not necessarily feel that one path has all the answers but, rather, that each path offers advantages. We would simply suggest to each that the seeking for the right path be done in the atmosphere of the trust of self and of the self's powers of discrimination and choice. For the seeker will know what is truly for him. And may we say that no matter what the path chosen, the creation speaks equally to all. The crocus that this instrument spoke of as growing where none was planted offers its own lesson in any religious system, speaking of faith, the generosity of spirit, and the endless possibilities of the present moment. Each day, each hour, and each moment offer sight to the eye and sound to the ear for one who is looking and to one who is listening for the truth.

We would encourage each, no matter what the path followed, to focus upon those aspects of the faith that unify and harmonize, that bring the self to a deeper feeling of the immediacy and the essence of the self. For beyond all perceived religion lies the self within that is each of you, and that self is the essence

of holiness. That self is the spark of the infinite Creator, and those thoughts that you think are but distortions of the one great original thought that is Love. No matter where you seek you dwell in precincts of love.

We would at this time leave this instrument and transfer this contact to the one known as Jim. We thank this instrument for its service. We are those of Q'uo.

(Jim channeling)

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

R: There have been actions in my life that I have taken that have left me with guilt and shame, and I wonder, in general, what we are to do with the realization of having hurt others and how to remedy such actions?

I am Q'uo, and am aware of your query, my sister. When one feels that there have been those experiences shared with others that have been hurtful to either party, then it is well, if it is possible, to utilize both the green and blue energy centers in the opening up of the heart and of the communication to any one may have injured in any way, to speak from the heart what is now felt and to offer it to the other, with the heartfelt apology. This not being possible for one reason or another, perhaps one entity no longer being incarnate, it is well, then, that this dialogue take place within one's own mind, within one's own meditation, so that that experience which was shared of a difficult nature may be brought again into consciousness, examined for the roots of the cause within the self, then be able to be forgiven both by the self and any other self involved, so that there is a healing and a harmony which comes from this reexamination.

As human beings within the third-density illusion, each of you moves as best as one can through this illusion, knowing that there will be those times when the misstep is made. However, with the faith that all is well and shall be well, one may also know that any misstep or injurious action can also be utilized for healing and harmony that will bring the entities closer together in the unity of thought and

compassion that binds all beings within the One Creation. Thus one may utilize any previous disharmonious action or misstep as a method of working both upon the self and upon clearing communication between the self and any other self with which one has a relationship in the daily round of activities. It is well, however, that this communication and opening of the green and blue-ray chakras take place first within the meditative state so that one may begin the healing process there, as a seed within a garden is nurtured so that it grows to a certain degree of maturity before the sharing is sought with the other self.

Is there another query, my sister?

R: On a different topic, I wonder what the purpose of D's and my relationship and being together is?

I am Q'uo, and am aware of your query, my sister. If this purpose were not already known to some degree by each of you we would not be able to speak, for we do not wish to infringe on the free will of any who seeks the path of his or her own evolution. However, since each of you is, shall we say, strongly suspicious of the path shared by each, we may say that that which you share together is a mutual awakening process that allows each of you to open your heart to the other and to develop that quality that you may call compassion, unconditional love, mercy, understanding, forgiveness, surrender and acceptance. These are the qualities of the green-ray energy center, of the heart and are indeed the salvation of this illusion. For each entity comes here to work in some degree upon the heart. This is the energy center through which connection with all the creation is possible, and as each of you moves through your daily round of activities, making those small adjustments each to the other in compassion and understanding, you continue this process that has been ongoing through the entire length of your relationship and which shall be the strength and foundation as your relationship continues into what you call your future. There is much of understanding which each of you has developed for the other and for all other selves because of your relationship to each other.

The mated relationship is one which has been called by some an ordeal, for in this relationship one comes face to face with those qualities that are strengths, that are weaknesses, that are latent, that are possible. One is face to face, in short, with one's humanity,

with that which enlivens your being and gives a vitality to your step, a purpose to your life and to the sharing that is possible also with others because of that which you have done with each other.

Therefore, that which you undertake in this life is, in general and specific terms, the awakening of compassion and the forming of that kind of relationship which can be seen to be ideal; that is to say, where the heart of each is opened not only to each but to all others as a result of the work that is at times difficult, that is always undertaken between the two of you. Thus, work done between the two of you is work which can benefit the entire planet, for as you are able to find harmony, love, understanding and acceptance within the self so will you be able to find it within others as all others mirror to you that which is the heart of your self.

Is there another query, my sister?

R: No. Thank you.

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

S: I have a comment more than a query. I was going over last week's session in which what you had accomplished in the past hadn't turned out the way you had hoped and you are attempting now to make amends for that. Thinking on it this week, those days in Egypt have been pretty much forgotten by the population today. I guess I felt that you seemed too harsh on yourselves concerning your roles then and considering what you do now. We appreciate your being here and talking to us and we hope that you do it more out of enjoyment than a feeling of obligation. It's an opinion that you can take or leave from third density. I just want to let you know we appreciate the role you do play now. Have I misinterpreted what you said from last time? Would you comment on that, please?

I am Q'uo and am aware of your query and your generosity of heart, which we greatly appreciate. We do not mean to be harsh in our analysis of our previous interaction with the population of this planet, but wish instead to look at the ramifications of our interaction, which seemed from one perspective to have produced fruit that was not as we had wished. For when we share as we do now with any other entities we are hopeful that that which we share will be seen also as it is; that is, that we share our opinion freely from our hearts for all. Our experience with those of the Egyptian culture many

thousands of your years ago was an experience in which our words were reserved for the few. That we were not able to see how our interaction would result in this reserving of that which was freely given only for those of power and position was, in our opinion, of a short-sighted nature, the eagerness on our part to be of service overshadowing the possibilities of being of less service than we were.

However, we are at this time greatly overjoyed to be able to speak to this group or to any group, whether it be through words as we do now in mind-to-mind communication, or whether it be in the dream state or in meditation or the inspiration that comes in the midst of waking activity. It is the greatest of honors to speak to those who call by their very essence, their very being, for our assistance. For it is a portion of ourselves that calls to us. Any call of any entity for assistance through the sorrow of the entity's being, the pain of existence, the confusion of the mind, the doubt of the heart, is a calling from one portion of the self to another portion of the self. Such a call cannot be refused. Thus we seek in joy to serve now as we sought in joy to serve then. And we appreciate greatly those who offer the call to us and present us the opportunity that we may be of such service.

Is there another query at this time?

S: One last one. Have you considered possibly dictating a book on the Law of One that we could share with all freely?

I am Q'uo, and am aware of your query, my brother. We are available for any queries which those within this circle of seeking find worthwhile in offering to us. We do not plan any, shall we say, curriculum. We wish to observe the free will of each present in the offering of our service. Thus we offer that which is ours to give in response to the queries which we receive.

Is there another query?

S: Not from me. Thanks.

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

(Pause)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce, we shall express again our great appreciation to each present for offering us this opportunity to join you in your circle of seeking this day. We are aware that each has made great sacrifices

in order to be here at this time, and each has been patient with us as we take a great portion of your time to speak those words which are ours. We are known to you as those of Q'uo, and we shall now take our leave of this instrument and this group, leaving 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

MARCH 4, 2001

Group question: Our question today is how can a person who has a great deal of sexual energy available from the red ray but who has no sexual partner allow that energy to move through the various energy centers of the body in the most harmonious way possible?

(Carla channeling)

We are those known to you as the principle Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank each of you who has called us to this group this day. We thank you for your searching, and we thank you for your question. We are glad to respond with our thoughts and opinions. For your part, you will use discrimination and realize that we are in no way authorities but those who are pilgrims upon the path and are glad to share what experiences we have had with you. We share as soul to soul and being to being and, in terms of learning and in terms of teaching, we feel you are our teachers to a greater extent than we are yours. We greatly appreciate this exchange of learning and of teaching. We thank each and bless each, for we are all desiring to be of service and all desiring to seek the truth. This is the bond that blesses us with its companionship, one to the other.

You ask this day concerning red-ray energy, and we are happy to talk about this interesting subject. As is often the case with us we would like to establish the ground upon which we will speak by moving back a step and looking at not just the red-ray energy center but at the energetic body and its location with

regards to the physical body and its connections to the physical body.

Firstly, we would posit that each entity is an essence, a field of energy that has complex characteristics on many different levels. A soul essence vibrates through all densities and has chakra connections in all seven bodies on the inner planes, so when one is dealing with the energetic body one is dealing not simply with an adjunct to the physical body but rather a system of fields of energy that extend far past time, space and incarnational situations. Consequently, in dealing with the energetic body, the relationship of the energy body to the physical body is not as straightforward as it may seem to be when thinking in a linear fashion concerning issues connected with the various chakra energies.

The energy body is a system of bodies which occupy, in your terms, the same space and time in that they are all potentially available as sources of information within the incarnation so that as an entity becomes increasingly familiar with the feeling of the energy body in balance there becomes a kind of feedback system that is greatly helpful in working to balance the system. We will discuss this at more length later.

It is the tendency of this instrument, and certainly many who work with the concepts of the chakra centers, to tend to categorize energies as to chakra and to analyze them as to chakra source. This is in some cases of a limited amount of help. It is sometimes quite possible to analyze a situation in terms of chakra origination when it comes to

blockage or over-activation. However, the limitations of this way of gazing at or analyzing chakra energies is that the chakras do not work separately, but rather work as a system and in addition have important and significant connections between finer bodies within higher densities as the process of learning by faith and receiving by faith now goes on.

We would begin then by suggestion that it is well, when faced with a perceived imbalance in the energy body, to realize that the situation is non-local, no matter how local it may seem. That is, it may seem that there is a red-ray over-activation or a red-ray blockage and that this is then removing energy from the red ray. In actuality, the energies of the system are seldom blocked in only one ray because of the interrelationships between the rays, especially between the primary rays and also because of the centrality of the heart to those who are working in service-to-others polarity.

In the case of perceived red-ray blockage, for instance, it is well to gaze carefully at the nature of red ray. It is that first gateway of the energetic body. It is that first gateway that allows in the infinite energy of the one infinite Creator. The easy way to gaze at energy systems is to look at the blockages and, one by one, to remove them. However, the subtleties of each chakra move beyond the stated venue or placement of that chakra. That is to say, certainly the red-ray blockage has to do with sexuality in a linear sense, but in a very significant non-linear sense it has far more to do with the processes of love and fear as regards survival. Survival is a vital and hidden issue for an entity that is well fed, decently clothed, warm and with a roof over the physical head. It does not occur to the waking consciousness that there is a survival issue with regards to sexuality, for sexuality is clearly not necessary for survival. However, in the gateway to the metaphysical body or energy body one also is gazing at the gateway to the physical body, and this connection between physical and metaphysical bodies creates the situation in which the instincts of the physical body have a sometimes striking and, again, hidden effect upon the perceived experience of blockage in red ray, so that that which is perceived as sexual frustration is actually the cry of the heart to survive.

This instrument was talking earlier about the simple, fundamental necessity of having one's need met. Obviously, in terms of your experience within incarnation, there is a constant and unremitting traffic of requests from the self concerning those things which it needs to survive. The stomach cries out for food. The physical body cries out to reproduce. The body demands to breathe, to work, to move and to function. When there are gateway challenges that are persistent, such as the denial of a perceived sexual need, the energy system is set up to become blocked along certain lines that create the perception, in the soul that is experiencing this, that there is a red-ray energy blockage, and on the level of the observation, this is correct. On the level of the solution of this observation, if there can be said to be a solution, this is not correct.

For, as we said, there is much more connection between the chakras and the effect of one chakra upon another than this instrument, and many perhaps, give the energy body credit for possessing. So in truth, a blockage in red ray, in the most linear sense, does block energy so that it cannot rise up into the heart chakra and, therefore, be available for work in consciousness. But more than that, it is a non-physical energy that is not a sexual energy, nor is it a survival energy, but it is, rather, energy. In truth, you see, the energy body does not respond to physical stimuli. In an energetic sense the body is completely a creature of the mind and the spirit and the emotions. So those feelings that are within, those desires and thirsts, as complex and interrelated as they usually are, are actually, at the heart, a blockage within the energy body. And because the needs of an incarnational being are complex, the blockages, over-activations and other distortions within the energy body, are significantly more complex than can be determined by analysis using the intellectual mind.

We would suggest that one way to work on blockages within the energetic body is to give to the self the resources of the energy body clearing or balancing, which we have talked about through this instrument before. Since we have talked about this before, we will recapitulate rather succinctly by saying that the point of energy balancing is simply to go through the day's experiences as one remembers them, sitting quietly at the end of the day, in a reflective mode and simply being with each distortion that can be remembered from the harvest of the day's emotions, whether that distortion was

towards a positive emotion or towards a negative emotion, as perceived by the seeker. For all distortions from balance are equally useful for looking at and for allowing into the arena of the meditational mind in order that, in silence and in the release of control, there may be allowed to enter into the energy system that help which is available from those unseen beings which surround and guard and guide each seeker.

This instrument works with her own energy balancing in this way very seldom because the technique involves looking at each emotion, allowing it to intensify to the point of really heavy intensity, and then allowing that emotion's exact opposite to enter into the equation until both sides of, say, impatience and patience can be seen in a balanced fashion. However, this instrument does use a visualization technique in order to balance its energies. This is helpful for those whose visualization abilities are dull enough that there is not the danger of over-intensification or over-dramatization of emotion which would sweep away the possibility of balancing. In this visualization technique there is simply the request for help from guidance, and when that guidance has been secured, there is the request that this guidance help in seeing in an inner or intuitive sense the actual colors of the chakra centers to see if they are at the same color tone, the same color intensity, and the same degree of lightness of tone within each color. This way, it can be seen intuitively if an energy center seems muddy or dark or weak or attenuated.

It is possible to work with balancing techniques using the balancing meditation or using the visualization technique. Either one of these signals to the energy body that care is being given to the body, that concern from the heart is being offered to the body, and this is greatly reassuring to the body and helps, whether or not the balancing meditation or visualization seems to be successful from the conscious standpoint.

Another aspect which may well help with unclogging blockages is simply to act on the emotion which has been engendered. By this we mean that the basic emotion engendered is located, to the best degree of accuracy possible by the seeker, and then expressed. In the instance that the one known as R spoke of and related the one known as P's speaking of, the experience was that of waking up [from a night's

sleep] and immediately feeling such a degree of frustration that the desire is to scream. We would encourage moving to a place of safety and screaming, when this feeling occurs. It is not wise to upset others, nor is it wise to upset the environment. However, it is very wise to acknowledge and express emotion when it can be done without infringing upon the free will of others or destroying something within the self. There is a real spiritual value in acknowledging primal distress and in expressing it, even in the most primitive emotional release such as the scream, for it is a scream from the heart that wants to survive, not simply the body that wishes to reproduce or to express its sexual nature. This is the surface of the energy distortion but not its essence. And the seeming catalyst for energy distortion is almost never a linear match with the catalyst that produced it. For within the energy body the system of unconscious memory connection and memory within other lifetimes which includes relationships with this issue or with the entity which is giving catalyst on this issue are numerous. And, consequently, the rational mind, in waking consciousness, shall not be able significantly to penetrate the nature of the actual energy distortion.

Perhaps we may say that beyond a certain point, it is well to rely on faith. We always come back to the simplicity of the situation and the unity of the situation, for all energy is one. There is not sexual energy, personal energy, family and group energy, heart energy and so forth. There are aspects to the energy, colors, shall we say, to the energy as it moves through those centers of energy and connection within the energy bodies. But the energy itself is limitless white light and although it may be distorted in its shadows within the energetic physical body connection, within the energetic body itself and at the source of the problem, it is all the same energy. And this is a key concept, we feel. For this lifts the seeker beyond the limitation of a concept of her problem and places the waiting heart and the energy body which is listening to that heart in a situation of being aware of the larger picture. And what one accepts into the waking mind becomes the door that opens the potential of the solution to be approached and released from its stricture.

First, there is the faith that all is well. This is a significant step for one who is suffering, for the physical body wants to react in a fear-based manner. The instincts of the physical body are to protect and

control for the safety of the physical body. And so there is the feeling, when one is in discomfort, that one needs to control that situation. One needs to achieve a comfort zone. However, often within your density you have made choices as a seeker before incarnation that place you in a situation where you will continue to suffer, and that is what was intended. It was not seen before incarnation that this would be precisely suffering. It was seen that this would be learning. It was seen that this would be a great opportunity to make the breakthrough, the step forward as a spiritual being in evolution. Evolution is change. Change is difficult. Change is painful. Change engenders suffering. Consequently, some blockages that are looked at and are experienced are placed there by the self before incarnation, not in order to break through quickly, but in order to initiate a process of self-acceptance, self-understanding and self-forgiveness that is far deeper than the issue that begins this process of understanding, acceptance, healing and forgiveness.

Secondly, there is the faith that there is help available beyond what is available to the rational mind, and that this help is benign, kindly and intelligent. Once one has the basic attitude of faith, that regardless of appearances all is well, there is a door within the heart that opens, that has been closed by fear. It will continue to wish to close, again and again and again. And this is why daily meditation and the entering of the silence is so central, even if it is but for a few moments. That connection with the silence empowers the resources of the connections between physical and energetic bodies and between the connections in the energetic body to those bodies which are involved in the guidance of the higher self that is moving to help the self within third density. The faith that all is well, and that help is there, together, have a tremendously comforting and strengthening effect. However, as we said, in the face of apparent physical imbalance that continues over a period of time, this sense of well-being will again and again be compromised by the instinctive fear-based reactions of the physical vehicle which feels that it is being threatened in its ability to survive.

There is, as this instrument has said, no issue tougher than the red-ray issue because that natural function is so strong in the physical body, and the emotional need for connection and companionship, which sexuality is the door to within your peoples, is

so very strong. There is, certainly, no way that any can control and, by doing or not doing some physical thing, solve the discomfort of the physical body when its natural sexual functions are denied. When this occurs, according to the nature of the individual and its energy system, there will be some degree of suffering. For some entities it is negligible, unnoticeable, or minor. For others it is an enormous and very substantial problem and certainly one that cannot be ignored. This instrument is aware that the one known as P has said that the mechanical satisfaction, on a solitary basis, of the physical desire for sexual completion had not been satisfactory, no matter how many times repeated, and we are not surprised at this because of the fact that the sexual energy blockage is actually not what it seems, but rather, a much deeper and more profound suffering that extends throughout the body system of the energetic body, if not the physical body.

In one very basic sense we must say that as far as we know there are times of suffering for all people. There are always needs that will not be met that seem important, and this is part of the way that the school of love that planet Earth is works. For again and again, it allows the senses of the physical body to inform the intellect that there is not enough, that there is no safety and that there is no healing. It is the challenge of the spiritually oriented entity to gaze at the limited and crying needs of the body, not with eyes to solve, but with eyes to love and understand, to enter into the experience, to enter into the suffering, to enter into all of the emotions that this brings up and to see the self in its needs, in its wants, in its character as defined by those cries of hunger. What one desires is extremely interesting to the developing soul, and it is very well to look at what one desires, not with the eye to judge, but with the hope of fully embracing the self, of being in love with that suffering self, of rocking that self within the heart and saying, "Yes, these needs are beautiful; these needs are worthy; these needs are fully acceptable and simply are not being met by the circumstances of my life."

This is, again and again, in one way and then another, the situation of the seeker within the physical plane. There is not enough. There is no healing. There is only suffering. This is a dark picture, and we would say to you that it is dark as the earth itself. The soil beneath the feet is dark. It is dark, mysterious and fertile. It is the seed of

something that will grow through the soil, through the suffering, through the point of pain, to blooming at last in ways that cannot be comprehended at the moment that the suffering is being experienced. Perhaps you could look at the picture as a puzzle that one is so close to that one can only see thirty-five pieces out of the two thousand, and it looks, therefore, like the problem is about a dog and a man. But if one pulls back to gaze at the entire picture, the dog and the man are at the edge of a much larger conflict that involves many more characters and many more issues. When a cycle of suffering has been completed, it is far more easy in hindsight to look into the pattern and say, "Yes, I see the sense of this suffering. I see the point of this catalyst being offered to me. I see where it took me and what I learned, and I am grateful." We are suggesting that that attitude of gratefulness and thankfulness for the suffering be adopted by faith beforetimes, so that in the midst of suffering, control is released; needs are expressed to the self by the self and then let go. And it is acknowledged that beyond all need, beyond all distortions of energy, beyond all suffering, beyond all limitation, the essence of self is perfect and resting in the most divine love and in the most strong and healing light.

We would at this time transfer this contact to the one known as Jim. We thank this instrument for offering itself as channel and we thank the group for its very interesting question. We leave this instrument in love and in light and transfer at this time. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We are privileged at this time to offer ourselves in the attempt to speak to any further queries which this group may have for us. Is there another query at this time?

S: I'll start. The thing I am curious about is when we gather each week we talk about what we have been doing during the previous week, and I thought I should give you the opportunity to tell us how your week was.

I am Q'uo, and am aware of your query, my brother. The experience which we have had since last joining with this group is one of the exploration of the interior of the self, shall we say. This is our means of becoming the one Creator. We continue to move along our evolutionary path in what might be seen

to be small steps, investigating those portions of the self that is the Creator which have been, shall we say, less well appreciated in our previous experience. And, of course, we move in service to others where possible. In most instances this is accomplished by making an appearance, as you would say, within the dream state of those whom we seek to serve. Thus, we are modest in our work and in our service.

Is there another query at this time?

S: Are there any messages from any of our other unseen friends at this time?

I am Q'uo, and am aware of your query, my brother. Those of the host of heaven, as we have heard it called, merely send their love and light to all who are available to receive it.

Is there another query, my brother?

S: Not at this time. Thanks.

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

R: I don't ever remember being aware of Q'uo in my dream state. Do you do it more on an energetic level rather than as an identity?

I am Q'uo, and am aware of your query, my brother. When we are able to make such a visitation, it is most often in a situation in which the entity which we seek to serve has found itself in what you would call dire straits and is calling for aid by the amount of suffering and pain that the entity experiences in its life. In such a situation of extreme need, we are sometimes able to make our presence felt in an inspirational manner to such an entity. This is somewhat rare, as you would term it, but is a means of service which we have pursued from the days of old, in this planetary sphere's history.

Is there another query, my brother?

R: No. Not a question. But thank you for that answer. I derive some comfort from knowing that we all do have unseen help.

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

S: Recently a woman we work with had her mother pass away. Today my sister-in-law's father came very close to dying, and I was wondering if there were any words or thoughts or ideas that I could share

with them to help them with the struggle that they are going through now?

I am Q'uo, and am aware of your query, my brother. When one wishes to serve in a situation in which there has been the loss of a loved one and there is much suffering and grief on the part of those who remain, it is often the best service simply to be available for whatever needs are felt by those who grieve. Thus the offering of one's efforts in providing the foodstuffs, as we are aware you have prepared to do, is one such means of service that is much appreciated by those who are at such a time thinking about little else than the loved one who has departed. It is also possible that if one feels there is an opening in the grieving entity, that they be approached by suggesting that there is the completion of a grand design or plan that has been accomplished by the one who has left, and that this plane continues beyond this earthly experience, where an ending is a beginning upon another level. Then there may be some comfort that can be given to the heart, to the mind and to the soul. For as those who grieve are reminded of that which they know—that all life continues, that all springs from one Creator, that we do that which is ours to do, and that there is truly no loss at any time—this reminding of the basic elements of the spiritual journey is often helpful and appreciated.

Is there a further query, my brother?

S: My wife still has much swelling and pain from her broken ankle and she requested to know if there was any other lesson, meaning or whatever that she should further examine at this time?

I am Q'uo, and am aware of your query, my brother. As we consider the situation of the one known as C, we would recommend that she has processed well that catalyst which has come before her. The healing that remains may be bothersome and lengthy, yet it is that which is necessary in order that the catalyst be utilized to its fullest. We see no further mental examination necessary for this entity. We add our blessing and healing vibrations to those many wishes of renewed health which have been offered to the one known as C.

Is there another query at this time?

S: No. Thank you.

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

Carla: I'd like to follow up on S's query. It seems like if you need to do one thing to solve catalyst that has come up for you, it doesn't necessarily solve the problem. Is there ever a situation in which the problem is what you think it is, and something that you do in the physical will take care of it nicely, or is it always, metaphysically speaking, that the roots of the situation are hidden?

I am Q'uo, and am aware of your query, my sister. Though we do not wish to discourage any from examining carefully each portion of catalyst that comes before the notice, when the conscious mind has finally noticed the catalyst that has come before it much has already been lost to the determination of the proper path to travel. This is merely the nature of the heavy, chemical illusion in which you find yourselves in third density. It is very difficult to perceive clearly those messages which are sent from the subconscious mind and the metaphysical realms, for it is as though a different language were being spoken and the ears that hear this language perceive only dimly that which is intended. Thus it is well to use not only the conscious analytical mind but also wise to employ the intuition, the hunches, those feelings that come through the veil of forgetting and leave the trace of meaning, the—we give this instrument the phrase—the nigggle of direction that one may follow as one would follow the trail of bread crumbs in the deep forest, looking again for the path that one took into such an imposing and isolated area.

When one examines carefully the subconscious mind, as carefully as one can, shall we say, one will discover that there are trees of immense size, ferns of indescribable beauty, mosses unknown before, creatures strange and exotic, air barely able to be breathed and yet exhilarating in its intake. Thus when one examines catalyst for its origin and direction to utilize, one may rest assured that this is a process which itself can become a journey into exotic realms. The fruit that is found in such a place is well worth the effort, whether one is able to feast at the entire meal or only the hors d'ouvres.

Is there another query, my sister?

Carla: I had more questions but I feel the energy is getting low. If you wish to comment, you said that there was a language of the energy body, and I was thinking: was that the language of emotions? When I work with music or words, as in poetry, or with

colors, all of those things seem to me to work well with the energy body and to clarify my own emotions and bring them out. I was thinking emotions would be the better language for the energetic body than would be intellectual analysis.

I am Q'uo, and am aware of your query, my sister. We also are aware that the energy of the circle is low. We shall comment briefly.

The emotions are an avenue of exploration that also deserve a great deal of effort. The attempt to interpret catalyst and its application to future action—this is the direction that we were intending when we suggested that intuitions be examined, for intuitions are a more purified kind of emotion from another source, these intuitions being that property of the subconscious mind, the first translation, shall we say, of the language that the conscious mind attempts to understand. Thus we suggest that the intuition and, as you have suggested, the emotions, be employed more as a fundamental means of examining catalyst, rather than allowing the intellectual mind the sole effort in this endeavor.

Is there a further query, my sister?

Carla: No. And I really thank you for that answer, Q'uo.

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

(No further queries.)

I am Q'uo. We would take this opportunity to thank each once again for inviting us to join this circle of working. We are aware that the effort that each has made to become a member in this circle this day has been great, for there have been obstacles that made it difficult for each to partake. And we thank each for being a part of this circle, for inviting our presence, for seeking with a true and sincere heart that which is our opinion, and that which we joyfully give, though we recommend that each observe those words which ring of truth for each. Take those and leave all others behind. We are known to you as those of Q'uo, and we would take our leave of this instrument and this group 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 MARCH 18, 2001

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

(Carla channeling)

We are those of the principle known to you as the Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank you for calling us to your group this afternoon. It is, as always, a great privilege and pleasure to speak to you. We want to thank each who has come for the sacrifice of those other things that were not done this day in order that each of you might seek the truth and rest in the silence that binds us all in the love and in the light of the one Creator. It is wonderful to be able to share our humble thoughts with you. We do want to be clear that we are not authority figures, but seekers upon the same path with you. Perhaps we have walked a few steps more. Perhaps we remember a few more of the experiences that we have had, and, therefore, perhaps we can offer opinions that may be useful and may be interesting to each of you. But we do ask that each of you listen with a discriminating and careful ear, listening not for all of our words but for those words that seem to resonate within your heart. For truth is a very subjective thing, and when

something is part of your personal truth it will have a certain ring to it, and you will recognize it. Trust that resonance of recognition and not the seeming authority of any source, for you have responsibility for your mental, emotional and spiritual evolution. You may choose the rate and the process of change. And we would not wish to become a stumbling block as each of you seeks the truth in his or her own way.

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

For many others to whom we speak, Earth is the native sphere, the beloved home, and yet the spirit has awakened from the dream of Earth. And more and more, in the awakening process, Earth has

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

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

The self, once realized as a metaphysical entity, is also realized as an ethical principle. And you can see yourself more and more clearly as one who truly can be responsible for doing her absolute best to do the ethical thing, to hold the highest principle, to hew to the road that seems the most beautiful, the most moral and the most right for the self. Often that which the world considers right and that which the inner self considers right will coincide. However, not infrequently issues looked at from the standpoint of Earth are looked at with an eye to the protection of the self and the maintenance of the environment, whereas looked at as a metaphysical issue, often the solution is transformed, and roads may be chosen that do not seem as practical, as convenient or as down to earth. For in the switch of universes there is the release of the forms of the world and the realization of forms that are higher in the metaphysical universe. All things are energy and vibration and your thoughts and intentions are far

more important than whether or not, in the eyes of the world, you have succeeded. It is a cliché among all cultures of Earth that many a fool cannot seem to be practical, and yet many times, from the standpoint of spirit, it is very important to be impractical and to hew to that which this instrument calls the highest and best. Again, such value judgments are very subjective, and another's opinion of what is the highest path or the finest or most beautiful principle by which to live may not agree with your opinion. And we say to you, one way to become more at home in this strange world of the awakened spirit on Earth is to be decisively impractical and to know, going into decisions, that you shall be making decisions with an eye to spiritual values. Often these decisions will not make sense to others. And we encourage each to have the courage and the faith to follow your principles, your guidance, your light. For what each of you has awakened to is a precious awareness of self as essence.

Each of you has become aware that you live in a very busy physical world. It is a world of never ending detail, a world which this instrument often characterizes as one offering too much good work to do. It is not that the world offers one bad choice after another, though this is often the case. There are many beauties and blessings to the world as it is, in all of its confusion. Yet there is a simple factor underlying all of the busyness and detail of physical life, and that is the essence that you are, that each of you is. We would look at this essence for a moment, for it is at the heart of what we have to say. Each of you is very, very real. Beyond the dream of Earth, beyond the dream of ether, beyond the dream which is at that level at which we are now speaking, beyond all dreams of which we know, each of you is very profoundly, ultimately, uniquely real. You are, in fact, the stuff of creatorship. Each of you is a spark of the divine, and without each of you the divine would not be complete. Each of you was, before time and space existed. And each of you will be, beyond all thought, beyond all telling, beyond any creation's end, for in infinity an end is always a beginning, and you shall forever be the only you that exists, precious, beloved of the Creator, an essence, a light, a love.

You are here as awakened beings to be, not to do. This is a terrifically difficult concept to receive within the context of incarnated life because life as

you know it, as you experience it, as the culture teaches you to experience it, is about doing. You were taught to value yourself as a worker, as a producer, as an accomplisher of deeds. They may be many different kinds of deeds, but at the next gathering to which you go, you will be asked not, "Who are you?" but, "What do you do?" And you will be valued by many people according to how that answer goes. And yet we say to you that you are not here primarily as a doer, but as an essence. In the energetic or metaphysical sense, each of you is a field of energy. Now this energy is not simple. Each of you has, as a core vibration, the one great original Thought. Each of you, at the core, is the Creator. Indeed, the basic goal of evolution is to come once again into full vibratory congruency with the one original Thought that is the Logos. This Logos could be described as love, and yet that word has been so sullied by being used for different kinds of passion and emotion and devotion that it is inadequate at heart to express the fullness of that quality that is creative and divine love.

To this original Logoic energy you have created distortions or variations or complexities that add to that basic vibration and that make you that unique essence that you are. As we see your vibratory pattern, we see your name metaphysically. You are as a rainbow of color and a certain pattern of shape that is, in its own way, exquisite. And we would know each of you anywhere, not from what you are thinking, not from what you are feeling at any particular moment, but rather from the great accumulation of self, through many experiences and many densities. Each of you comes to the present moment vibrating in a very discernibly identifiable way, and this is the great gift of each awakened being to the self and to planet Earth and to the peoples of Earth. For once each has awakened, each becomes an agent of the love and the light of the one infinite Creator.

It is part of the nature of the ethical, biological entity that you are that you shall express in this way. Here is the plan that we believe each of you set before yourselves before incarnation. The plan was to choose a set of relationships and a set of lessons as the one known as T. was saying in the conversation before this meditation. "I know that this problem has come to me," he said, "because I set this up for myself, and I am looking to sit with this difficulty, to enjoy this challenge, and to move through this

process with as much love as possible." Your plan as learning entities, interested in the evolution of spirit, was not to be here and be wise, but to be here and be confused. You are hoping, by coming into this very dense physical illusion, to become completely disoriented and to wake up in the midst of a true sea of confusion. And the reason that you hoped for this was that you had the feeling that you could come to a better balance of self, a more pure choice of polarity, and a more passionate desire to seek the truth.

Before incarnation it seemed not so hard, because before incarnation, gazing at the scope of the entire incarnation, it seemed fairly obvious what these lessons were and why these relationships were important to follow through. It seemed unlikely that we could possibly avoid awakening. Yet in most cases awakening is not an easy thing but a process that moves in jerks and fits and starts, going through many an epiphany and many a dark night of the soul. Your hope here was simply to become so aware of the confusion of planet Earth that you would finally stop attempting to control things from the mind, from the ego, from the head, and would abandon what would appear to be an inadequate resource for dealing with that sea of confusion that is Earth life. You hoped that you would begin to move into the heart, for it is the heart, its intuitions and emotions, which contain the true harvest of wisdom, love and truth that lie within you within the sea of confusion.

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

Attempting to live by essence, attempting to be oneself, is the work of the heart. Often it does seem very impractical as a way of living, for the opened heart seems very unprotected and very vulnerable. And so it is vulnerable to confusion and challenge of all kinds. The strength of living in the heart is that slender strength called faith, that lifts one on angels'

wings and takes one above a problem, so that even if the body is troubled and the mind is confused, there is a serenity that comes from the release into knowing that all is well, and that all *will* be well. This trick of living which is called faith is a great key in switching universes, for faith takes the place of control in the Earth world and doing becomes being. Details become essence, and a life moves from the inside out rather than being driven from the outside in.

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

You can work on opening your heart within the process of the workaday world, within the process of any present moment, under the storm of any challenge. It is impossible for any thing or any one to keep you from pursuing this service of being, and we want you to know that you have many helpers to aid you in this service. For each of you has guidance, personal guidance, deeply impersonal sources of

guidance, inner planes teachers that shall come to you if you have a desire for that which they have to share. Many are the unseen spiritual aids that are available to the persistent and asking seeker. The key here is simply to ask and to keep asking with all of your heart. For it is true, as this instrument's holy work says, "Seek and you shall find. Knock and it shall be opened to you." Your desire shapes a tremendous amount of that which you shall receive spiritually. So trust that self that desires. Do not scorn it, but rather seek to know yourself more and more, and to define and refine to yourself that which you truly do desire, that which you truly do seek. For that which you seek, you shall surely find.

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

We greatly sympathize with the confusion that each feels within the Earth plane. We admire your courage. We rest in the comparative sureness of knowing of our density, in which many, many things are known, in which all thoughts are clear. Our confusion and our seeking lie in the mystery beyond that knowing. But to you, even that, the knowledge of self and the knowledge of other self, is so often hidden. It is as though each of you were in a scene from the television program this instrument knows as "The X-Files," looking around with flashlights in one dark corner after another. Such is

the spiritual world. Within the Earth plane it is a very dark plane. The inner planes are not clear, and often there is no observed light. And yet we say to you, trust the light that is not seen. Trust that candle that is your heart, and know that as long as you keep that candle lit, that is your only responsibility, not for other's thinking, not for other people, and not for outer issues, but only to open the heart, to offer the self to love and be loved, to know the self as part of the Creator.

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



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SUNDAY MEDITATION

MARCH 25, 2001

Group question: Today our question concerns the fact that we reincarnate from life to life with friends, time after time, in clans or groups, and learn to serve and seek the Creator with them. We are wondering how this process of reincarnation in groups affects the planetary consciousness. Does it aid the planet and how does that work? How does this process aid the individual harvest when that time comes?

(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. We offer that name and that signature because we are in the service of this same Creator, this one great original Thought which has spun out of Itself the infinite patterns of the evolving universe and which draws all things inexorably to harmonize, beautify and come together once more in the fullness of that dimension or quality we call time.

We are very happy to speak with you about some aspects of reincarnation and harvest and ask only that each be responsible for listening with a discriminating ear to that which we have to say, for we are not authorities which wish to impose our opinions on you. Rather, we are happy to share our thoughts in the hopes that some of them might be of use. Please keep those thoughts that resonate to your inner sense of truth and discard the rest without a second thought.

It is in the light of time that reincarnation unfolds its patterns. It is more accurate, metaphysically

speaking, to look at the systems of reincarnation involving the repeated joining of relationship with certain other entities as a part of a circle of being in which each incarnation is a spoke out from the center and in which all experiences harvested by the entity in each incarnation are fed back into that central pool of self, than to describe reincarnation as a series of successive lifetimes. However, within the constraints of time and space, time is seen to be linear and directional and, indeed, were this not to seem so, the entire pattern of reincarnation would become fruitless. It is essential, in terms of third-density experience, that those moving through incarnation be unable to see the great circle of lifetimes and the nuances of each issue with which the relationships that seem to be karmic bring forth and create the opportunities for the work in consciousness.

Without time, taking the infinite viewpoint, all is the Creator. When time has begun unrolling its scroll in a creation sequence, it offers each spark of the Creator the opportunity to learn, to investigate and discover that which it will. Through lifetime upon lifetime entities go through a gradual process of awakening to the self. This awakening is the product of a great deal of inner exploration. The exploration involves many meetings with those who become to us the bearers of good things. Each is aware already of the process by which the self prepares for incarnation. Each is aware of the careful process of choosing those with which one shall come into relationship within the incarnation.

Within the course of these relationships which we have given ourselves, certainly it may seem from time to time as if we have chosen for ourselves harsh lessons and confusion as an inevitable part of the relationships that we have chosen to investigate and help to blossom forth. It may well seem that instead of becoming more and more unified with those with whom we are in relationship, that we have not made progress, and we may wonder about the efficacy of our work within these relationships and within these lessons. And yet we say to you that it is well to trust the rhythms of relationship and to allow them to be of the shape and the texture that they will be rather than attempt to remold them according to a desired outcome or a preferred status. This instrument earlier was speaking of a relationship that she would like to mend, and yet is not the work of mending work done upon the self? Is not the process of forgiveness and healing that forgiveness of self that sees the other self as the reflection of the Creator?

Consequently, we have this pattern of repeated relationships and may we say that rather than having one fairly small group of people with whom there are repeated relationships over the course of a creation process—that is, over the course of many densities of that process—each may expect to become intimate, to go through the processes of catalyst, healing, harmonization and unity, with each other spark of the infinite Creator. Thusly, this process of each helping each to learn the lessons of each density is not in any way seen as a malignant or an undesirable process, no matter how confused or muddied the relationships seem to be. Rather, it is the outworking of the tremendous force of spiritual gravity calling each to become more and more aware of the true nature of the self and calling each to do that in ways that are native to each density and which work differently in each density.

You asked concerning the way the relationships which have karmic weight impact the planetary subconscious, and we would say that the actual events in the physical illusion concerning relationships are as shadows upon the surface of the pond compared to that tremendous amount of inner work that is going on within the entities who are working with the catalyst of each other in their inner work, or as this instrument has called it, the work in consciousness that each does, however each person frames that attention. Some choose to work upon this incoming catalyst by daily meditation, and as

always we recommend that process of moving into the silence very highly. It is the single most effective resource the spiritual seeker has for opening the channels to the guidance which each has in abundance within the confines of the archetypal mind which resides within and which is accessed by that door of silence more effectively than by any other means of access.

There are various ways to meditate and a contemplative walk, the reading of inspirational material, the musing upon an inspirational seed thought, and many other approaches to the silence, move one through that door as well as the more traditional ways of prayer and formal meditation which some may feel are more desirable than other methods. In our way of thinking, the method that is the most workable in each seeker's life is that method which is right for him. Again, it is a matter of the individual seeking within herself as to what choice feels right or resonant. So often in the spiritual life the seeker will find that the great authority present is the self. For within the self lies all knowledge that is sought, not in the conscious mind, not even in the subconscious mind but in those realms which are able to be accessed through the subconscious mind, the roots of mind, as this instrument would call them.

And as each moves into this silence, as each does the work of the incarnation, getting to know the self, becoming able to be that self more and more, the patterns of that vibratory nexus that is the self grow ever so slowly and ever so inexorably clearer, more lucid, and more full of that great original Thought. Consequently, the effect of this process upon the archetypal mind of your planet is that simple effect of the mind feeling that its self is moving well through that process upon which it has come to work. All the storms of confusion that ruffle the archipelago of entities and issues and situations are as nothing to those roots of mind. For to those roots of mind these processes have a virtue, not by any outer standards that this instrument would share concerning courtesy or ways of progressing that are desirable rather than others which are undesirable. Rather, the attention of the roots of mind is upon the intensity of desire and the seeking of teaching of these agents of the Creator that is attempting to become every more Itself. That which appears to be a tremendous storm upon the surface, when gazed at

from the level of the roots of mind, appears to be a series of small details. It is a matter of perspective.

We would at this time pause to ask if there is a further defining of the question that we may answer before we move into the portion where other questions are entertained besides the original question for the day. May we ask at this time if there is a pursuing question upon this point of reincarnation and the metaphysical roots of mind or the archetypal mind?

(No further queries.)

We are those of Q'uo. In that case, we would at this time transfer this contact to the one known as Jim that any other questions that are entertained at this time by those present may be asked. We would thank this instrument for her service and leave her in love and in 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 further queries that those present may have for us. Is there another query at this time?

D: I was wondering about the confusion that I have concerning delusions of grandeur and why the pathway to the source isn't clearer for me to encompass understanding with.

I am Q'uo, and am aware of your query, my brother. The feelings of the self being that which is expansive and that which is, as you have said, grand, are feelings which in and of themselves [are correct], for each entity within incarnation is the one Creator, and each entity partakes of the glory, the joy, the power, and the peace of the one Creator. However, within the illusion which you now inhabit, there are accompanying these feelings of being the one Creator also the more specific, narrowed and focused feelings and experience of being a personality with distortions of the one Creator; that is to say, each entity within the third-density illusion has those portions of itself which are yet to be fully realized. There are lessons to be learned, areas to be enhanced and seeking to be undertaken in order to accomplish the learning and serving.

Thus an entity such as yourself may, with the aid of certain substances or experiences, be able to penetrate the shell, shall we say, of the personality

and to move beyond this shell to the reality of the self as the one Creator. However, there is the necessity of living the daily life, of experiencing the daily round of activities that are normal and mundane and focused upon the aiding of each entity in the pursuance of the becoming of that which one wishes to be, of learning those lessons which have been set before the incarnation. So we would say to you, my brother, that it is not necessarily a delusion, but it is not a balanced view of the self to see the self as the one Creator. Such experiences of feeling the self as being the one Creator, of being all that there is, are glimpses of the reality of each entity that need to be balanced with the experience that is now at hand in the mundane, workaday world where each works toward realizing a more full expression of this personality which has been chosen to aid the self in such growth and service.

Is there a further query, my brother?

D: What is the connection to the White Brotherhood regarding this group?

I am Q'uo, and am aware of your query, my brother. We find that there is no direct connection between this group and that group which is known as the Great White Brotherhood; that is to say, within the third-density illusion, for all are a portion of the same Creator in truth. However, the Great White Brotherhood is composed of those entities who from ages past have achieved the graduation that each here seeks. These entities, in achieving this graduation, have chosen, rather than to pursue further personal growth, to remain within this planetary sphere in the attempt to serve those brothers and sisters who yet seek this graduation.

Is there a further query, my brother?

D: If you wouldn't mind speaking about the probability of altering our harvest dates so that more may become awakened.

I am Q'uo, and am aware of your query, my brother. We would suggest that the harvest is now, that many who go through the doors of what you call death are able to harvest themselves in the service-to-others polarity predominantly. Some few in the service-to-self polarity are also achieving harvest, and as the choices that each entity within this illusion makes are made towards sharing of the love and the light of the one Creator, so is the harvest of each and all made more possible. The dates, shall we say, are

relatively unimportant at this time, for the future is mazed to all eyes, and the choices of the peoples of this planetary influence are the primary force, shall we say, that determines any potential dates for harvest. The future is flexible, so that it is possible in one great turning of the mass mind to the light that a harvest date could be at any particular point in time. Though this is not probable, it is ever possible that all may see the light within themselves and other selves as well and move the compass of the needle to the service-to-others polarity in one fine moment of inspiration.

Is there another query, my brother?

D: I could probably go on all day, but thank you.

I am Q'uo, and we thank you, my brother, for your desire to seek the truth and to share the love and the light of the one Creator with those about you.

Is there a final query at this time?

Carla: I'm thinking about what you said about time, that all incarnations are occurring at the same time, and it a model of creation as a moment in which everything happens at once. It boggles the mind, and I wanted to pursue that because I had been thinking earlier about how the structures that you give us, like the Council of Saturn, for instance, the way your principle is made up of different group entities, and so forth, it has in common with the structures of time that it makes it possible to think about what I called mystery specific language. I was wondering first, if non-linear time or instantaneous time has a center like a circle and if the geometry of the circle would help us to understand more about infinity and eternity? And I was wondering if all structures of thought are these approximations that seem to have less substance than they do in space/time?

I am Q'uo, and indeed we would look to the construction of the circle, or more particularly, the sphere, as an example of the simultaneity of time and experience within the one creation. One may look at a line of experience, a line of time, that moves from the center of the sphere in a particular direction and observe the entities affected by this line of experience. Within the third-density illusion you may see yourselves as experiencing various of these time/experience lines, moving from the center of your being to another location, also within your being, intersecting experiences of others, also located within the center of your being and their being so

that the center of experience is shared for a portion of the experience as it is moving along this line. This line may also be seen to be able to describe constructions of entities, groups of entities, and experiences shared so that there are various ways of seeing the formation of relationships, of seeing the means by which one creation may be experienced by a number of entities moving along these lines of time simultaneously. Thus, within this sphere there is an infinite potential for experience. Each individual experience, seen from the third-density illusion, then seems to be complete unto itself, seems to be linear from point A to B to C and so forth, whereas if this experience is seen from without the third-density illusion, it is seen as a portion of a simultaneous experience of the one Creator, these experiences being infinite in number.

Is there a further query, my sister?

Carla: So when you have a breakthrough in a relationship, does it resonate through the other lifetimes in which this issue or this relationship comes up? Does it have a ripple effect through the circle of being?

I am Q'uo, and am aware of your query, my sister. And, indeed, this is so for those who have eyes to see. However, as you are well aware, the limit to the sight is the veil of forgetting.

Carla: Indeed. But sometimes I wonder why something comes to me so clearly and I wonder why I was so puzzled before, and I just wonder if it's because that in another lifetime that I am working on this question, I may have made a breakthrough that is registered in this lifetime as a clearer understanding. If that's so, then do you still believe that there is virtue in offering these structures of thought about the mystery, deity, and the way that we begin to experience ourselves as you talk about reincarnation or as you talk about anything. What's your level of feeling that the words that you are offering through instruments such as Jim and me are of avail?

I am Q'uo, and am aware of your query, my sister. Indeed, we find a great virtue in the words offered through any instrument and, indeed, in the words which any entity may use to form a means of understanding for the self. For it is the effort to understand that is important. The words form what you may see as a channel through which ideas and inspiration may be offered from deeper portions of

one's own mind which connects to the universal mind, the one infinite mind of the one Creator. Thus such constructs bring from more fundamental levels of the self and the great Self the desire to seek certain information. This information, then, finds its way to you, through you, by becoming a kind of nourishment, a kind of—we give this instrument the picture of rain falling upon the ground causing seed to sprout, a crop to grow and food to be harvested therefrom. The desire to speak causes a form to be made that itself transmits that answer to the seeking.

Is there a further query, my sister?

Carla: No. Thank you. I appreciate your words.

I am Q'uo, and again we are grateful to you, my sister. We would take this opportunity to express our gratitude to each present this day for inviting our presence in your circle of seeking. We are always grateful to join you in your seeking, for there we find great inspiration from you as well as you move within this heavy, chemical illusion seeking the one Creator with each step. We would remind each that we do not speak as authorities but would encourage each to utilize personal discrimination in taking those words which we share, those ideas, and reserving only those which ring of truth, leaving behind those that do not.

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



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SPECIAL MEDITATION

MARCH 29, 2001

Group question: What is the nature of the Matrix of the Mind and how is it related to the Potentiator of the Mind? How might we apply this information to our daily lives?

(Carla channeling)

We are of the principle known to you as the Q'uo. We greet you with joy in the love and in the light of the one infinite Creator. We are most happy to have this opportunity to speak with this unique group, and we thank the instrument and the group for its dedication in making the sacrifices needed to come together at this point. We greatly appreciate that thirst for truth, that hunger for words of beauty and sustenance, that create the energy of this working and that draw us to you. We will be glad to share some of our thoughts on the archetypes of the Matrix and the Potentiator, as always requesting that each listen with very discriminating ears, taking those thoughts which may have value and leaving the rest behind, for we would not wish our thoughts to be a stumbling block before any.

When the infinite Creator wished to know Itself, Its great heart beat out the next creation with all of its densities and sub-densities and all of the patterns of those densities and creations. Time and space were invoked and that which before was immeasurable and unknowable became a series of illusions that, paradoxically, were to some degree knowable, and these shadows of knowing were much desired by the Creator. And each of these sparks and shadows became agents of the one infinite Creator, thoughts

in and of themselves, thoughts rounded and centered in the one great original Thought which is Love. And so each of you is a Logos, stepped down and stepped down until you are able to experience the very illusion you now experience. And each of you has come through many experiences and many densities to this particular time, at this particular place, each balanced exquisitely in the present moment.

And as each rests in this present moment, what is the nature of each? Each is Logos and yet not Logos, not fully realized. Each is human, earthly and limited, and yet not fully human, not fully earthly, and not fully limited, for there is the growing awareness of the creatorship within. And so each is as an entity with one foot in each world, the world of the Earth and the world of infinity; the world of things and the world of thoughts.

Coming into that world of thought, that world of intention and principle, that world of desire and ideal and love, moving into the heart, we ask each to let the world of flesh retreat. As each of you rests in this world of the spirit, you have an unique viewpoint, for you are still within the body, within the incarnation, within the confusion, and yet by resting in the metaphysical, in the spiritual awareness of the heart, you have a release into spiritual things, into those things that can be trusted and depended upon to exist today, tomorrow and forever. The concerns within which you rest are concerns that will matter just as much in a thousand years, in ten thousand years, in a million years.

How easy it is when attempting to understand the archetypal mind to attempt to see that mind in the context of a busy world. And yet it is in the spiritual realm, entirely, that the world of the archetypes moves, feeding, informing, fructifying the structures of the roots of mind that, as the spirit gazes at its evolutionary spiral, it may have tools and resources with which to guide the self in the choices related to its perception of itself as an ethical being. It is in this context that we look at the nature of the Matrix and the nature of the Potentiator and their relationship with each other.

This Matrix/Potentiator axis or dynamic may fruitfully be seen as the two portions of one energy, and yet because of the complexity of these relationships it is also very useful to see these two figures as completely separate. A foundation of your density is polarity. The hope with which each comes into third density is that this thoroughgoing environment of polarity shall create more and more ways to see into the making of the choice of how to serve. And so these figures within the deep, deep roots of mind, the Matrix and the Potentiator, dwell as sigils of ways of relationship, ways of mutual thirst, mutual help, mutual feeling.

Matrix is a word that seems not even to indicate a living being but, rather, a structure, a container, a grid, qualities and aspects of self. The basic figure of Matrix is figured forth as royal. And this is not by mistake. For as a spiritual being each seeker is indeed the highest royalty, is indeed prince and king and Creator. This figure of Matrix has tremendous potential, for it is empty and waiting. The hunger for evolution is stitched and knitted into every fiber of the carefully articulated web of being that the Matrix experiences as its nature. Possessed of crown and power and royalty, it is a figure with no lack of self-respect, with no concern for being unworthy, with no unhealed issues. And coming to the mind of the Matrix as a human is the work of some time. For much of human sorrow, shame, guilt, low self-esteem and unworthiness need to be, not denied, but taken off as shoes, as garments that are upon the body of the self, but are not the self.

To enter into the Matrix one must become naked, and it is a powerful thing to accept the self as one is, powerful enough indeed that it is difficult to do. And this is the first gate that we would suggest that each unlock to come into the unfed mind of the

deep self. You do not, when you put off the clothing of self-opinion, put off the essence of self. You are not able by any trick of mind, by any cleverness of intellect, to remove from the self the essence of the self. For you are yourself. You cannot escape that energy field that you are. The vibratory nexus that you are echoes from lifetime to lifetime, from density to density throughout the creation of the Father. You are who you are, and your signature is beautiful.

Seldom can the entity within incarnation have a direct experience of the reality of that essence, and so we say to you it is something that you may take on trust. You may become naked of your self-perceptions and you shall still exist. And you may place that self that the Creator adores, that is the true you, into the Matrix of the unfed mind. And that Matrix can accept all that you are as an essence. This fit is natural and ongoing, and it is helpful to go through the exercise of moving into the unfed mind of the Matrix of the deep mind and to experience at once the royalness of being who you are and the utter humility of being empty. For as the Matrix you know nothing but thirst and hunger. You are a creature yearning and seeking with an appetite that is keen, unending and driven by the wind of spirit from creation to creation. As the Matrix, once settled in that persona, all thought moves to the reaching, the seeking, the hoping for fulfillment.

The Potentiator is cast also as a royal being. And it is perhaps efficacious in terms of what we would give to this entity at this time to figure forth this Potentiator as the guardian angel, the guidance, the guru, the agent of divine change. This is an entity royal with that same creatorship, full of the essence of that great Self which is the one original Thought which is love. Although each may fruitfully at other times see this agent as the self, yet in this discussion we will allow the seeing of this agent as a gift-giver to one who opens the hands without knowing what it has. For as the Matrix reaches to the Potentiator, the need of the Matrix creates the gifts of the Potentiator. It is not that spiritual evolution consists in step A, step B, step C and so forth, a lesson plan and a linear set of things to learn, things to do, things to encompass with the mind, but, rather, it is as though the unfed mind, by its thirst, by the intensity of its thirst, and by the direction of its seeking, creates an unending grove of trees whose

fruits drop into the hands of the seeker, who then eats that fruit and receives knowledge peculiar to the soil in which that fruit grew, the soil of that particular seeking, the soil of that particular response from spirit.

There is a constant organic and mutual back and forth of information between the Matrix who reaches and the Potentiator who awaits the reaching. And all that is hidden within the Potentiator changes every time the Potentiator releases fruit from behind that veil. That is the hidden nature of things unknown. One person on one day shall receive fruit from spirit. That same person on another day with just the tiniest change in seeking, in attitude, in state of mind, shall receive an entirely different fruit. So we cannot offer the comfortable assurance that all is in safe hands, that all is prepared, that all will go one way. The archetypal journey is far more creative and far more plastic.

What can be trusted beyond all telling is the protected nature of this work in consciousness. It is as though, as the seeker dedicates itself to the seriousness of its desire, it alerts a large body of discarnate protection which this instrument would probably call inner-planes or angelic. Whatever the description of this energy, it is devoted to being sure that, whatever the incarnational situation, whatever the physical situation doing this seeking, this work shall be protected. This thirst and its fulfillment shall be blessed.

We stand, in speaking of the Matrix and the Potentiator, at the beginning of a deep, deep road, a very fruitful road, a most promising road that shall be wended not just within your present lifetime or your present density, but through several densities to come. You are at the beginning of a journey of self-knowledge that shall bring surprise upon surprise, awareness upon awareness and yet we say to you that at each of the spirals of awareness, including that one at which you now are, you are already that being which you hope to become. And by the bare attempt to seek within the archetypes you bring resonances of that being to your waking personality which strengthen and have a tendency to heal the waking personality. We would thusly encourage each to do this work in consciousness. Not hastily. Not without respect. And certainly not without preparation.

For doing this work without preparation can be unbalancing to the energetic body. And so we would

caution each before doing such work in consciousness, always to begin with the meditation, with the balancing of the energy system, with the clearing of the lower to the higher energy centers to a minimal degree so that the energy system that is doing this work is without significant imbalance. For when there are shadows that block energy into the heart, then it is that there is not energy coming through into the green, blue and indigo-ray energy centers where this work in consciousness is taking place. Consequently, we do encourage that work, before a session of meditating upon the archetypes, where there is the attempt to balance the energy system and to settle it so that not only the physical body but also the metaphysical body is rested and balanced and ready to receive those piercing energies which flow from the roots of mind and fructify the waking consciousness.

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

(Jim channeling)

I am Q'uo, and greet each again in the love and the light of the one Creator through this instrument. It is our privilege at this time to ask if there might be any further queries from those gathered here to which we may respond.

S: Yes, I have a query. First I would like to thank those of Q'uo and both instruments for what I consider to be heroism above and beyond the call of duty. This has been very, very helpful to me, and I appreciate it. My question brings in the concept of the Significator as this relates to the coming together of the Matrix and Potentiator. I am particularly interested in the concept of sacrifice and whether it would be useful to see it in relation to the Significator and the coming together of the Matrix and Potentiator?

I am Q'uo, and we are aware of your query, my brother. We are also grateful for this opportunity to blend our vibrations with the vibrations of those present today.

We would respond to your query by suggesting that the concept of sacrifice, the giving of the self for the benefit of another or for the benefit of a principle, shall we say, is indeed a salient feature of the blending of the Matrix and Potentiator so that the

fruits of this blending, the stuff of your third density, may become a portion of the quality known as the Significator or the significant self. For it is the Significator that is the actor upon the stage of creation that is able to become more than it is because of the efforts of those qualities known as Matrix and Potentiator. That there is the sacrifice of comfort, of convenience, of opportunity, of any quality that gives stability and assurance to the entity, is significant and is registered as a great desire that seeks fulfillment by the significant self. The self of each seeker desires union with the Creator, desires knowledge of the Creator, of the self and of the creation. This knowledge, passionately sought, willingly sacrificed for, may only be obtained when one is willing to give of the self in a degree which is reflective of this great desire. Thus the experiences that each so eagerly seeks within each incarnation are dearly bought. The greater sacrifice purchases, shall we say, the greater knowledge, experience, union and presence of the one Creator. Is there a further query, my brother?

S: Yes, thank you. That too is very good. One other, and this is one that I feel comes from my beloved M. It is very difficult to feel one's self to be one for whom sacrifices are made and to feel a sense of self-worth and to try to keep one's head high and to feel that one too is making a contribution. Can you give us some words of encouragement that speak to that issue?

I am Q'uo, and am aware of your query, my brother. We would respond by suggesting that in the relationship in which you are so completely engaged with the one known as M, that there are sacrifices upon both parts which are most courageous for we see that it is in your illusion so easy to mistake that which is of value. There is the worldly measure of accomplishment and potential for accomplishment that is in truth only of peripheral value, for it is the heart of desire in each entity as each entity seeks the Creator within which is of most importance. The one Creator has flung from Its being the infinite creation and all entities that populate it in the attempt that It might know Itself in ways unavailable to It before such creation came about. When one, especially within the third-density illusion, sets one's self the task of seeking this Creator within the self as purely and as passionately as the one known as M has done, this reverberates to the heart of the one Creator in a manner which is most significant. For

by removing the ability to work in the worldly sense one has set the challenge before one's self that is as focused as is possible within this illusion. All of the mundane world, shall we say, has been set aside for the single purpose of opening the heart in love and service to others. This, done as the one known as M has accomplished it, will achieve the metaphysical polarity in a significant sense, in a most efficacious sense, and all who touch this entity's being are aware of the brilliance of the light within.

Is there a further query, my brother?

S: No. Thank you very much.

Is there a final query at this time?

(No further queries.)

I am Q'uo, and we would again thank each present who has joined this circle of seeking this day. We are most grateful to be with you and 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 1, 2001

Group question: The question today has to do with what is the most harmonious way to achieve closure in a relationship when the person that you are trying to achieve closure with won't talk to you? And when you feel a strong emotion in desiring to close a relationship, is there anything that you can do internally for yourself that doesn't involve another person? How much of this is an internal process?

(Carla channeling)

We are those known to you as Hatonn, and we greet you in the love and in the light of the one infinite Creator. It is our privilege and our blessing to be called to your group this afternoon, and we thank you for this blessing. We send each of you our love and our blessing as well. We ask that each of you discriminate carefully in listening to what we have to say, taking what is good to you and leaving behind the rest. We travel with you as companions, not as authorities, and would not be a stumbling block in any way.

We almost hesitated to begin speaking because the meditation was quite beautiful to us, and we know that our words are not as full of meaning or beauty as the silence. But you have asked for some information about how to end a relationship when the ending must be done by one and not the other. And so we must use words to offer our opinion on that interesting subject. This instrument requests that we express why we are here instead of those of Q'uo. It is the nature of this particular question that has brought forth the energy of our social memory

complex of Hatonn. We are of the love vibration, and truly there are some concerns that are addressed through the totally open heart rather than through wisdom or any mix of love and wisdom.

One of these concerns of the open heart is forgiveness, and although it may not seem that affecting closure of a relationship has particularly to do with forgiveness, in actuality it has a great deal to do with this somewhat difficult concept. The relationships that come into the life, any life in any density, are a gift of the self to the self. Incarnation is a special period within the timeless circle of being, when time and space take hold and the personality that you are sets off on an adventure. You give yourself resources and things to carry for this adventure. You give yourself targeted issues that you wish to explore for incarnational lessons, and you give yourself relationships by whose means these issues may be addressed most efficiently. Relationships are ideally experienced as the coming together of two entities who work with more and more harmony until all of the learning between them has been accomplished, and all of the possibilities of service between them have also been explored and generous gifts given. So it is that each relationship teaches and gives us the opportunity to share our gifts and to be of service. And in actuality this is what happens, but on the level of the physical illusion it often may seem that the expression of a relationship is sadly incomplete and must be left in what seems to be an inharmonious condition.

In some cases there is no recourse upon the level of the physical illusion from seeing relationships end before the self is ready for them to end, before the expression has been or is felt to be complete. The other entity in the relationship may well have passed from this physical illusion, thus ending the direct chance of communication. There may be such a separation between the two entities from the impact of circumstances and differences of opinion that there is no longer the opportunity to communicate. Certainly many emotions can come between two entities, making it impossible for them to be successful at speaking with each other, whether because of anger and guilt or simple misunderstanding.

The desire of the spirit within incarnation is mixed because the spirit within incarnation is a mixed being, and by that we mean that on the one hand there is the personality which wishes to be comfortable and to manipulate and control situations for comfort and safety. There is also that completely spiritual being which has very little to do with time and space but has a great deal to do with ideals and inspirations and mystery and, oddly enough, ethics, so that there is that part of a spiritually awakened entity that at all times wishes to do everything possible to create the most ethically pure situation where all respect has been given, all communication has been harmonized, and all differences have been healed as well as words can heal them.

In many cases for a spiritually awakened entity the situation is that the other entity has chosen not to follow the call of the highest and best and has, therefore, simply decided to end a relationship without communication. When you are faced with this situation we may suggest that the first work to be done is simply to release the situation from your conscious control. It is amazing that there is not more pain connected with relationships, for indeed in almost all cases two entities in relationship will have many areas of pain and soreness. We encourage again and again the communication between loving beings that is honest and clear, saying the hard thing as well and as kindly as possible, for it is in the saying of the hard things and in the bringing up of difficulties, in the exposing of the self in its vulnerabilities and its pain that entities begin to become closer and start to generate the kind of unconditional trust that is necessary for that

experience of having true intimacy between two people.

Within your density it is virtually impossible to know when you have hurt someone, how you have hurt someone, where the sore spots are, where the sensitive areas lie. And if another entity will not share this information with you, then what intuition does not tell you remains unknown. And how painful this is, both for the self who is missing the mark unknowingly and for the other self who has not the strength of character to speak up and express in a gentle and loving way the needs that must be met, the limits of being that must be confessed, the self-perceived faults that must be shared.

The second thing that we would say is that this situation of unrequited communication is sometimes part of the lesson that is yours to learn in having this relationship. When one is dealing with a repeated issue, especially one they see repeatedly crop up, where it is not simply the releasing of another entity, it is also the releasing of an issue that lies behind the failure to communicate within the relationship. For those lessons which you came to learn and those gifts which you came to share may in some cases overpower the personalities involved in a relationship, so that it is helpful to probe what was brought up within that relationship that it may be seen that there were impersonal elements in the relationship that have no need to be discussed with the other but only with the self.

In this entity's experience, for example, this one known as Carla has had the experience of discovering after the fact that communication intended to help has indeed hurt to the extent that further harmonious relationship was impossible. Was this entity at fault? To any way of perceiving, no. Is another entity at fault because it cannot defend itself? To any perceived way of thinking, again, no. Sometimes for two entities the issues become larger than the relationship, and for the entities it is well to think, for the one known as Carla, what is the issue that sits squarely at the heart of the inability to communicate? For this entity the incarnational issue happens to be, "How do I serve another entity?" And it is in the light of service to others that this entity will then find closure to a relationship that seems to be hanging.

But at a level deeper than this, at a level deeper than lessons and personality shells, the lessons are all

about love. And we would pause that each within the circle may re-center the self upon the realization in this moment of the utter love in which each abides. Each is the one infinite Thought of love, brought into flesh, given a voice and hands to do, to serve and to be. But each moves with the breath of love, with the energy of light, with the power of deity. And from the standpoint of that loving nature, each is as a vibration and that vibration is an expression of love. It is well to remember this deep and constant nature of self, for certainly upon the surface of the physical incarnation, in the everyday experience, there are many rough waters and puzzling events aplenty.

It is well to remember that all things come down to issues of love, forgiveness, acceptance and release. In this particular instance where there is a desire to find closure in a relationship without the advantage of communication from the other party, the largest issue is forgiveness. And it is not simply forgiveness of another self although this certainly is involved, but rather it is coming to see that that person is a part of the self which the self does not happen to be able to control. However, the self can control the emotions and the direction of thinking within the heart. It can determine for the self to release and forgive all shadows that appear to blot the beauty of another person at the soul level and to know that person again as that person has been known before, as perfect, without blot or blame or sin of any kind. For this is the true nature, not only of that person, but of the self and of all that is. Once that other entity has been released from its stricture within your heart, the remaining work of forgiveness lies within the self. For although the issue seems to have to do with another entity, in truth all things come back to the self, and the other self is not forgiven until the self has forgiven the self.

When there has been a great deal of trauma, emotionally and mentally, it may not seem to the self that there has been any blame attached to the self. It may seem that all has been done beautifully and with a perfectly intended positive outcome hoped for. And we do not say that these things are not true. We only say that they are true for each entity, so that if one were to speak to the other in the relationship in this situation where two cannot speak together it may be that an entirely different story would come forth, a story unrecognizable from the standpoint of the self, so changed are the events

that actually took place between the two by the viewpoints of the two different people. However, spiritually speaking it is perfectly possible and very highly recommended by us to pursue the closure of such a relationship until the heart within the self is completely satisfied and the processes of healing then can progress. Once all blame, anger and so forth have been lifted from the other person and the focus has shifted to the heart within the self, then it is that the true work can be done with much more helpfulness and efficiency. There are no issues within the self of infringing on the free will for it is the own free will of the self that is involved, and you can decide that which you wish to do without fearing that you have trodden on sore feet.

For many a physical action is very helpful in attaining closure of such a heart-breaking and difficult situation. In order to invoke the forces of what this instrument would call Mother Nature we would suggest something direct such as writing down all of those things which you wish to say, one after the other, in exquisite detail, leaving out nothing, but saying everything that you hoped to say. Then we would suggest one of two ways of alerting nature and the forces of nature of your need for closure. One way would be ritually and carefully to burn such a letter, offering it up to the infinite Creator. Another way would be to take such a letter, to wrap it around something physical such as a piece of tree root or a rock or small pebble and burying it, again with some ritual words designed to express the willingness to release this situation from human control and judgment.

Underlying this act is a faith in the rightness of the relationship as it is in its seeming imperfection. If there is absolutely no desire for further relationship with the entity with whom closure is desired we would suggest burning. If there is the desire to invoke the forces of time so that in any future in which such relationship and such issues may again be worked upon that there is willingness to do the work, we would suggest burying. But in both cases we would suggest the most careful thought as to the expression you wish to make as you burn or as you bury, seeing this in true terms of closure, seeing the making of an end and asking the self, "How can I make the most loving and most harmonious end? How can I release this soul to move along its path with the most open heart?" Let this be a concern that brings forth the words that are the highest and

the most loving that can be found while at the same time being completely honest and sincere.

Remember that you deal with fragile, fragile beings when you come into relationship. It may seem that you are fighting a tremendously powerful force, yet you are only fighting yourself. The shadow of self within this other self, just like you, is a delicate, sensitive, vulnerable spirit, often confused, and often out of control. Even when we think we are in control, many times there are emotions that are impure and issues that have not been fully realized that bias and distort perception. This is the nature of the physical illusion that you enjoy at this time. To some extent it is still the nature of our environment. We can be fooled by ourselves. We can be fooled in subtle ways in relationship. This work goes on past your density. Yet it is good to deal with. It is indeed the very stuff of spiritual evolution. To work on relationships is to purify the emotions and to center the self again and again in humility and a desire to be of service.

Realize in a very deep way that the job of the self is to give and receive love. The work of receiving love is done when it is perceived as being offered. The work of loving is endless, for it does not take the agreement of another person to love that person. All beings may be loved without infringement of free will. So we encourage each to work on loving without expectation of return, without attachment to the outcome of a letter or a telephone call or any other communication, but loving into the void, into the abyss, that is a life lived in faith.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those known to you as Hatonn.

(Jim channeling)

I am Hatonn, and greet each again in love and in light. We would ask those present if there may be any further queries which we might address this day?

Carla: I would ask if you would like to comment on why we got you instead of Q'uo. You did say something about that. I would be glad to hear anything further.

I am Hatonn. We are always eager to lend our vibrations to this group, for we have been with this group for a great portion of your time. When there is a certain configuration of seeking within your

circle of seeking, then it is our privilege to join you in word and with our vibrations. And so we do so today. May we ask if there is another question?

Carla: No. I am glad to talk to you. I just asked about it because it is unusual and hadn't happened in a long time. I'm very glad to talk to you. There have been requests to talk to Oxal and Yadda as well, but I haven't exactly known how to request certain entities because I just ask for the highest and best contact that I can carry in a stable manner and that almost always comes up Q'uo. Thank you very much.

I am Hatonn, and we thank you, my sister. May we ask if there is another question at this time?

S: My niece has very few things that she will eat, and even the things she does eat, she is removing some of those from her diet now. My brother and his wife are concerned, and I am curious as to the reason for what she is doing. Is there anything that we can do to help her?

I am Hatonn. We are not well aware of this entity and must speak in most general terms, for it is not our forte to look to individual vibrational complexes in order to diagnose the difficulties therein. We may suggest that when an entity finds that there is little of the foodstuffs that it is interested in, and this is most often especially the case with the young children of your peoples, that the need [is] for the intake of love from those that are the parents and the, shall we say, significant entities in the life pattern. For in its most basic sense, your food is love. It allows the life force to continue to move through the physical vehicle, and the young entity will equate the foodstuffs with this quality of love that is needed most basically by all entities, especially by the younger entity. If there is some manner in which attention may be given to this young child in a more understandable manner, perhaps then the reflection of being full of love will manifest in the eating habits as well. May we ask if there is another question, my brother?

S: Are there any words of wit or wisdom from our unseen friends that join us in our circle today?

I am Hatonn. We consider your query and may report that the verbal communication has been left to us this day, which we are happy to undertake. However, we would remind each entity present that the means of communication that is most effective is

not that which is mind to mind or mind to ear, but that which is heart to heart. Those entities which join us this day, who are not visible to your physical eyes, send this vibration of love to each present with greetings, with blessings and with benedictions that each may be well and may reflect this love to all about it. Is there another question, my brother?

S: Not from me right now. Thank you.

I am Hatonn, and we are grateful to you as well, my brother. Is there another question at this time?

R: I have no question but feel that I want to say that it is nice to hear Hatonn. It does not always happen, and thanks for speaking of love because it does come through.

I am Hatonn. We are also grateful for your presence and the love that we feel from you and indeed that we feel from each within this circle this day. We would ask if there may be a final query before we take our leave of this group?

(No further queries.)

I am Hatonn. We find that the thanks and the love and the sincere desire to seek that we have found within this circle are reflected also within our hearts to each here this day and to all those who hunger within the population of your planet. For there is to our ears a great call for love at this time from this planetary population. We are honored to be but a small number of the great heavenly host that answers this call at this time. If each will take the time in each day to meditate and to seek there the one Creator, there is where this love may be found in its most obvious quality and sense. For within the daily round of activities that is normal to most of your population, the noise and static, the hustle, the bustle, the hurrying is much too loud for most ears and heart to hear. But within the heart of your heart, there is the voice of love speaking directly to each. We are know to you as those of Hatonn, and we would take our leave of this instrument and this group at this time. Adonai, my friends. Adonai vasu borragus. ❀



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SUNDAY MEDITATION

MAY 6, 2001

Group question: The question today has to do with the eternal spiritual principles that each seeker of truth pursues. At some point in the spiritual journey a seeker will lose some of the original passion that propelled the seeking to begin with, and we would like Q'uo to give us information about how the seeker can find again that passion in the seeking. How can we as seekers of truth keep our passion high, or is it necessary to have periods of rest?

(Carla channeling)

We are those known to you as the principle of the Q'uo. We greet you in the love and in the light of the one infinite Creator. It is our privilege and our blessing to be called to your group this afternoon, and we thank each who is a part of this circle, those present and those who are joining this circle from a distant location. The dedication and desire for truth that each of you expresses creates the vibration that has called us to you. And we thank you very much, for it is our chosen service to offer our thoughts to those who would seek to hear a slightly different slant on that story which is always and ever the same. That story that is always the same is a story about love.

Your question to us this day is also, in an important way, about love. For when you are in a passionate stage of seeking your heart is on fire with that which is love. The story of love is a very simple story. The Creator loves each and every spark and atom of creation with a love that is beyond all that can be imagined. This love is as the energy which drives the

infinite universe, and it is the spark within the heart of each of the Creator's children. The love of the Creator is as a unified, infinitely intelligent Thought that we have often called the Logos. Logos is the word which the one known as St. Paul the Apostle used and the one known as St. John when they wrote those books of your Bible in which the love of the Creator was discussed. The one known as John, who wrote the Gospel of John in your Bible, also used this word when this entity wrote, "In the beginning was the Word." In the beginning was the Logos. And each of you is made of that same Thought that is the Creator and the created. And each of you, having received this infinite gift of life and spirit and being, has created through the winding trail of experiences and thoughts many, many shadows and variations on that original Thought of Love so that each of you vibrates in love, and yet with many unique characteristics of your own which mark each of you with a signature which is unmistakable. We would know each of you in any density and in any form of body which you would take, for each of your souls is unique.

The question this day concerns the cycles of seeking that you experience, the ups and downs of being very excited about a certain body of material that seems to hold true and then being not so excited about that material and perhaps, then, being drawn to another body of material and becoming excited about that. As this instrument was saying earlier in the discussion that preceded the mediation, there is only one truth. There is nothing new under the sun.

And we would be the first to agree with this instrument. We have often said to this group that our story is too simple to be told in an understandable fashion. We work through channels such as this one because each channel has a personality and an attitude which enrich our simple story with words and images that we are able to use to find a new way to share our hearts with you. And this is what the thousand thousand entities who are inspired with the love of the Creator offer. Some of these sources have been codified as holy works. Some of these sources have never written their words down at all. And many are somewhere in between.

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

And those who choose a religious path or a philosophical path as a life path are very wise to remain upon that path in good times and in bad. But there are many entities, many sparks of the one infinite Creator who are not able, for one reason or another, to resonate and respond to the story, the truth and the face of the Creator that lie within that religion or philosophy that is offered. These are entities that will make their own paths, and these are entities that may well find themselves not simply moving in and out of a passionate love of one body of material but in and out of respect for and

devotion to and learning from several or even many different sources of inspiration and guidance as the path moves through years of living and experience. We do not in any sense recommend one way of pursuing truth over another. For entities such as this instrument we find one path to be extremely helpful and the sticking to that one path extremely wise. For those who do not resonate to one path but who find their food from this and then another and then another source we simply commend to those seekers all that is old and all that is new in their experience.

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

That which the seeker seeks may seem to be within the words of holy works or inspirational works, but in fact the truth lies beyond the words of those books. For truth cannot be written down. Truth lies within the heart. Truth lies within essence. Within your illusion, within the poor words which we offer through this instrument, within all words, lie nothing more substantial than dreams. The world as you experience it is a very thick illusion made up of atoms and molecules and a great deal of space and energy fields. Those energy fields are thoughts. You as an entity are a kind of thought. And what you hope to do, what you seek to do, what you yearn to do when you are seeking for truth, is bring your thought, your energy field, your light, if you will, more and more into tune, into harmony and eventually into unison with the Thought that is the one great original Logos of love.

This desire is what calls you through all of your seeking and whatever reading or studying that it may call you to, you will find, as you move more into a particular study, that this study is not bringing you to truth, but, rather, is bringing you to a place from which you can begin to think about truth in a way that resonates to you. And this is why it is very important for those who are not inspired by a certain book or a certain source any more to move forward, to keep the eyes open and the heart open to receive a new story, a new image, a new way to think about the Divine. Whatever inspiration comes to you, the truth within it lies beyond it. The truth of all words, philosophy and religion lies in the silence that is invoked when the seeker comes to the end of the words, releases all from the mind, and allows the heart to open to the silence that is the true essence of the ether or fluid within which true learning takes place, within your spirit or soul.

Religious and philosophical seeking brings the student to the place where finally all the stories fall away. The heart is opened, and at last the soul can rest and tabernacle with the one infinite Creator in power, in peace and in love. The comfort, the joy, the bliss of that companionship of the one infinite Creator is not out there somewhere, but, rather, within the heart, that same heart that beats so strongly within the body. This heart has a metaphysical component that is just as powerful a pump as the physical heart. And the Creator waits for each of us within that heart energy.

We wish that our words were not so poor. And yet at the same time we are grateful that we are able to share them. We wish we could share truth instead of the story about truth. But as long as we use words we will be telling a story. We will be dreaming dreams. Yet know that within the dream of each of your lives, within the seeming illusion of everyday, the reality of truth and love abides. There is nothing unreal about your illusion. It is very real. It is just not what it seems. The Creator is everywhere. Your heaven is everywhere, within you, without you, in every speck of the creation of the Father. Teachers are everywhere: the frog upon the rock, the iris blooming in the garden, the raven out the window. All the familiar images of this particular day in this particular year within this particular life experience are divine as well as mundane, enspirited as well as illusion.

In many ways we have nothing to say. There is nothing to teach and nothing to learn. For that which is truly within each of you is already perfect. It is a matter, always, of finding those resonances, those special words, those special people, those special images that bring the Creator alive to you that you must value and be on the alert to look for. They are everywhere, and the Creator is extremely redundant about being sure that you have many messengers to keep you on the track that you hoped to be on within your incarnational experience.

You asked whether it was a good idea to attempt to be on fire for the Creator all of the time. And we would say to you that it is not a state of mind that on the surface is passionate, that we would encourage seeking as a steady state. In terms of the surface experience we would encourage experiencing as truly and really as possible what is being felt at each moment, for you are not attempting to direct the way you experience the Creator. Rather, you are simply attempting to know more of the Creator. And so we ask you to release from any judgment your view of yourself as being good when you have passion and being not so good when you are less passionate about a way of seeking. Rather, we would encourage in terms of the steady state the remembrance of the Divine, the remembrance of who you are and whose you are. It does not matter how you feel about that. What matters most is the persistent and heart-felt orientation of the self with the Creator. Simply to remember the Creator is what we would recommend as the request made by the self of the self for every day. Attempt, if you can, to remember every day that you are the Creator's child and that the Creator loves you more than you can ever imagine.

Try to remember every day to find a thankfulness for the opportunity of life and being. If you can but remain faithful to the remembrance of your true essence the flow and the stream of life will bring you every lesson you need, every inspiration, every truth, every opportunity for service. It may not seem at times as though this were true. It may seem at times as though there was nothing but confusion and chaos and not much comfort. And yet we say to you simply remember in good times and in woe that you are the child of Love and that you are here to love and to be loved.

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

Every moment of your life will not be inspired. But every moment of your life will be filled with love. For that is all that there is, the Love that created you and the light from which the Creator made your body and all of the creation. We always greet you in love and in light because that is all that there is. All that there is, is the one infinite Logos.

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

(Jim channeling)

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

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

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

say, assistance from sources of extraterrestrial, as you would call them, visitation from your days of old in which there was interaction between the population of your Earth at that time and many who came from elsewhere with the intention of assisting in the evolution of not only this planet's population but this planet itself as well. This we can confirm. However, we would not suggest that the entire population of this planetary sphere was so seeded by extraterrestrial sources. There have been much, shall we say, later additions by more normal means to this planet's population. The entity, Rael, is one who works in this area with a desire to be of service. However, we find that our ability to speak upon this entity any further must be bated by our concern for the first distortion. Is there a further query, my sister?

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

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

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

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

T: Yes. I have a grandson named D, and I have a very strong feeling that he and I are connected, more so than we all are part of the Creator. I feel that there is some connection to my former wife, E, and I

don't know if you can comment, but I would appreciate some elucidation on your part.

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

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

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

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

I am Q'uo, and am aware of your query, my brother. When an entity such as your wife has repeated experiences of a similar nature, in this case the carrying of the load of stress, it is difficult to share such a load until this entity has been able to fathom the depths of the lesson to be learned. There is the matter of the feeling of responsibility which is felt by this entity that is connected to the feeling of the stress. The responsibility itself is also added unto by the entity's feelings regarding sustenance, abundance, plenty. This entity explores these areas of its own nature in order that it might more fully experience the presence of the one Creator in its daily round of activities. This exploration of the connection to unity, to power, to peace is one which this entity has long pursued and which this entity wishes to balance by its current experience of that which you call stress. There is much which can be done to support such efforts and lessons in that there is the need to value both upon your part and hers the amount of work that is truly necessary for this entity's learning of that which she has set before herself. The basic questions in this series of lessons concern the amount of effort necessary to secure the feelings of abundance, self-worth and the providing

for those in this entity's care. There is a boundary now that we find beyond which we do not wish to go, for again there is only so much of the setting of the table that is possible before infringement occurs. Perhaps at a future time further queries may be appropriate and further response given. Is there another query, my brother?

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

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

S: So, is it appropriate to not only appreciate the efforts that they have given, to also ask for that

assistance from them to help others when the opportunity arises?

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

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

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

(Pause)

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



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SUNDAY MEDITATION

MAY 20, 2001

Group question: The question today has to do with the process of growth that the spiritual seeker seems to go through. We would like for Q'uo to give us some idea about the nature of this process. Most of the time, when something happens internally, we may or may not feel the repercussions externally in our life. We are wondering if Q'uo could give us an idea of how this process of change occurs, the various types of change, the stages of change, the ways the seeker can use to survive the change. And could Q'uo give us an idea of how the process and practice of meditation enhance this change?

(Carla channeling)

We are known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is, as always, a great joy to be called to this group, and we are most blessed by being asked to speak with you this afternoon on the subject of spiritual growth and how to survive it with some degree of comfort. Certainly that is an endless topic. We are still learning how to enjoy the natural, inevitable processes of evolution. We are most happy to speak to you and are gratified by the opportunity, but as always we ask each of you to listen with a discriminating ear and retain only those ideas which seem helpful to you, leaving the rest behind.

As we consider how to speak about this process of evolution we rest within each of your vibrations and experience the beauty of each of you as if you were flowers, each of you with its own scent and shape, each blossom at a different stage of unfolding, some

personalities with more thorns than others, some hardier plants than others, but all blooming beautifully according to each soul's nature. Perhaps this is the place of starting in considering the processes of growth, that realization that nothing can truly harm this process. Maturation and evolution are protected processes. They cannot, in fact, be halted, not for long, although certainly some entities attempt to escape change. The mills of destiny grind fine and that which has been rough has been refined. This is the nature of your experience. You are those who have chosen an environment which is a spiritual refinery, what your Holy Bible called the refining fire.

It may be said that experience is a refining fire and in the ways of the world this is so. There is a certain amount of maturation and evolution that occurs because of the outer events of a life. However, we believe that the question was directed from the standpoint of the inner landscape rather than the landscape of the world. There is a level at which the feeling associated with outer events percolates and distills during the refining process, and it is this inner portion of this process which has attracted the interest of the questioner. For no matter what the vagaries of the outer world are, generally in the emotional part of the self there is a different density or feeling to the material that is processed. The outer events may be large or small, but what they bring up for the seeking soul is as the attention-getter that pulls the feeling, the focus and the arena or work away from the literal and mundane details of a

situation into those areas of sensitive feeling and fragile vulnerability that seem to limn the treasure box of the unconscious.

The irony of spiritual catalyst is that the more material, emotionally and spiritually speaking, that catalyst offers, the less articulate and simple will be the words that will satisfactorily encompass the feelings, the emotions and the processes of suffering that take place during the burning of that refining fire. When the seeker stays on the surface level it is very easy to explain to others what is happening. When there is a situation when there is an illness, a death, a change in employment or some other large and obvious catalyst, the entities about one are able without any effort to grasp and sympathize with the situation. When the difficulties arise because of tender feelings and the inner wincings and shudders that accompany difficult experiences emotionally, new experiences, times of risk and times of fear, it is far more difficult to frame a simple conversation with a friend and describe what is going on. And, indeed, once one begins plumbing one's emotions, the opportunity to obtain a larger point of view is, for the moment, lost. Consequently, while it is seemingly helpful and, in a bittersweet way, even pleasant to probe and press and explore into those areas of difficult experience or feeling, in another sense it is more skillful simply to accept the feelings that are sweeping through the energetic being.

The great trick of the intellectual mind is to consider itself capable of understanding situations and, again, for outer situations the intellectual mind generally has the promise of being able to assess a situation adequately. When it comes to matters where there is fear and a desire to be comforted in the processes of growing spiritually it is more helpful to move into that portion of the being which has no words. For those feelings do not need words in order to move through the various filters of each chakra, working like the energetic brooms that they are, cleaning, purifying and moving through the system like weather. Begin to see yourself as a far sturdier being than you feel as though you are. See yourself as much a solid being as a planet or a star. Lift away from the thought of self as body and move into the concept of self as an energetic being and you may see a model of yourself as this fantastically complex flower that blooms in good weather and bad and that enjoys both the rain and the sun in their seasons.

When there is the experience to the flower of the rain, the flower simply accepts the rain. When the sun is shining the flower gratefully accepts the sunshine. Both of these states of weather are necessary for the health and the evolution of this bloom, and both perceived times of halcyon days and perceived times of terrible internal weather are times that are good for you as a growing being. We cannot say to you that suffering is not truly suffering because each of you is fully aware of the depths of suffering of which you are capable and which you have experienced. Each of you has undergone great difficulty. We would be fools to try to tell you that you have not suffered. What we are saying is that this suffering is a tremendously helpful force that is powerful to offer those refining energies that you came to experience, not because you wanted to suffer but because you wanted to investigate and see if you could remake with even more purity that choice to serve the light with which you came into this incarnation.

You had very carefully thought-out hopes for this incarnation before it began. What this instrument calls the Holy Spirit, what many call guidance, what those known as the Ra group have called the higher self, took counsel with you before this incarnation and considered just what goals you would hope to place for service and for learning within one lifetime. With great thought and care you chose those people that are in your life: mates, parents, children, friends and enemies, each carefully positioned to rub against you this way and that and knock off the sharp edges. Each is as the refining fire to others around you, and those around you are as the refining fire to you. And yet the fire is not of the person, but rather, it is of the spirit. This entire refining process is powered by spiritual energy. It is the energy of the Creator to know Itself, and you mirror this by your desire to know yourself.

What we encourage for each of you is a mixture of high ideals and utter down to earth practicality. It is a wonderful thing to be awake to the reality of spirit. Yet this awareness is seated in a life of flesh and blood and dust. You came into incarnation to experience the grit and the friction of a very real physical illusion. This is the chosen arena for this season of your bloom. We suggest that there is great survival value in trusting that the soil in which you were planted and the blooms that you see around you are the correct ones for your best growth and

learning at this time. We suggest that the very nearest things to you can provide you a tremendous opportunity for service. We suggest that there is an enormous value in realizing the permanent in the ever changing world of your heart.

Where does the world's reality leave off and metaphysical reality begin? We suggest to you that they are both centered in your heart. If you dwell within your mind and think many thoughts and skitter across the surface of ideas you may make a great noise but you may not make a great deal of sense. If you move into the silence and reality of the heart you may say nothing, but you will be resting in the peace that lies within the precinct of that heart. We have described you as energy beings, and when we speak about moving into the heart we speak about moving into the very center of that energetic being where body and soul come together. Realize that while your brain and your personality shell are pumping out one idea after another, your heart is serenely beating, moving in rhythm with the creation of the Father. The instinctive wisdom that you as a living being possess is incredible, and the challenge is to tap into what you already have within you.

The one known as R asked about meditation and what enhancement it might offer to those in the process of growth and as this entity is well aware we very much agree that the one most powerful method of enhancing the processes of evolution is meditation. Moving into the silence in any way that one feels comfortable is always a powerful helper, for it is within the silence that love may abide most comfortably and may express most fully. We do not know what realms may open up to you in the silence, but within that room to which silence opens the door lie many mansions. We simply suggest that the habit of silence is helpful, profoundly and continually so. It is, to our knowledge, the single most attainable way of moving from the level of the outer world into the levels of that inner world where the feelings and the processes of being revolve.

To hear us speak you would think we never laughed. You would think that we never cried but that we were always calm and wise and dispensing of words. In fact, this is not so. We struggle to find ways to share our experiences with you and we do not feel that we are tremendously successful. But what we have to share, more than anything else, is an

awareness of and a certainty in love itself and the power and rightness of that love—that is your very being and is our very being. We encourage each to be lifted up by whatever light comes into the heart to comfort it, that it reach hands willingly up to the angels that hope to help. We ask each to know that you are not alone and that there is comfort for the asking, for prayers are answered, and when help is requested presences are with you that love you and wish to safeguard you in every way. The Creator is not far off. The Creator is very, very near. This is good to remember.

We hope you find many moments of peace, but we assure each that the unrest and the disquiet have a purpose too. The more serenely that you can look at the troubles in your life the more trust you can develop that these are not simply difficulties that seem to challenge but are also helpers whose purpose will be seen much more easily from hindsight when the process is through. And we encourage each of you to use each other as lifelines. If there is a hard time find someone you trust and talk it over. It does not make the process of refinement any easier, but it makes it much more bearable because the sharing lightens the load.

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

(Jim channeling)

We are those of Q'uo, and we greet each again in love and in light through this instrument. At this time we would offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

Carla: S phoned one in and he asked about light centers around the world such as Mt. Shasta, Sedona, Machu Picchu, etc., and what their significance might be.

I am Q'uo, and am aware of your query, my sister. These areas which have been described as centers of light have an influence upon those who are sensitive or psychically aware, shall we say, in that these centers or areas are both located at points of intelligent energy ingress and have the advantage of attracting seekers for many of your years. These centers then are steeped in those energies which are transformational in nature. For the intelligent energy

that is sent by your sub-Logos, the sun, makes its way into the Earth sphere through various vortices that are distributors, shall we say, of this energy that the entire population of the planet shall eventually be able to partake of their transforming nature. These vortices are in a regularized grid—we search for the word within this instrument's mind and complex is the closest we can come. Where there is an intersection of these lines of force there is formed a vortex that is an opening for such energies to be easily assimilated into the Earth's mantle. Entities who are sensitive to such energies oftentimes gravitate to these areas in order to feel more of the pulse of life, shall we say. Is there a further query, my sister?

Carla: No. Not from me. S may want to follow it up when he returns. Thank you very much.

I am Q'uo, and we thank you and the one known as S. Is there another query at this time?

M: To follow up on Steve's question, what is the closest vortex of energy in our area, Indiana and Kentucky?

I am Q'uo, and am aware of your query, my sister. Within this particular geographical region there is a vortex of energy that is very close to this location, that is, the city of Louisville, and there are other vortices located within a radius of five to six of your miles, both east and west of the center location that is congruent with this population center. There is a map which this instrument may be able to locate that could be of help in the determination of these locations. Is there another query, my sister?

M: No. Thank you.

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

Carla: We had a visit from a Toltec magician this week, and listening to his descriptions of his inner landscape I wondered if he was working on one of the inner planes, the astral or devachanic and so forth, if I could frame his reality in terms of thinking of it that way. How would you suggest that I think of it? What level is he seeing what he sees on?

I am Q'uo, and am aware of your query, my sister. We must be general in our response in this instance and would suggest that this entity is one who is partaking in both the space/time illusion which each here inhabits and in the time/space illusion as well

which is that which is more metaphysical or invisible to the third-density eye. That which is approached in meditation, in prayer, in contemplation reflects the milieu in which this entity has a richly populated interior landscape, shall we say. Is there a further query, my sister?

Carla: No. Thank you.

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

R: You usually are not able to speak in much detail about things such as the location of the vortices in our area. Is it because we already knew about it that the Law of Confusion did not apply? I am curious about why you were able to be more specific than you usually are?

I am Quo, and am aware of your query, my brother. In the case of the query concerning the centers of energy influx we are able to give that which this instrument can transmit without any fear of infringing upon any entity's spiritual growth, for these centers of energy are available to all entities and do not affect one's future, shall we say. Is there another query, my brother?

R: No. Not from me. Thank you.

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

M: Will you be coming to watch over our group for the summer until next fall when we get together again?

I am Q'uo, and am aware of your query, my sister. The period of time between the gatherings of this group ...

(Tape ends. The answer was basically in the affirmative, although no channeling would be attempted, only the aiding of the meditation.) ♣



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SPECIAL MEDITATION

AUGUST 29, 2001

Question from R: This first question concerns [a] pattern in my life that has to do with feelings about my work. My criticism of myself is that my work should be more service-to-others oriented. I then proceed to find a different type of work or employment that has energy in it that grabs me and that I start working with it but that passion or that energy dissipates quickly once that new work begins. I am looking for suggestions or different points of view that would help me get deeper into this pattern that I am seeing.

(Carla channeling)

We are those known to you as the principle of Q'uo. We are a slightly different voice than the Q'uo [that] normally speaks through this instrument because the vibrational characteristics of this particular question and group seem to be better met if the brothers and sisters of Hatonn take the position of speaking for the principle which includes those of Hatonn, those of Latwii, and those of Ra. Normally, we speak with this group through the brothers and sisters of Latwii. However, each session of working has its own dynamics and this particular group seems to call forth the strengths of the brothers and sisters of Hatonn. If there are any differences, they are probably due to this unique voice.

We greet each of you in the love and in the light of the infinite Creator. As always, it is a great joy to speak with this group, with whom we have not spoken for some of your time. Truly, it is a blessing and a privilege for us to be with you and to share in

your meditation and your seeking. We thank each of you for this special occasion which we are heartily enjoying.

As always, we ask each of you to ponder our words with your hearts, keeping those thoughts which seem helpful and resonate within your being as true and leaving aside all other thoughts as not applicable to you at this time.

The challenge of right occupation is not a challenge that is entirely that which it seems on the surface, any more than an activity at which one spends a substantial portion of one's waking hours can be simply a job, simply that which it appears on the surface.

The concept of an occupation has been distorted by the needs of your peoples for money. In a world where there was no need to earn money in order to live a life that was comfortable to a minimal extent, it is likely that many, many of those that work at the jobs at which they now work would immediately cease to report for their hours spent at the job because they would no longer need the money that the job offers.

However, there would still be an incarnation with lessons to learn and gifts to share. And even those who come into incarnation with absolutely no need to earn money usually find themselves at least tempted to choose to occupy a substantial portion of their waking hours pursuing an activity which could be said to help the seeker learn its lessons and share its gifts.

It is easy to see the materialism of the world and its ways. It is less easy to see how the materialism in which the seeker lives may have penetrated into areas of the metaphysical and caused elements of the work ethic to become elements of spiritual materialism. This is a subtle area of contemplation but we recommend it to the one known as R.

For the rules and the ways of the world and the spirit are genuinely, from the core outward, different. And when evaluating the spiritual work of issues such as this—which have so many elements in the physical and so many elements in the metaphysical world—it is well to ponder how to frame that great and genuine desire of the heart to serve in a way that allows the seeker to see into, to penetrate into the deeper workings of desire, and to sift out those elements which have to do with the world and its ways, in order that the real form, the real skeleton, the real muscles and sinews that underlie the flesh of spiritual seeking may be viewed.

For there is a structure to right occupation in the spiritual sense. And that has to do with those things that are of worth in the spirit rather than in the world, in the heart rather than in the mind, and in the intuition and the resonances of feeling rather than in the logic and reason that characterize intellection and ratiocinated thought.

One thing we would suggest in pondering this issue is a review of the gifts which have been brought through into the personality shell available to the seeker in this incarnation and to ask the self how best these gifts might be shared. We are aware that the one known as R wishes, for instance, to investigate the possibilities of working with the younger entities among your people, feeling that perhaps working with these young entities may be of more service than working with the adult versions of the entities which are all the Creator.

We suggest to the one known as R that this may well be a reasonable concept. The one known as R may well have gifts that would feed into these relationships with younger entities. This can be investigated in several ways: by thought, by research, and to an extent by experience.

We would point out that the job, the career, is, in form, connected more with money than with the gifts that one shares, whereas activity that can be chosen of oneself offers a clear and far more elastic form of inquiry. In other words, it is possible to

place oneself in certain organizations through what this instrument would call volunteering time and attention in certain ways, and to allow oneself to come into contact with and interact with entities of that younger age so that many questions upon the seeker's mind might be explored.

Is there indeed a special gift that seems to be called for by younger entities who may have greater needs than the simple need to learn? Is there a resonance when actual experience replaces theoretical thought?

We suggest this for the simple reason that interaction with another self or other selves, while often very confusing, contains within it a tremendous potential for learning. When one is confined within the privacy of one's thoughts, suppositions that may or may not be true cannot be at all examined with the same efficiency as when these suppositions are placed cheek by jowl with actual experience. In the process of following relationships begun with such younger entities among your peoples, much data may be taken in; much, certainly, of linear information but far more than that, much of the visceral, the gut reaction. In this way there may be more of a rounded and full shape to the thinking.

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

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. In addition to that which we have spoken through the one known as Carla, we would add through this instrument the utilization of one's passion in determining that occupation into which one places one's desires and dreams as a means by which to serve others. As one looks at the skills which have been brought forth into this present incarnation and evaluates that level of expertise, shall we say, added to this, we would heartily recommend the investigation of any area in which one finds excitement, interest, passion—a desire to serve increased by the pleasure of serving.

In truth, there are truly no mistakes, for all entities are the Creator. One can only serve the Creator. All expenditures of energy are a service to the one Creator. Therefore, in order to serve in a most fulfilling manner and to achieve that brilliance and vividness of the variety of colors of service, shall we

say, it is well, whatever choices one makes, that there be a passion for the choice made to propel one, in a day by day manner, into the service and through the service to those whom you serve.

In this way the lessening of excitement which the one known as R has observed occurring in his patterns may be ameliorated and the most full expression of the heart of the desire to serve might be achieved wherever passion is found. For passion is a kind of a pre-incarnative gift. [It is] a continuance of that which has previously opened one's heart [which] again finds resonance in the present incarnation by the expression of a passionate desire to be of service in a certain manner.

At this time we would suggest the asking of the second query.

R: The second question I have concerns a pattern of looking for a mated relationship in my life, finding one, and then the relationship ending soon after. I wonder if there is a spiritual structure to such a relationship and if I am putting expectations in such a relationship from the beginning and therefore not allowing the passion or the true love to flow. If you can comment on it, I appreciate it. I am once again looking for suggestions on how to explore this pattern deeper.

I am Q'uo, and am aware of your query, my brother. The mated relationship is a specific kind of service, an experience of mutual desire for seeking the one Creator, for serving the one Creator, and for sharing the life pattern out of which seeking and service are born. Thusly, you may consider the words which we have spoken concerning the occupation and its service as being applicable to the mated relationship as well.

There is the need to love and to be loved which is as normal and natural a function of the human being as is the sleeping, the eating, the breathing, and the moving about within your illusion.

The experience of being of service with the mate is one which has a great deal of joy and direction in that each in the mated relationship feels a kind of wholeness which is not present outside the mated relationship when one is alone.

Although it is quite possible for each entity to be of great service and to seek with great purity in a solitary fashion, the yoke of such

honor/duty/experience is more easily borne when shared.

In opening oneself to such a relationship there is the need to become truly open, to prepare the self for change and to be willing to accept the changing currents and depths of the river of life. For once there is an expectation to which one holds strictly or dearly, then that expectation can become an obstacle to this opening of the self to that which the potential mated relationship brings to the self.

Thusly, it is well, when considering the possibilities of the mated relationship, to truly examine the heart's desires. For when allowed to express truly, these desires may move far past the boundaries of mental contemplation. Thusly, the romantic involvement within your illusion has oftentimes been seen to originate in the stars, shall we say, so that forces outside of the self are given the opportunity to move the self as the wind and the weather move a sailboat upon your sea.

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

(Carla channeling)

We are again with this instrument. We are those of Q'uo.

For you see, my brother, the entire self is here to love and to be loved; not simply the conscious self, the self with expectations, but the entire self, the whole, utter, real, complete, universal self.

And one can not approach that which is a consuming fire, that which changes the life, that to which one must surrender at one level, as if it were hiring someone to fill a position. One cannot choose a mate. That is, one can choose a mate, but one shall get what one has chosen. The product of rational thought may or may not be that emblem of love which so speaks to your own whole self.

There is that element in that other person that is the face of the Creator that allows you to see into the Creator through that person. There needs to be something within the choice that must be made, that cannot be denied, that is felt passionately to be sufficient cause of the discomfort, suffering and pain of surrender to a relationship.

For any relationship, while it will not change you, precisely, will change so much about your experience! It is as though you will have set into

motion the wheels of transformation in such a way that they are never under your control in any substance of sense. Nor are they in the hands of the other involved in a mated relationship. For that entity, too, will be challenged to so love you as the face of the Creator that she can see more of the Creator in herself because she has you as her mirror.

Certainly, a relationship can be made; a home can be created with any chosen mate. But to move beyond pattern into spontaneous energy which creates its own patterns, there is the need to find that focus that is worth the sacrifice of the old self and that inspires the faith and the trust of the self to release the protective layers around the heart, that the self may offer itself its life and its service to another.

Each in a mated relationship does this and it is not an “I” or a “she” but a “we” and an “us” to which each surrenders; that oversoul or higher self that the two become in union when mated. So there is not simply the self and the other self but there is that divine union which contains the Creator to which both have surrendered.

This is the glory of the committed or mated relationship. This is the beginning for great potential for learning and for an expansion of service depending upon that creature that both have become as a “we” and an “us.”

Again, to move from the head to the heart is to find reasons for what this instrument would call sacrifice. In any new choice there is, as the one known as R has said, the initial joy, the initial thrill of something new, and something perhaps better. But then, no matter how good that new choice is, there comes the moment when the new job or the new relationship is more fully seen and something akin to despair can crop up, for it is now seen, as the one known as R has said, that here lie feet of clay; here lie, in a job, tasks that ring hollow and do not resonate.

This instrument has been working at the occupation which she now enjoys for some stretch of time and from this instrument’s experience there seems to be, even for the most fully fulfilled worker, still those times when the job seems sterile and without true appeal.

And we find that in this instrument’s mind that this instrument has often said to herself at such times that this is not about the job, this is about the process. It is not the fault of those situations that

define a job description. It is about what cycles and what patterns through which the entity, as a personality and as a deeper spiritual seeker, is going and which can be expected to continue throughout the incarnation that is full of its cycles and will always be so as long as third-density conditions exist which encourage cyclical patterns: waking and sleeping, eating and being hungry, being happy and being unhappy.

These cycles are very stubborn within the human personality and are built into that constant pulse of spirit in order that the illusion may be what the illusion is intended to be: a disquieted, confusing, distracting and ultimately successfully humbling experience that brings one out of oneself and down upon one’s knees in many ways, and ready to open the self to that which is desired.

For all things that are desired will create the new patterns of change and change is always difficult. All new choices will seem wrong at a certain point, at many points in a cyclically repeating pattern.

What shores up the confidence of one who is moving from the heart is that feeling of being true to the self, right or wrong, and that feeling of being able, if one is wrong, to accept that and move forward, bolstered by the passion that moved the seeker in the first place to make a change so that the self may see into these cycles and yet may still, by following the heart and following desire, locate those precious elements that need to be within the life—be it the job or the people. Identifying not by sight but by the eyes of the heart, not by reason, but by confidence in those memories of desire that the heart speaks.

(Side one of tape ends.)

(Carla channeling)

For the Creator wishes each child to fulfill every desire, to ask every question, to knock at all the doors that call to him.

We are aware that the one known as R wished that we keep this session brief and we are aware too that the sound of the tape recorder means that we have not fulfilled his expectations. However, we can fulfill it at this time by relinquishing our hold upon this instrument and this group and thanking the one known as R for these very heartfelt and genuine questions.

It is a mark of spiritual maturity to see the patterns of one's life. It is a mark of even more maturity, spiritually speaking, to look not only for ways to solve the puzzle but for ways to love and to know the self ever more deeply, and knowing it more deeply, to find ways again to love.

Truly, every difficulty can be untangled by persistently turning to those gentle fingers of love that, through time, will untangle every knot and remove every obstacle.

We leave you glorying in the love and the light of the one infinite Creator. We leave each of you with our thanks and our true, true gratitude [for] our relationships with you and [your] invitation to share our thoughts with you. Adonai. Adonai vasu borragus. We are those known to you as Q'uo. ✽



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SUNDAY MEDITATION

SEPTEMBER 2, 2001

Group question: The question today has to do with the situation concerning our planet and all of us who inhabit it. We would like for Q'uo to give us some information concerning the quality of consciousness on our planet when you consider the various wars, diseases, famines and crises that occur on a daily basis as each of us as individuals go about our daily lives, dealing with the various levels of stress of family, work, community and so forth. We are wondering how we as individuals find a centering point, the joy in the moment? How can we really be of service to each other and to ourselves?

(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. We come to you as a voice of love. To this planet we speak the ways of One, the ways of unity. We have a very simple tale to tell, and we thank you for bringing us to you to be able to share this simple philosophy, a philosophy truly too simple to be easily understood. We are most grateful to you for your infinite genius that looks at that subject, which is always and ever the same, in ever-new ways, giving us new opportunities to work with the words of your language and the biases of this instrument in order to share our heart through the heart of this instrument and the one known as Jim.

We are extremely gratified to share our thoughts and would only ask in return that each of you is extremely careful about what you choose to listen to in what we have to say. For what we have to say is a

truth to us, but it may not be so to you. That which resonates within your heart, by all means, consider. For we hope to offer interesting and helpful thoughts. But those things which do not resonate we ask that you leave behind without a second thought. Some thoughts are for you. Some thoughts are not. That power of discrimination which each of you has is golden, as this instrument would say. Treasure it and trust it. No one else can tell you what is right for you. You are the authority for yourself. You are the teacher for yourself. You are the guru in a very important way, for those things which you desire to know lie within you now. It is a matter of remembering and coming again into awarenesses [of] that you have had many times, not necessarily within incarnation.

One great goal of each of you within this incarnation is to become aware that you are dreaming and to become able to make the dream of incarnation a lucid and a conscious dream, one that is, in some ways and to some extent, a matter of your choices and your control. For these skills much is required of time and attention and discipline. And each of you is well aware of these things as are we, for we too seek, unendingly driven by the desire to be truly one with the Creator and yet still aware in many ways of our own biases and our group biases. Always, it seems, the spiritual path has another turn and another, and the road leads ever onward. We rejoice in this endless journey that truly is not endless but cyclical. For in the fullness of the time and space that you now enjoy within this creation of yours and ours we

all will come to the octave. We all will coalesce once again into the one infinite Creator and become an unpotentiated unity. And in that beating of the great heart of creation, one creation shall end and another begin. We share this walk with you, this walk from source to source, from light to light.

We greatly enjoyed your conversation and thank each of you for all that you laid aside in order to attend and place time and attention on things of the spirit. How precious that desire and thirst for truth is, my friends! We can never thank you enough for your desire, for it is your desire that calls us to you, your desire and your sorrow. For we do hear the sorrow of Earth. We hear the sorrow of its people, and we want to respond, hopefully, in ways that are of service. That is one of the questions that is on your minds today.

But we shall not start with that. We shall focus briefly on the state of the planet, for that is one thread of your questioning: is there a gain or a decrease in love upon planet Earth? Indeed, there are a number of ways to answer that question, but we shall choose two. Firstly, as the one known as R has said, the surface of life has a spurious and shallow reality that is nonetheless undeniable. It is a world of complete illusion, and in that world the dragon thrashes its tail. And angels in flesh quiver, defend, worry and hope to respond in ways that add love to the illusion. A little positive, a little negative, and the illusion wags on, doing the job it was meant to do, thoroughly confusing, baffling and frustrating. All efforts of the linear and conscious intellect to control it bring each inevitably, surely, if each is honest, to the realization that the self knows nothing. That the life of the surface has nothing. That all is "vanity and striving after wind," as this instrument would quote from her Bible.

Such is the surface of life. Such is the design that was intended for that illusion, and at the same time may we say that there is tremendous growth in the metaphysical sense among the peoples of your planet. It is abundantly, richly clear on the metaphysical planes of your planet that a tremendous outpouring of love and concern has streamed into the Earth plane. Many Earth native individuals, and by that we mean those who have been within the planetary influence as souls since pre-history, in your terms, have come through the many waters of many, many incarnations over

thousands of years and have slowly but surely come to the point where the alarm clock has gone off. The awakening of the spirit within flesh has taken place, and there is now the realization within many, many individual Earth native souls that they are citizens of eternity, that they are infinite beings and that the surface of life, while due great honor and attention, is not all that there is but is only the gateway to the present moment, which is infinite. And these voices have become a great choir asking and seeking and knocking at the door of truth.

There is a call going out from your planet at this time that has been going out from your planet for a considerable number of years now, that has activated and doubled and redoubled the light energy upon your planet. Further, as many within this room are intimately aware, many entities have chosen to travel to the earth plane from other planetary influences for the purpose of entering into the experience of being an Earth native, plunging the self into the third-density atmosphere once again in hopes of serving the planet and its people but also in hopes of doing work upon the self: a reevaluating of that all-important choice of third density: the choice of whether to love by radiation and unconditional love or to love by control and magnetic attraction and the overriding sense that people need to be managed for their own good or for the greater good of the whole. This is work that is common to all at this time, all who are awakened, all who have begun that transforming opening of the heart and the spirit for which each took birth.

We hope that you feel very good about the work that you have done so far, and we hope that you will redouble your efforts, not to do, but to be. For the work of consciousness is the work of asking the self to be the self most truly and most deeply. What is the self? Upon the surface of the incarnation the self is a personality, a collection of biases, opinions, beliefs and suppositions, an amalgam of gifts and quirks and challenges. The interesting thing about personality is that each of you chose both your gifts and your limitations, your abundances and your lacks, for very good reasons. The challenge is to come into some fuller realization as time goes on as to what the pattern is behind those challenges and those gifts. What was hoped for by the higher self that is you when you and your higher self planned the big points, as this instrument would say, the plot points of this incarnation? Why did you put that

blockage there? That remarkable gift there? That incredible stupidity over there? These things were placed there for a reason. Why did you choose relationships with this, this and this entity that delight you and aggravate you and make you angry? In each connection there is a fullness of goodness, if one can but see the plan. As the one known as C has said, that is the challenge, and one seldom sees the plan until the pattern is complete and one has the blessed advantage of hindsight.

How to be one's self? [This is] a question we still seek the answer to ourselves. We know that our direction lies along the trail that leads to the Creator, along that ever seemingly darkening trail that rounds curve after curve until, at last, that creature that eats its own tail that is the Creator has found its tail again and the self is swallowed up once again in absolute divinity. Light shines within that direction, yet in a way that is hidden from the outer eye and from the eye of circumstance. Most often the spiritual riches are found when life is at its darkest and most challenging. For it is then that the little hammers and chisels and acid water etch and smooth and craft and sculpt and find the gems within the ore that is the personality shell. So the learning to be the self is a *geste* of tremendous patience and persistence. And yet, at the same time, advances are often made in blinding steps forward that seem like the dawning of a sudden sunrise, the turning of a corner which opens into a new world, the epiphany of the senses and the soul.

Be prepared for sudden and stupendous moments of awareness because, you see, you are a being. You are not an activity or a process. And you surprise yourself being yourself sometimes. And in those moments when you have hit a resonance that strikes deep down into the self, suddenly the moment opens up and you become aware of all that you are, of the tremendous unity that you have with everything that is. This state of mind is an actual opening into one of the inner planes or perhaps more than one of the inner planes, depending upon the experience, so that you simply are seeing more into your self, more into the reaches of your true nature, which is inclusive, universal, timeless and divine. You have to remember that you are the product of the Creator's thirst for knowing Itself, and your seeking to know yourself is part of the Creator's seeking for Its own identity. And what fascinates the Creator endlessly is how that identity is the same, and yet it continues to

grow because of the fecund and fertile nature of spirit.

You seem to stand upon the Earth, sticking out into space, upon this ball that is revolving, day/night, day/night, day/night around a minor sun at the edge of a rather small galaxy. And yet you are standing upon holy ground within the creation of the Father, and you are the womb of stars, the grave of dreams, all emotions, all feelings, all thoughts, all possible processes. Out of all these things you have chosen a certain eccentric pattern of personality and experiencing, a certain set of filters to further confuse the already illusory data of the incarnation. You have set yourself within a situation where you are at once universal and unique. You are living a life and at the same time you are living forever, never stationary and yet unified. This is the key to grasping the nature of the spiritual journey. It is truly a journey because the Creator is never still. The Creator's nature is extremely strong in freedom. This freedom of will creates a state of cyclical discovery, the desire to know more, the desire to seek. It is your nature because it is the Creator's nature.

And what the Creator actually is evaluating and, shall we say, feeding upon is the essence of those emotions which have been brought up in various muddied states again and again until there has begun to be more and more clarity within that particular emotion. In a way, you are a refiner of emotions and one way to look at the work of spiritual seeking is to use some discipline in evaluating your thoughts and your emotions on a daily basis, if possible, certainly as often as possible. For there is always the temptation to let the good and the bad slide by with the oil of time and to seek the doing, and to seek the rest, and keep busy or unconscious, thereby removing oneself from some of the less comfortable aspects of those thoughts and feelings which you have had during a day's time. Yet these responses you have had to catalyst are grist for the mill. These are the clues that you have, the harvest of the day at the end of each day that will help you to investigate your own nature.

We would suggest time spent perhaps just as you are drifting off to sleep wherein these emotions are looked at one by one as you remember your day. And there may be seen in each memory and in each cluster of emotions the opportunity to revisit those feelings, to see into the dynamic of those particular

feelings. If it is a feeling of impatience, for instance, that you are investigating, you may accentuate the impatience and really give permission to the self to feel very impatient and then give permission to the self to allow the opposite of that emotion to come into and flood the senses so that you ask, "Show me patience. Let me feel what it is like to sense true patience." This flexing of the emotional muscle in a very meditative and contemplative ways is most helpful to the unconscious mind and will, to some extent, clarify those dreams that are also hints and inklings that help one upon the spiritual path.

One of the threads of inquiry this week was having to do with service to others and how to evaluate such service. Truly this is a question that moves to the very heart of spiritual work in third density and beyond. It is a question that we answer when we come and speak with you through this instrument rather than landing on the lawn, impressing you with our looks and our differentness and then attempting to persuade you to our point of view. We attempted service in such direct manner at one time, and we found that it was not acceptable in terms of [the] infringement of free will that we caused. We now are perfectly content in ways that can never be proven as real because we feel that the information will speak to those for whom it is helpful. There is a law of attraction in seeking so that we know that, one way or another, the thoughts that are needed will come to those who truly are asking. And so we add our voice to those voices that are available if someone seeks such a voice.

Much of service to others is wrapped up in the study of polarity. However ...

(Side one of tape ends here; side two did not record.) ❄



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SUNDAY MEDITATION SEPTEMBER 16, 2001

Group question: The question today, Q'uo, as I am sure that you already know, concerns the recent acts of terrorism that have come to the United States. Many people have died, and much property has been destroyed and there is a lot of talk about retribution, about war, and a lot of fear and anger, a lot of confusion. And we are wondering what this situation looks like from Q'uo's point of view. We are told that this world is an illusion. It is a place where we come to learn to love. From our point of view, right here, right now, it is a very difficult place to learn to love. We are wondering what Q'uo can add to our knowledge of just exactly what has occurred, what does it mean to us in the spiritual sense, and what can we as individuals do to help the situation?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings, love and light to you each, the light and the love of the infinite Creator and the infinite unity of all that is. We thank each of you for joining our group this afternoon. We thank you for calling to us with your thirst for truth. We thank you for your sacrifice of time and your attention. We thank you for a great privilege, for it is a great privilege to be allowed to share our thoughts with you.

It has been asked of us this day that we tell you what our point of view is upon the events taking place within your earth world at this time. May we say, first of all, that we greatly appreciated the comments that were made in the sharing of thoughts and

reflections that preceded this meditation. We are aware, to some extent, of the distress and the discomfort of the normal tenor of life your peoples have greatly suffered, and it is a particular kind of suffering which is not only the suffering of particular nation but a suffering which goes beyond your nation states and into the overriding ethos of your culture.

What it looks like to us is somewhat different because we see in a wider range of things that are visible. We are not limited by physical limitations in what we see, what we hear, shall we say, what we are aware of, but rather are limited only by our distortions which to us is limit enough. Because of being able to see into the finer planes of your planet's ongoing developing nature and essence we are able to report both that there is genuine suffering going on within your earth world in the finer planes and that there is at this time, as this instrument and as the one known as Steve has mentioned, a tremendous outpouring of love, light and energy.

To express our point of view is to ask all of you to come from a standpoint of looking within the parameters garnered by physical limitations to the realm of concepts. For in the metaphysical creation which is the counterpart of the physical creation, concepts are that which is, shall we say, real and form is a matter of choice. Consequently it is the color and structure of thoughts that creates meaning. It is a creation in which what this instrument would call ideals are geography, and these ideas, these concepts, these thoughts are of an order which your

peoples have studied in various ways as mythology, as religion, as philosophy of a certain kind, always attempting to express truths that are too fine for the physical senses to comprehend.

One system, which this instrument is somewhat familiar with, of studying this creation of concepts is that system which predated the tarot deck as used for divination and consisted of the twenty-two archetypal images which this instrument and this group have previously questioned about. One of these images is called, in the system offered by those of Ra, the Tower or the Lightning Struck Tower, and it is at this level of meaning that we would look at your planetary situation from a metaphysical point of view. Your planet as an entity, as well as each of you as a part of the human family of Earth, is moving through a tremendously transformative period.

We speak now not in terms of physical transformation, although physical transformation is, to some extent, likely. We have no idea to what extent. That will be determined by people such as you and the thoughts that they think within your next fairly finite period of time.

We speak of the metaphysical aspect of intense transformation as this planet changes densities, changes the very nature of its core particles, changes the nature of its light, changes the way that light is able to come into the planetary aura or grid of energies. It has been transforming for approximately two thousand of your years to some extent. It has been beginning to accelerate for the last, say, two hundred years to a marked degree. And as each of you is aware, it is profoundly accelerating in exponentially shorter amounts of physical time/space as the cusp of transformation is reached. As far as we are aware that cusp will be reached within the next decade. At that point your planet will have awakened its fourth-density nature. That indicates magnetic change, electrical change; change of a profound nature that has already been showing up for some of your years in newly discovered, very quirky, sub-density particles. It will continue to be a situation where the finer energies keep showing up for brief periods of time within the physical universe as these transformative processes continue.

In this climate of change, the Earth is as vulnerable as a pregnant mother that is giving birth to a child. It is vulnerable in a way that it has not been

vulnerable, as entities are always vulnerable in times of change. And from the standpoint of the entity Earth, which this instrument is fond of calling Gaia, it has been given an unending amount of negative emotional catalyst by those entities who are attempting to polarize towards service-to-self and by the careless actions of those who are not attempting to polarize in either direction and who occasionally create suffering almost casually. The thoughts entities have habitually thought over a long period of time have created difficulties in the health and the welfare of Gaia. And as the physical parameters of the Earth are nudged into change or catapulted into change—and this is your choice—there is the possibility for natural global catastrophe, not simply the catastrophe of mankind against mankind. It has happened frequently enough in other third-density graduations where the process of maturation of the species upon a planet was not able to endure through the lessons of love. We are grateful to the one known as Jim who witnessed to the lack of love upon your planet. Truly, no truer words, no truer thought has been spoken than this one. Your people and Gaia desperately need to be loved; to be seen, to be apprehended for the first time as part of the self.

Many times we have said in response to your questions about this transformative time that we prefer not to give specific information. For one thing, at best we would be approximating the largest probability/possibility vortexes. We would be telling you what is likely to occur, for the future is not fixed. It is liquid. It is a creature of thought, and it will be the fruit of the seeds that you are planting now. It is said in your holy works that others have planted and you have reaped, that which you have planted others shall reap, and this is deeply so. Many are the painful, angry, furious, negative emotions that have been sprayed across this planet by the self to the self. For my friends, that is what the situation truly is. All of you are sparks of one flame. All of you are one thing. You may choose at this time a direction of how to think, and we simply encourage you to focus the mind, the heart and the commitment upon love.

Let us go back to that Lightning Struck Tower and look at its significance again. Within your next decade or two this transformation will have taken place. This is the time to acknowledge fully the need to learn the ways of the self, to become more and more familiar with the thoughts of the heart with an

eye to working with these thoughts, to accentuating the tendency towards positivity, towards compassion, towards tolerance, towards creativity, towards hope and faith. For that which has crashed your tower of the physical world and brought it down is a very literal symbol of an archetypal process. The Matrix of the Spirit in this tarot system is called the Devil. And the Lightning-Struck Tower is the Potentiator of the Spirit. The Matrix of the Spirit is called this because those who bring light have always had a bad reputation. Lucifer is one of the names that is most telling that is used for the Devil in your culture. The roots of this word mean "light-bringer."

The lie of your metaphysical dynamic is concerned with the value of wisdom in spiritual seeking within third density. Knowledge and wisdom, in the spiritual sense, can be seen to be highly negative when unlit, unilluminated, by love. That is why love is learned before wisdom. That is why love must be learned before wisdom. For when wisdom is learned first it is fair to the taste and so smooth within the intellectual digestion, and so handy and useful in the intellectual display of personality and intelligence that it is often not clear, for lifetimes at a time, that without love, wisdom is utterly devoid of content. No matter how many fine thoughts roll around inside of an intellectual system, if it does not come into the heart and become grounded by what this instrument would call good works, good living, it will not abide in the sense of being spiritually useful for the evolution and the maturity of the soul.

The Lightning Struck Tower is a kind of signal at this time that great catalyst is now available for the spirit. In the tarot system, which this instrument is somewhat familiar with, the Catalyst of the Spirit is Hope. You could also call this entity Faith. We think you will find that honing the faculties of faith, hope and love will be an agenda that will keep you profitably busy for the rest of your incarnation doing what you came to do, serving as you came to serve. We hope you will realize that you have already begun, that you have already done much work. We appreciate the sentiments of the one known as Cindy who, like so many, feels that she may be the least among the assembled. Each is the least among the assembled, for each is one with all that are assembled. Each has done great work in this lifetime and in previous lifetimes. Each comes to this moment with some sense of awareness that this time

is special, and we hope that each of you will believe yourselves and will take courage, and become ever more faithful simply in being creatures of light. This is your nature. We do see the inconveniences, the suffering that has occurred. We see the possibilities that continue to open, not simply from this vortex, but from others. And we say to you, in the words of the Holy Bible, "Let not your heart be moved. In quietness and in confidence shall be your strength."

You are now those who bear a kind of light to Earth. In a way, you are Lucifer now, but you are not evil, nor was Lucifer intending towards evil. Indeed, much in this story is mis-told, but archetypically speaking we see your situation as one that is much more blessed and much more hopeful, because of the change in the last ten years, the last twenty years, the last thirty years. We see an acceleration of the light on this planet as well as an acceleration of the dark. To us, it is very clear that the forces of light are gaining strength.

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

(Pause for a few moments.)

(Jim channeling)

I am Q'uo and greet each again in love and in light through this instrument. We are aware that there are many questions upon the minds yet remaining, and in hopes of speaking to some of these we would now open this session to those questions. Is there another query at this time?

T: I am sure it was probably covered but I did my usual thing and went away for a while and didn't hear the whole channeling. In everything that I read there is always a need for balance and while I don't use the word evil too often, this would make one think of that word for sure. But this is a thing that has happened that is on a very big scale. Is this something at this time that is a polarity balancing sort of thing? I mean, in order for us to see the good and finally start pulling together as a people everywhere, do we have to see something so terrible that it is called evil or is called bad but is the opposite of the good that we try to do if we would all try to pull together. I hope that that made sense.

I am Q'uo and am aware of your query, my brother. That this event would be seen and experienced as

that which is catastrophic is as you have correctly surmised, a necessary culmination of those energies which have, for many of your millennia, been in motion upon your planet, and this present expression of anger and hatred is that which can be seen in one of two ways: as that which demands retribution and a continuation of those energies of which it was born, or it can be seen as the alarm which rings the alert to those observing that there is something tremendously dislocated, shall we say, in the relationship between the various members of the family of humanity upon your planet and which needs attention, which needs understanding, which needs love and compassion. So difficult is it to look beneath the surface of events to see the genesis of such that most of your peoples do not make this effort. It is far easier to rest upon the simple and quick assessment of things.

Thus this experience of the loss of life and love can be that which ignites many hearts to love, to light and to service. For each entity upon this planet can be of service in this event, for each has those with whom difficulties have arisen in the daily round of activities. Each experiences this same loss of love, and each has the power within the heart to open in love to those with whom one is in relationship. Each time that love is given instead of hate, instead of confusion, instead of reprimand, instead of ignoring, instead of walking away, then there is the magical transformation that is possible when faith and will work together in each life. Then it is possible that such an event such as this great tragedy can bring more of the peoples of this planet into an awareness of the heart of their heart, of that which wishes to be awakened, of that which each took incarnation to awaken.

There have been tragedies aplenty throughout the many millennia of human inhabitation of this planet. None before have brought this awareness of the need of love to the consciousness in a strong enough way that there was a general response of love. It may be that this event also does not draw this response. It may be that this event does indeed draw that response. As we have said, the future is liquid. It is determined moment by moment by each of the many billions of entities upon this planet. Each entity can love. Each entity can heal. Each entity can have an effect upon how this scenario plays its course.

Is there another query, my brother?

T: No. Thank you very much.

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

S: Could you tell us what role, if any, of the Orion, service-to-self group, and their agents of influence had on this issue?

I am Q'uo and am aware of your query, my brother. We can begin by stating that the influence of those of negative polarity, those of the so-called Orion group, has been great for many thousands of your years upon this planet. Their endeavor to create the concept of the elite has been seeded throughout the many cultures and religions of this planet so that there is seen by all of the various religions, in their narrower or, as it is called upon your planet, fundamental, sense that there is reason to act as they act. It is for those within all cultures and religions who have the deep desire to truly serve the one Creator in all that may see beyond and behind the illusion of the elite, the illusion of separation, to that which binds all entities into one. This is the great *geste*, my friend: to see love where there is little reason to see it, to find unity where separation seems the only logical path, to see a brother or a sister instead of an enemy. It is not easy, my friends. But you did not incarnate with an easy plan for learning and for service. For this is the culmination of your planet's great Master Cycle of third-density evolution. It is at this time that those great swings of power over people can be balanced by love for people.

Is there another query at this time?

S: Any particular suggestions as to how we may be of service in this situation, for others, not only current needs but as further events unfold, to help them balance things?

I am Q'uo. We are aware of your query, my brother. Our recommendation is to love. When each situation, whether large or small, whether global or familial, or simply pointed towards the self, arises, ask yourself, "How can I love? Who can I love? Where can I love?" To love is enough, for to love is the reason for which each took incarnation. Is there another query, my brother?

S: Not from me right now. Thank you.

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

Carla: I would like to follow up on S's question by noting that we started doing an additional meditation at 9 o'clock at night to balance the one at 9 o'clock in the morning, with the thought that maybe others would like to join in spirit from around our global family and wondered if you would comment on this method of expressing love and any other concrete suggestions for ways that we could come together as a group to make a difference?

I am Q'uo and am aware of your query, my sister. We heartily endorse the efforts of joining together in group meditation in order to heal the rupture in the garment, shall we say, of this country, this planet, this family of humans. For to focus upon the inner world of spirit is to take refuge in that which is real. This world, the one which you inhabit now, the one which suffers mightily, is but an illusion born of the truth of spirit. Here, you are offered the opportunity to serve under adverse conditions, and so you shall.

(Tape is turned.)

I am Q'uo and am once again with this instrument. We greet you again in love and in light. May we ask if there is another query at this time?

S: Carla had mentioned earlier that she had many people contacting her for assurance that everything is OK. Are there any briefer words of wit or wisdom for those looking for that type of assurances? What would our best response be?

I am Q'uo and am aware of your query, my brother, We, again, as we are wont to do in many situations, recommend that each utilize the tool of meditation upon a daily basis, utilizing the opportunity to commune with the one Creator and to find the strength of that unifying connection that leaves one with the conclusion that truly all are one, and that whatever occurs to a brother or sister, occurs to you. So that when one loves those who have not been loved previously that one is loving all beings, that when one can heal any misunderstanding or wound in a relationship that one aids the healing and the loving of this planet and its population.

We would recommend to each entity that within the meditative state one see the ruptures in this planet's beingness. Perhaps you can locate them geographically within your mind, seeing them as dark and hurting, in pain and confusion. And then,

begin to bring the light and the love of the one Creator into the image. See that rupture of hurt and pain lightened by this love of the one Creator, shining forth through the eyes of all. Focus upon the injury, the hurt, and the pain until it is also as bright as the noonday sun.

Though one may feel that such an image is a small thing compared to the immensity of the agony in your world today, we can assure you that when your inner world of spirit is illumined by your free will choice with love and light these thoughts are things, and this is more and more truly so as your planet moves into fourth density at this time, and this light and love goes where it is needed. And there is healing. And there is hope. And there is a direction that leads each into that unity with each other self upon this planet. The process may not be short. It may not be easy, but it is ever possible to those who have the faith and the will to persevere. All things are possible when entered into with love, acceptance, compassion, humility, tolerance and the light touch. These are your allies, my friends, and each other heart in love [who is] joined with you in this great quest which you are upon ever more fully at this time in your planet's history.

Is there another query, my brother?

S: No. Thanks.

C: I'd like to ask if the same method can be applied to healing the Earth as you recommend for the healing of humanity?

I am Q'uo and am aware of your query, my sister, and this is indeed so. This technique of visualization may be used for any kind of healing, whether of the self, of another self, of a people, of a country, of a planet. Wherever there is that which is broken, that which is hurt, that which is injured, healing is possible for mind, for body, for spirit and for the ability to continue where there seems to be little reason. The imagining, the imaging is that which calls for from the deeper levels of the subconscious mind the connection with the one Creator, with the Logos of Love, that enables that love to move through your being to wherever it is needed. This is a means by which each may avail the self of that ability to open to love, to give love, to direct love, to feel love, to be love.

Is there another query, my sister?

C: In addition to meditation is there anything that we can do with crystals to aid in the healing process?

I am Q'uo and am aware of your query, my sister. There are various aids, shall we say, that one may employ in the persistent meditation. By persistent meditation we recommend that a time and a place for meditation be set aside on a daily basis so that when one retires to that place at that time that these become signals, prompts, if you will, to the subconscious mind that it is time for a working; it is time for a healing. If one wishes also to utilize crystals, incense, any type of sensory deprivation, such are means of refining this type of visualization in meditation which may be utilized as the meditator desires. Each entity will find a slightly different means by which to accomplish this healing meditation. And whatever rings of truth to the entity is that which we would heartily suggest and encourage. For each entity has come into this incarnation with the ability to do this kind of work. Indeed, each has come with many abilities which can be brought forth in times of heavy catalyst, shall we say. Each will feel a certain kind of awakening, a certain kind of enlivening of the spirit within as this kind of daily meditation and visualization is undertaken. For as you retire to the world of spirit you retire to that which is real, which powers you through this world of illusion. We cannot recommend meditation enough, my friends, for this is your link with the infinite. This is your link with truth. This is your link with love. This is your link with your true self and all other selves on your planet.

Is there another query, my sister?

C: No. Thank you very much.

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

M: I have one. Is there a particular time of day or of year that is most conducive to meditation?

I am Q'uo and am aware of your query, my brother. We find that indeed for some who have a great deal of time to meditate that there are times that are more opportune than others. For some the dawning hours are most helpful for they signify the beginning of a new day, a day fresh with opportunity, a day ready to be painted, shall we say, by the heart, by the creative and curious mind, by the passion for living and sharing, for learning and loving.

For others, the time nearest the sleep is helpful, for some feel more desire to heal that which has occurred, to experience again the difficulties of the day that then, as the day ends, there may be an effort to heal them.

For some there is much of strength and empowering that occurs with meditation at the noonday when the sun is at its zenith and the light of your day is its strongest and brightest. Thus you see there is a great variety of times which might be helpful to each entity. We recommend that each consider for itself the daily round of activities and their requirements and to look at those times when one would feel the most comfortable and ready to enter into the meditative state and to do work upon consciousness for the whole planet. Regularity of the time chosen is that which is most helpful, whether it be the beginning, the middle or the end of the day is really not as important as that the time be regular and be done each day at the same time.

Is there a further query, my brother?

M: Not from me. Thank you.

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

(Pause for thirty seconds.)

I am Q'uo. As it appears that we have exhausted the queries for this session of working we would once again thank each for inviting our presence this day in your seeking in your circle of working. It is a great honor for us to be here. We may say that we feel the great desire for truth, the desire for healing, the desire for serving that is present in this circle this day. We can say to each present that you are not alone. There are many more circles of seeking upon this planet that are shining most brightly at this time, for it is apparent to many more entities upon this planet at this time that there is the need for such healing, for such seeking and for such serving. Know that you walk with a goodly company of lighted souls who see and seek beyond the illusion and who walk with you each step and who encourage of you through their own meditations, their own circles of working. For each of you is likened to the other. Moreover each of you is the other, and when this truth can be seen and known and felt and experienced and lived in the daily round of activities more and more fully upon your planet, then will the difficulties that you experience at this time and for

so long in the history and culture of every country [be eased], then will you be more fully able to channel that love and that light in your everyday activities and to heal the wounds that have long festered in the population of all countries and all hearts. Then will it be more possible to know the love of the Creator and to see it expressed about one. Know that you are joined by those of the Confederation of Planets in the Service of the Infinite Creator upon a daily basis, and when you do meditate or think upon these things a simple request is all that is necessary for various entities from this Confederation of Planets to join you in your meditations, in your thoughts, in your love and in your healing.

We are known to you as those of Q'uo. We would take our leave at this time of this instrument and of this group, leaving each as always in the love and in the light of the one 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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HOMECOMING MEDITATION

SEPTEMBER 23, 2001

Group question: The question today has to do with the concept of the “light-bringer,” the knowledge-bringer, whether this is Lucifer that was the knowledge-bringer or the light-bringer, or Eve who gave Adam the apple from the Tree of the Knowledge of Good and Evil, we are wondering if Q’uo could give us some information about the nature of these entities, or these qualities that bring knowledge. Are these entities themselves either good or evil? How does the concept that they deliver to us give us the ability to pursue that which is good or evil, service-to-self or service-to-others? Last week Q’uo gave us some information concerning the Lightning Struck Tower which is also a concept or an image that shows light in its sudden and fiery form causing what seems to be destruction. We are wondering if there is other fruit from this destruction? Can something positive come out of the Lightning Struck [Tower] and, literally, the towers in New York City that were destroyed?

(Carla channeling)

We are those known to you as the principle of Q’uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. It is a great privilege to be called to your group this week, and we thank you for the privilege of sharing our thoughts with you and for sharing this time of meditation. Each of your vibrations are beautiful to us, and we thank you for the gift of yourselves, the gift of your time, and your seeking.

We are most grateful to be able to speak with you and ask of you only that you be very careful in listening to what we have to say, for we are error-prone, those of opinion rather than of authority, seekers upon the path just as are you. And we do not want to constitute in any way a stumbling block to your seeking. Take those thoughts that appeal to you and leave the rest behind. This is the way of truth. All truth is not for all entities. There is a resonance to that truth that speaks to your own seeking and to your own situation. We ask you to trust your own powers of discrimination. For truly you have a very keen radar for truth and for falsity.

You ask this day concerning the Matrix of the Spirit and the Potentiator of the Spirit. And may we say that this is a very interesting subject and certainly one that challenges our ability to use this instrument to create a structure of sense and truth. For this is a mazed subject. The construction of archetypal images in a certain system is a tool, a resource of learning about the architecture of the deeps roots of your mind. It describes things that are impossible to put into words in terms of imagery and combinations of images. These are subjective images that are intended to act as triggers as much as patent images. They are not necessarily to be literally interpreted but to be felt, to be sensed, and to be entered into.

In the system of the images which we of the Confederation have often spoken to your group concerning, the archetypal images are divided into three groups: those that pertain to the body, those

that pertain to the mind, and those that pertain to the spirit. In each of the three systems there is a matrix which is a still and unmoving structure that is a receptor web that has only very limited ability to act. What it can do is desire. It can reach. This is the nature of the matrix. It is essentially a structure into which catalyst will come and through which catalyst will be processed into experience. In these three systems the potentiator is that which is able to fertilize or to make fruitful the matrix. There is a dynamic between matrix and potentiator then. The basic dynamic is that, in the mind, the reacher and the reached; in the body, the body in constant motion, and the controller of that body; and in the spirit, the unreaching, unhasting darkness of spirit waiting for, hoping for, yearning for, and desiring information about itself. And out of the dynamic of that dark yearning comes the Potentiator of the Spirit, which is light.

Let us take a moment to gaze at the power and the peace of this situation, of the empires of mind and body and spirit, of the supple and lithe connections between body and mind, mind and spirit, spirit and body. The spirit, the soul, the entity that each of you is, is a crystalline shape, a snowflake, shall we say, a beautiful crystal. Each of you is unique. Each of you has your own beauty. Each of you has your own symmetry. And within your crystal each of you is working with those perceived flaws, those clinging barnacles of matter that are not the gem. Each of you seeks the light of spirit to inform and advise. Each of you, then, has laid before you a tremendous range of resources upon which you can rely with your linear, intellectual mind, with all the powers of ratiocination that you have at your command, with the grace and rhythm of the pulsing body that in its instinct and in its essence is so completely aware as a second-density creature is of the love and the light, of the harmony and the unity of the creation and the infinite Creator. And of the tremendous strength of that creature which is the spirit.

The kingdom of the spirit is a dark one. And we say this not because darkness is evil, for darkness is not evil. We say this because it is the nature of spirit within third density to be largely impossible to see. It is dark because it must be dark, and the light that is the Lightning Struck Tower, though it may seem radiant to the physical eyes when seen as a symbol in your World Trade Center bombing, in terms of metaphysics it is a frail and flickering candle of a

lightning bolt that is all too quickly extinguished and shows all too little of the hidden landscape of the spirit.

Each of you will spend the incarnational time that you have in this estate of peering into darkness using seemingly the dimmest of lights, occasionally receiving that lightning, that bolt of epiphany that speaks, that is as the star that guides, that brings that moment of clarity and spiritual truth that is so blessed. Thusly the Matrix of the Spirit is called, in the tarot system, the Devil simply because the spirit seems, in its form, to be antithetical to the body. It seems that there is a tremendous sacrifice involved in moving from things of the body to things of the spirit. It seems as if one must give up the life, in a way, when one chooses the life of the spirit because the life of the world no longer fits, no longer applies. When light has been brought to the spirit there is tremendous change and transformation that takes place. And there is a death process that goes on as the allegiance and the thinking of the seeker moves from one system or realm or kingdom to another.

Is this an evil matrix? Is there something evil about the spirit that has brought the energy of Lucifer and Satan into identification with it? We would say, no, absolutely without hesitation there is no evil whatever in the spirit, nor is there good. But, rather, there is simply essence. There is that which is. This is how you are made. This is the way your vibrations are structured within the energy pattern or the energy field of your being. This is the way the Creator is articulated at this point in the Creator's progress. And what you are looking at is, as this group has mentioned several times during the conversation, somewhat abstract and hard to get hold of because it is not the familiar. It is not the everyday. But, rather, it is what is moving below the surface of self in very deep portions of the self that help to shape the options that are available to each of you within the incarnation. The more that you can see into these relationships of Matrix and Potentiator of Spirit, the more hardy you may be in terms of being able to withstand and to be able to use the light which there is because it is so precious and so rare.

Those who bring light are, shall we say, a way or a symbol of the same thing as saying those who bring polarity. It is not precisely knowledge that the tree involved in the Garden of Eden story was bearing as

its fruit. That is not it, precisely. It is not simply a body of knowledge that was forbidden. Rather, it is the essence of third density that is being talked about in this story. The creatures of Eden were basically second-density entities. They did not have free will. They did not have self-awareness. They were the created opportunities for spirit growth without the indwelling spirit. The story of the one known as Satan offering this fruit of good and evil to the one known as Eve is, as the one known as Eric points out, a delightful way of shifting the blame for the entire fall of human nature to women and that, shall we say, incorrect solution has entranced and delighted men in many different religious systems of those of your planet and has led many into sweeping generalizations concerning biases towards the feminine gender and their unworthiness which have been quite stubborn in balances within your peoples as a race.

Each of you, we find, within this circle is fully aware that this is not a correct solution. It is neither a masculine or a feminine quality, good and evil, but rather each of these genders is opportunities to learn certain lessons, and the souls that inhabit these bodies of gender are both sexes and neither sex; in other words, simply souls. But the reason, the logic behind the woman giving to the man this fruit of the tree of good and evil, this polarity, this third-density essence, is simply that in the system of archetypes the Matrix of the Mind is the unfed spirit, the unfed seeker and the Potentiator of the Mind is a deeply feminine character, the High Priestess, which represents, shall we say, the fructifying influence of the subconscious, so that the unfed mind is reaching into the subconscious for its knowledge, for its truth, for its beginning of experience. This is the only reason for this attribution of so-called evil to the feminine character. It is well, when looking at stories such as the Adam and Eve Story, to look at them in symbolic terms, in general terms, in terms that would suggest and would provoke contemplation of deeper issues.

The darkness of the spirit is like unto the darkness, the apparent darkness, of the starry heavens. As you gaze from the side of your planet out into your outer space, that thick velvet of infinite space is as are you in your spiritual aspect: an undiscovered country of hills and valleys unknown. And every place is sacred. And every place is full of information. And every place looks to be that which it is not. There is thick

darkness and great depth of unknowingness to the spirit within third density. The veil of forgetting is very deep. And the life-giving light, when it falls, yet does it not always disclose truth. And so there is a great peering into what light there is to see beyond the falsity of the complex and intricate patterns of spirit.

Even when the veil of forgetting is lifted, even when you ascend into densities which are full of light, yet still that spirit is stubbornly unknown, and layers of misinformation and false patterning will fall away as the densities roll, and we find this still to be true with our selves. We find we still peel away another layer and another layer of that deception of spirit which is part and parcel of the situation which we all enjoy as part of the Creator. It is not that the Creator intends to deceive. It is not that the light means to be false. It is that there is so much of untold riches to the infinite Creator that It is not all articulated. There is much still for the Creator to know about Itself. And yet that seeking is a slow, slow process. For all that the Creator finds out about Itself, It finds out from you, each of you, each of us, each of all of those entities that live and move and have their being within the creation of the Father.

We find great beauty in this pattern. We do not understand it completely. As each of you works with your own spiritual journey we ask simply that you not fear the light-bringer who brings seeming destruction. For there must be that taken down as a preparation for that which is builded anew. There needs to be the removal of false concepts before the building of a fresh and vital concept.

We would, at this time, transfer this contact to the one known as Jim, pausing only to offer to the one known as M the comment that we see the wanderers among your peoples because of the overlay of the vibratory patterns of their home density. Those who are wanderers can only feel this, as you have said, rather indirectly and by inference. However, it is our feeling that all those who are awakened upon this planet are wanderers at this time and functioning as such. We would now leave this instrument in love and in light and transfer to the one known as Jim. 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 ask if there might be further queries on

the minds of those present. Is there another query at this time?

M: I'd like to know how the patterns of the matrix of the souls looks to you. Does it look geometric? What is it made of? What is its purpose?

I am Q'uo, and am aware of your query, my sister. The pattern of the matrix of souls who have taken incarnation and who have moved into the physical third-density for their incarnation is a pattern which is formed of light, formed by love, in a fashion which is useable by the mind complex for the purpose of pursuing information-gathering and decision-making, shall we say. For the Matrix of the Mind, in the system of images which you call the tarot, is a quality which allows for a nurturing of experience and the utilization of this experience in a useful manner. We would ask the questioner to query further as to more specific information.

M: I'd like to know how we can make use of it, for example. Can we visualize its form or its flow to help us learn better or see more and make better informed choices, or heal ourselves? Things like that.

I am Q'uo, and am aware of your query, my sister. All of which you have mentioned are possible for any seeking entity by the fruits of the seeking process. The Matrix of the Mind is a concept complex which is a tool for the seeker of truth, as are all the images of the Major Arcana of your system of tarot. For each one forms a kind of library, shall we say, that allows access to various portions of the mind itself. If we look at the mind as a jewel, each concept complex of the tarot is as a facet of this jewel. The jewel, the mind itself, is brilliant in its appearance to us, for there is light in each entity which is emanating from this jewel in such and such a fashion according to the proclivity or tendency of each seeker to seek in its own way. Thus some facets of the jewel of the mind are brighter than other and the overall balance of brilliance is that which reflects or measures the seeking intensity and efficiency of each seeker. We would see the Matrix and the other facets of the mind as avenues which a seeker may pursue in any manner chosen by free will, including each of those which you listed. Is there another query, my sister?

M: That's all at this time.

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

Carla: I received a letter yesterday from Bruce Peret, and he said that the Earth had once again accepted us and wanderers in general as those whom it would accept love from and accept healing from. Can you comment on this situation with our planet and its feelings and experience right now?

I am Q'uo, and am aware of your query, my sister. The entity which you call Earth, or Gaia, is one which is in the process of its own evolution as is each entity upon it. The Earth entity at this time, realizing that it is preparing to move into a more intense portion of the birthing of a new Earth is, as we have mentioned previously, particularly vulnerable as is any woman who is about to give birth to new life. The experience of many thousands of years of difficulties between the populations of this planet has caused the entity of Earth to be, shall we say, infected with a great deal of anger and hostility, the vibrations of the bellicose actions of your peoples over a great portion of your time. This heat of anger has caused the entity of Earth to release the excess heat in various places in various manners. Those geophysical eruptions of your volcanoes, the earthquakes, and so forth have been able to release some of this buildup of heat so that the mantle of the Earth, in some places, is rearranged in a fashion which causes a great deal of physical destruction. Yet the alignment possible after such rearrangements is that which welcomes the newer vibrations of love and compassion which are now moving more fully into expression within some portions of, not only the Earth entity, but large portions of the Earth's populations. Thus the entity of Earth has begun to vibrate more fully in harmony with both the newer vibrations of love and compassion and those of the population of this planet which has also sought to harmonize with these vibrations as well. Thus there is, within the Earth entity, a feeling of excitement at this opportunity, of distress at the difficulty of the birth, of compassion for those who suffer, and a kind of maternal disapproval of those who yet linger in the ways of war. Is there a further query, my sister?

Carla: Yes, Q'uo. I would just like to ask then: is our daily meditation practice the best shot that we have at reassuring Mother Earth that we do love her and wish to help her through this birth?

I am Q'uo, and am aware of your query, my sister. We would respond by suggesting that the regular meditations, focused upon the healing of this planet

and the possibility of peace for its populations, is most helpful at this time and at any time. For as one is able to see light entering into the darkened world awaiting war, there is a balancing that is given yet another avenue to enter into the Earth vibrations. There is a point of balance, a fulcrum, which you may see created by your efforts to visualize peace and healing. This fulcrum is within the mass mind, or the planetary mind, of the population of this planet. It is that new mind, shall we say, which is being born at this time as the fourth-density positive population which shall remain as the remnant in its path of evolution at some point in your future, in all probability. When groups such as this one, and many, many others around this planet, meet for the purpose of visualizing peace and healing it is as a level moving through this fulcrum, lightening the vibratory pattern that has been prevalent for a great portion of your time. We recommend that such meditative experiences be regular and include not only this country but all those who are engaged in the pursuit of war, or the destruction of fellow humans. For each entity is quite closely connected to each other entity. The concept of unity is that which eludes most peoples of your planet at this time. That concept of linkage of one to another is most important to enhance at this time so that the vibrations of healing, acceptance, compassion, forgiveness, mercy, understanding and so forth may be injected into the peoples of the various geographical vicinities of this planet, thus strengthening the bond that each is aware of at some level of the life experience. Thus the vibrations of light sent forth in meditation move where they are needed most, into those areas of the planet and the population which are engaged in the destructive effects of separation and the thinking which brings it about. Is there a further query, my sister?

Carla: No, thank you. That was plenty. Thanks.

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

C: Could you say something further about the remnant that will remain here for fourth-density work?

I am Q'uo, and am aware of your query, my sister. The so-called remnant, that portion of this planetary population which shall remain with this planet, is labeled as such by many for there is in all likelihood a far greater portion of the population which shall

need to find further experience within the third density in order to balance the difficult vibrations which have not allowed the graduation into the density of compassion. Thus those who do remain and who seek in the positive sense are from various locations, shall we say, not just this third-density planet which you call Earth. For the population from this planet that will be able to welcome and enjoy the vibrations of love and compassion is small in comparison to what this planet could comfortably welcome and stably house.

There are many entities coming from other third-density planets who have made the graduation at this time, who are incarnating early within the fourth-density experience of this planet in order to help it in its birth process. This is considered a great honor, for there is much catalyst at this time which these entities seek to utilize in a positive or magical sense; that is, the transmutation of the vibrations of separation into that which enhances the unity between all the peoples and the creation itself. This population of the new Earth is that which is like unto the vanguard that moves first into the difficult areas of conflict and seeks to combat the difficulties with the vibrations of love. There is no direct conflict, as you are undoubtedly aware, for those who move under the banner of love are those which welcome the opportunity to transmute the dark and heavy vibrations into those which are light and full of love by the effort that they make in these latter days of your third density.

Is there another query?

C: Not at this time. Thank you.

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

M: How will we physically clean up the Earth? Will there be magical means? Will we be able to clean it up?

I am Q'uo, and am aware of your query, my sister. One of the primary qualities of the fourth-density experience is that which may be seen to be the ability to utilize the frontal lobes of the human brain in a manner which is able to participate as a co-Creator. The ability to create with the mind those tools and resources necessary for the revitalization of this planetary entity which you call Earth is the primary means whereby the healing of this planet may be achieved.

Is there a further query, my sister?

M: I am concerned about the loss of species of animals. I wonder if they can be restored?

I am Q'uo, and am aware of your query, my sister. And we can assure you that through both the processes which we have just mentioned and the natural regeneration of the Earth itself will make it possible for this planet to become inhabited by those species which have previously been present upon and within its being. This is correct.

Is there a further query?

M: No. Thank you.

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

C: I would like to ask about working with frustration. I seem to have a great deal of it these days. A lot of people are dealing with it now and struggling against daily things as well as larger things. Do you have any recommendation other than meditation?

I am Q'uo, and am aware of your query, my sister. We would suggest the further use of meditation in a specific fashion in order to deal with the increased stress and frustration which the daily round of activities for each of your peoples has brought in this time of turmoil for most of your population.

When the end of the day has come, or at some portion just prior to retiring for the day, we would recommend the sitting in meditation and the reviewing of the portions of the day which were perceived as frustrating. Look again at each situation. Relive the experience of frustration and observe the components of this experience: each entity, each event, thought, response, each detail which you can remember, so that the experience is once again alive in the mind. Then when this frustration is felt in this particular type of meditation, allow the balancing emotions of peace, of understanding, of acceptance, of tolerance, of humor to begin to surface as well within the mind until there is an equality of power between the frustration and the peace. This is a kind of short course, shall we say, in experiencing the incarnation. If one is able to accept the self, both for having the frustration as an experience and for being able to find within the self the ability to balance that with the feelings of acceptance, compassion, mercy and so forth, then

you are able to move in a more balanced fashion within your daily round of activities, having laid the foundation within both the subconscious and conscious portions of the mind for being able to deal with various other frustrating experiences in succeeding days and rounds of activities.

Is there a further query, my sister?

C: No. Thank you.

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

E: I would like to know if it is possible for us to straighten out the situation on this planet without straightening out the situation between the sexes?

I am Q'uo, and am aware of your query, my brother. The situation, as you have described it, is one which has many, many facets, being rooted first in the concept of separation. What is the first separation? Self from self. As each individual entity views portions of itself as needing punishment, as being less than valuable, as being unworthy, then is born the concept of the separation of self from others as well. So that which you have described as the difficulty between male and female sexes upon your planet and the subjugation of the latter by the former, then, this kind of separation is also possible between groups of peoples, one state and another, one country and another, one religion and another, and so forth.

Thus it would be helpful to begin the healing, not only between the female and male portions of the populations, but between those portions of the self which have been rejected for one reason or another and have made the possibility of rejecting other entities a reality. The healing of this planet and its peoples is a healing which begins with each self and moves outward to include all other selves.

Is there a further query, my brother?

E: Then, if I have you right, then, it basically starts with the self? Straightening out my relationship with my self is where I need to begin rather than worrying about gender relations. Is that correct?

I am Q'uo, and am aware of your query, my brother. We would recommend that indeed the effort at healing begin with the self but at the same time include all other relationships of self with other self, the male and female relationship being primary among all relationships. Thus the healing process

may be far reaching in its overall scope but indeed begins with the self.

Is there another query?

E: No. Thank you.

I am Q'uo, and we thank you once again, my brother. At this time we feel that we have spoken as fully as this particular instrument is able to, for there is some distraction and fatigue. We thank each once again for inviting our presence this day. It is a great honor to be invited to join your circle of seeking, and we can assure each that the Confederation of Planets in the Service of the One Infinite Creator has many emissaries present at this time observing the movement of your peoples from one concept of love and acceptance to another. As this concept begins to spread from one grouping of peoples to another we see a great deal of light being generated so that your planet at this time is a combination of the light and the dark in many different patchwork places so that the light very slowly but surely begins to burn brighter in those areas where there are hearts to open to the concept of love more and more fully as the catalyst becomes greater and greater. You are not alone, my friends. There is a great company of the heavenly host which moves at this time to send its light where it is most needed according to the difficulties that various portions of your planet now experience. As your meditation groups meet and send their light it is joined by the light of many, many others and moves into those areas at this time that are in difficulty.

We are those of Q'uo and we add our light to yours, and 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 light of the one 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 OCTOBER 7, 2001

Group question: The question today has to do with the healing meditations that you recommended a couple of weeks ago in response to the terrorist attacks of September 11 and various other places on the planet which are full of anger and war and hatred, famine, poverty, disease and so forth. We would like to know a couple of more ways that a person could use to send love and light to all the areas, the people, the places that need it.

(Carla channeling)

We are those known to you as the principle Q'uo. Greetings, love and light to you. The love and the light of the infinite Creator to you this beautiful autumn evening. What a pleasure it is to rest in meditation with each of you and to join your circle of seeking. We greatly thank you for the privilege of being called to your group, and, as always, we would simply ask that as we offer our ideas, that each be confident in her own powers of discrimination. If an idea or thought seems resonant to you, by all means, we offer it as our opinion and our best answer but not as authority. If it does not interest you, then by all means lay it aside and move on. We thank you for that discrimination because that allows us to express ourselves with the most accuracy that we can through this instrument without abridging the Law of Confusion.

It is a pleasure to speak with you concerning the question of how to be instruments for the love and the light of the one infinite Creator. It is a most central and key question for us as well as for you.

We have long hoped to offer our part in positively affecting the process of the birth of fourth density positive upon your planet and among its peoples, so we, too, are focused in our own ways on the questions of how to offer love and light to the planet and to its peoples. Obviously, our current solution is communication within the rather narrow confines of a meditation which has a trained channel of the type such as this instrument and the one known as Jim are. This enables us to offer impressions and to tell stories as the one known as S suggested, to weave tapestries and structures of words that may constitute resources for you, as you think about these questions that are infinite in their possibilities for fruitful contemplation and further realization and understanding, if we may use that term.

This communication of ours is bound in silence. It is silence that fuels the channel, silence that fuels the desire of those present, and silence that enables that desire to be honed. It is silence that enables the self to be known to itself. It is in silence that trust and faith abound. It is in the shared silence of prayer that miracles happen.

Prayer is a word that has emotional overtones for many, and yet we use prayer not only for formal orison and for words beseeching the Almighty in the traditional sense of prayer, but also prayer as entering the silence, prayer as practicing the presence of the one infinite Creator. It is easy to open to the self an empty room by silence. It is more fruitful to visualize or to realize that room within that is the room of prayer, shall we say, or the room of silence

as a room that has atmosphere and person, in that it has location within that person that you are most deeply are. It is like the sanctuary that is in the very heart of the temple that the priest may enter for private moments, those moments which fuel that ministry that serves others. For each of you is a temple and a priest within the temple. The temple is that body and that personality and those gifts. The priest is the consciousness within that directs that building and its stewardship, the disposition of the talents and treasures of the temple and the use and aid of those faculties of being that fuel the ministry.

Each priest needs to spend time in that sanctuary that has to do with no one but the self and that connection that is sacred between the self and the infinite Creator, between the loved and the lover, between the spark and the source of that spark, that great fire, that great light, that great love, that great Thought that is the one infinite Creator. It is helpful to picture entering, not that empty room of impersonal prayer, but a very personal room that is the heart of self and in which there waits the figure of the Creator as the Creator would appear to you. Many see the Creator as Father. Many see the Creator as Mother. Some see the Creator as the Christ, as does this instrument. Whatever that image is, realize that the Creator is waiting for you there and that you go to be with your true self when you enter the sanctuary of silence.

This enables the basic lining up of the energy body so that the silence may be offered and may be used to the Creator and for the use of the Creator. For meditation itself is something that feeds upon itself. There is the intention to meditate which becomes the meditation, which becomes the intention to meditate, which becomes the meditation. The one known as T was quite correct in stating that it matters not the perceived degree of efficacy achieved by the meditator or the one who prays. What matters is that the entity remember that the entity come into remembrance of that sanctuary, that infinite Creator, that presence that touches the life and in so touching the life creates the life for it.

We will speak to some extent about various techniques, but first we would like to say that beyond any technique of meditating, visualizing and sending light to a certain concern, there is the simple truth that as this instrument's Psalm says, "*Send forth your spirit, and I shall be created, and you shall renew*

the face of the Earth." As each of you comes to that sanctuary, comes to that door of spirit, enters through it and practices the presence of the infinite Creator each of you is coming into his own higher self and is filling out and fleshing out a nature that is already there, that has been there before the world was. Each of you is a spark of the Creator. Each of you has within you that spirit which has the genius to know what is needed in a particular moment. The greatest and most courageous feat of faith is a surrender to that spirit and to that spirit's will for you. And that in itself is a prayer. "Send me forth. Create me. Play on me as you play on the face of the deep and create that which is a new world, that which is a new me. Let me be, for the first time, fully my true self. And let that true self become full enough of the higher aspect of self that it irresistibly begins to radiate."

As the one known as T noted, even a tiny bit of doing this, of allowing the heart to become open and golden and flowing, creates a joy and a blessing that is often startling. It is not that you are going in search of joy. It is not that you are attempting to create bliss. It is simply that you are attempting to line up the energy body, balance it, open it and ask it to work. Ask, shall we say, the Holy Spirit, the one infinite Creator, your guidance, however you frame your processes of communication with the divine, to make you an instrument of His peace. Each of you is a crystal instrument and truly it is not necessary to know precisely how you are creating the melody of love, how you are shaping that instrument which is your crystal being so that it is able to transmute, intensify and anchor into the planetary vibration the infinite light and love of the one Creator. It is only necessary that you surrender to that intention. The remaining details are useful, but they are more useful for the linear mind than they are in terms of the metaphysical.

In terms of the metaphysical, the clumsy and awkward attempts of sincere people are far more persuasive than the sophisticated, easily spoken and roundly shaped phrases of faith that do not come from the heart. It is not necessary to be clever, articulate or even to have words. What is necessary is that there be a process that is passionately being pursued whereby the seeker is seeking along the path of spiritual evolution. The desire to serve creates the opportunity to serve. The opportunity to serve creates the means to serve. The means to serve flow

through the instrument and out into the world. Thusly, the main focus of the crystal is to be a good crystal, to open the self as a crystal, to give the intention of service, to give the intention of placing time in the silence for this service and to be persistent about offering this service in a way that speaks more and more to the question of how high an amperage is this light? How high in amperage are you as a crystal? [How committed are you to] this process of patient, dogged persistence, no matter what your self-concept is: to that which is most effective metaphysically. Those intentions are powerful. They are your strength, not any self-perceived skill or lack of it with entering the silence, maintaining the silence, holding a visualization and so forth. These are linear details that some are quite effective at dealing with and some not so effective. This instrument, for instance, is not a skillful visualizer and, in fact, is often blocked from visualizing.

The secret to visualization is finding an image that brings forth the passion and the desire to serve and opens the heart in a certain way. We speak now not of visualizations in the white magical sense but visualizations in the sense of taking an image and sending energy into that image, attempting to build an image of light and healing. Perhaps the simplest image is the globe itself. The book cover of this instrument's book [*A Wanderer's Handbook*], which shows the globe with the sun rising behind it in that dawn of the new age that is breaking over the Earth, is perhaps a good object to take visualization from, for in that visualization there is both light shining from the dawning of the new age upon the entire planet and the colored lights streaming into the planet which are all of the souls entering the Earth plane that wish to help the Earth at this time.

Realize that much light is being sent to this planet at this time, and when the visualization of this globe is done it is not a visualization that you have alone. For many, many entities visualize the basic globe and send light to that globe until it is bright all over. There are ways to embroider this basic image of the globe in space and the light coming to it and dawning over it that, perhaps, are more personal. One may picture oneself as one of many beings which are weaving a net of love and light just like a fisherman's seine or a butterfly net, something that moves across the entire stream, that wraps around the planet like a great, full skirt from an angel so that

all of the planet is wrapped in this shining mesh that is made of individuals' love and light, woven energy upon energy, sent from so many instruments of love and light, from so many light workers, shall we call them, into this web or net of love.

One great problem is simply convincing your planet that you truly care. There has been a substantial amount of uncaring, neglectful and even destructive action of entities upon the Earth in ways that the one known as Jim was commenting upon earlier, creating ever-increasing lacks of good environment in which various species may thrive. The sheer passion and persistence of this effort is that which the Earth will hear. If visualization is a problem, it is possible simply to speak with, to give words to, the Earth, to explain to the Earth how much it is loved by you, how much you appreciate the Earth, how much you feel in unity with the Earth, and how much you want to help it come through this tremendously exhausting and difficult period of birth.

We find that we need to move on to speak through the instrument known as Jim. We are watching this instrument's energy level this day, and we feel that this is sufficient through this instrument. We thank this instrument and would transfer this contact to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each once again in love and in light through this instrument. We would ask if we may speak to any other portion of this query if those present would examine that which we have given and put forth any refining queries at this time. Is there such a query at this time?

Carla: Would you like to discuss any other methods of meditation and sending the light that would be options for people to use?

I am Q'uo, and we are aware of your query, my sister. We are grateful that you have asked this portion of the query again, for there is indeed a variety of ways that those who wish to aid the healing of this planet and its peoples may do so. We have often mentioned the technique of visualization, as we did previously today, so we shall at this time discuss a technique which may be more helpful to those who are less skilled at the inner visualization.

When in the meditative state look at the feeling that one connects to the anguish of the world, of various

locations, peoples, experiences and so forth. This ability to perceive the difficulties which others upon this planet are experiencing is yet another means by which those who meditate with the desire to heal may connect their experience with those who need light. Indeed, all are a portion of the one Creator, and the connections that bind each together with each other entity are those which are, shall we say, submerged within the subconscious experience. It is helpful to imagine one's own being within a certain set of circumstances, perhaps of having no home, being hungry, cold, alone or with a great mass of other entities in similar circumstances such as is now the case in the area of the world which you call Afghanistan. Imagine what your experience would be like to be without a home, hungry, to be fearful, to be uncertain of what the next day would bring. Allow your feelings to move into those areas of your being which can appreciate this experience. These are the subconscious levels of the mind.

Experience for as long as you are able the feelings of anguish, of pain, of loss, of confusion. See with new eyes how an entity such as yourself would respond to these severe circumstances. Allow that feeling to grow within yourself until it is truly palpable. Then, from within the center of your heart, allow that quality of love/light to emanate until the previous feelings of the stress have been, shall we say, engulfed, surrounded by the love and light emanations from within not only your heart but from within the hearts of all others who meditate with you as well. Experience the outpouring of these small streams of love and light until there is a great river of love and light that completely engulfs the feeling of distress. See these feelings of the distress begin to lighten as there is sent to them those streams of hope, of faith, of support, of unity. See these threads of light weaving together, feel them joining, experience this blending of the concerns of many such as yourself for those who are experiencing extreme difficulties. Allow this feeling to remain with you for an equally long period of your meditation. Then give praise and thanksgiving to the one Creator who made all that there is the opportunity to serve the One in this manner.

Is there another query, my sister?

Carla: That was very interesting. It seems like it is similar to the personal balancing technique but for the planet. I guess another question that comes to

my mind is one that I was talking to C about because she and S have a great number of crystals. I had imagined them sorted into colors and used like a mosaic to create a glyph, some kind of shape that would help to intensify the self as a crystal and become a larger crystal and do better light work. I had thought of the Star of David with a cross inside of it or some such symbol that had a lot of energy to it that would be helpful. What do you think of this idea to use crystals or water as a kind of accelerator to help?

I am Q'uo, and am aware of your query, my sister. The use of the crystals for enhancing the meditative practice of sending love and light where it is needed is a practice which, indeed, can be most efficacious. However, there is some skill in the use of such accoutrement for the purpose of healing. It would be our recommendation that one or more crystals be chosen for their specific feeling or vibratory nature. There are many kinds of crystals which are each unique in their qualities of being able to enhance the imaging of light. For, indeed, the crystals themselves are often referred to as frozen light. To use a great number of crystals for such an endeavor would be, in our opinion, counterproductive, for this quality of uniqueness that each possesses would work against the unified acceleration or intensification of the light which is being sent as a healing device.

We would recommend that the crystals be examined for the appropriate feeling-tones, shall we say, and those possibilities for utilization be used one after the other separately in order that the most efficacious crystal be finally chosen and used in a manner which may be likened to a resonance chamber. The crystal may be held in the hand while the meditation is undertaken. The inner visualization would need to see the crystal and the heart and the third eye working in harmony in a synchronized fashion, the thought of the need for healing being held foremost in the mind. Then the crystal may be imaged as being the medium through which the thought would be sent. And the visualization of the recipient of this light, whether it be a planet, a country, or a person, would then be seen to be bathed in this light. Thus the thought or the image would be sent forth and enhanced by the use of the crystal in this fashion. Is there a further query, my sister?

Carla: I would like to ask a couple of questions from Dr. E Are there cultures of sentient third- and fourth-density, service-to-self nature of reptilian and gray beings located in subterranean facilities or cities located in the southwest of the USA that are busy herding humans as slaves, guinea pigs and labor?

I am Q'uo, and am aware of your query, my sister. As you are aware, we are hesitant to speak in specific terms concerning such a query for indeed there has been a good deal of interaction between various extraterrestrial races and those of your governmental structures, both within this country and many others. The activities of such interactions and the entities involved are those which we feel are, shall we say, subsidiary to the primary effort of those entities who seek to serve the Creator in the positive sense by the opening of the heart chakra and the shining of the light of love to all who are encountered and seen as the same as self, the same as the one Creator. Thus it would be our recommendation in this instance that the focus be removed from the fringe areas of concern and placed once again in the heart of the incarnation. Is there another query at this time?

Carla: His next question is, if so, if there are beings here which are service-to-self, what is the best way to thwart or greet their efforts?

I am Q'uo, and am aware of your query, my sister. We, again, would recommend the meditative state for any such effort to be of service to those who may be seen to be of a service-to-self nature. Those who are seen as such may also be seen as the same as those who were seen in distress; that is, there may be engendered this quality of love/light which may then be seen to be sent to these entities who are of the negative polarity so that they also are engulfed in the radiance of the noonday sun. Then this quality of love and light may also be seen to be surrounding and protecting those areas or persons that are felt to be endangered by such entities. Thus the quality of love and light may be utilized both as a healing and as protection. Is there a further query, my sister?

Carla: I think I will hold it to two questions from Dr. E. I know he will appreciate what you have said. Thank you.

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

S: A minor question. Carla just sent me the [transcription of the] first session of this fall's meetings, and side two didn't record. Do you ever change your mind and have the tape recorder not record, or is it just mechanical? Is there something else operating here that keeps the tape recorder from recording?

I am Q'uo, and am aware of your query, my brother. We give information and our opinions with a free and open heart. We do not change our hearts or our minds. Your recording devices are usually accurate in their functioning. However, there is occasionally the misdirection, shall we say, in the operation of such machinery. We find that this instrument is often unable to handle all the buttons and dials. However, he is diligent in his perseverance. Is there a further query, my brother?

S: We hate to lose any of your words. If there is any way that you could let us know if there is a problem with the recording devices we would appreciate that.

I am Q'uo and we are aware of your query. We are able to utilize an instrument such as this one and the one known as Carla with some difficulty, but we find that we are out of our league, shall we say, with the mechanical devices that are utilized in these sessions. We must apologize for our lack of ability to communicate with such entities. Is there another query at this time?

S: No, I guess I won't ask you to program a VCR then. Thank you.

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

C: I would like to ask about a dream that V had, that she has had repeatedly at various times in her life. She has a dream of seeing a shore and darkness upon the water, infinite sea, and then above the sea there becomes one moon, and then a second, then a third, then a fourth, all full. And then she looks and sees the moon that is creating these four moons and these four moons are reflections of it. Then the fifth moon smiles and she realizes that it is the Creator and that the Creator loves her and that everything is perfect. Then that Creator's moon splinters into a million pieces of all different colors. She wonders if you could comment on this dream?

I am Q'uo, and am aware of your query, my sister. In this instance we find that we may speak in a limited sense, pointing the way rather than leading.

The concept of the moon is one which is, of course, central in this dream. The moon for this entity is a quality which is partaking of the feminine nature, that which is somewhat hidden and mysterious, illuminated by another source. The one known as V may look within her own experience for the recollection of the primary quality of the moon. The shattering of the Creator in the form of the moon into many colors may be seen as the many peoples and experiences which the one known as V has met or shall meet in her life pattern. The number of four also is significant. Moving from the lower to the higher in energy centers one finds that the heart is the fourth center which may be seen as a means by which the Creator may be apprehended or known by the one known as V. Each previous center or moon having distinct vibratory signatures that this entity would profit from examining. We would recommend that she be given basic information concerning these centers so that she may further contemplate the message of this dream experience.

We find that this is the extent of the information which we are able to give at this time without infringement. Is there a further query, my sister?

C: No. Thank you from V.

I am Q'uo, and again we thank you my sister. May we ask if there is a final query at this time?

(No further queries.)

I am Q'uo, and as we have apparently exhausted the queries for this session of working we would again thank each for inviting us to your meeting this day. It is a privilege for us to be able to join you, and we commend each for the great desire of each to be of service in the healing of this planet which has brought each to this circle of seeking this day. We would encourage each to continue in these efforts for indeed your thoughts of healing are things which are seen and felt and which have their effect upon the levels of the spirit which, indeed, is that place within each of us that enlivens our very vehicles of experience, our hearts, our minds, and our desires to learn and to serve grow from the seed of spirit that is firmly placed within each entity's heart. As you send love and light to any, you send it to all, and there is a kind of reverberation that feeds this process and moves it in the metaphysical sense.

We are known to you as those of Q'uo, and we would take our leave of this instrument and this

group at this time. 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 OCTOBER 21, 2001

Group question: Our question today has to do with fear. Before September 11th, everybody had the normal fears of having enough money, food, friendships, harmonious work relationships, and so forth. Now there seems to be a general tenor for many people of a foreboding, a fear, that there might be more attacks, that we are not safe, that we are losing our freedoms, that something is going to get us. We are wondering if Q'uo could give us some information concerning how we can handle our fears? How can fear best be handled by the sincere spiritual seeker? Is there a way of changing our attitudes, our behavior, our thinking? We would appreciate whatever Q'uo has to say.

(Carla channeling)

We are those of the principle known to you as the Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We want to thank you for gathering this afternoon and for calling us to your circle. We want to thank [you for] your seeking hearts and your thirst for truth and for creating the atmosphere for such thoughtful comments as we are able to make about the interesting subject of fear. We are very happy to share these thoughts with you with the one request, as always, that each use her own discrimination and select those thoughts which may have value for you, leaving aside the rest.

Fear is a four-letter word, as this instrument would term it. The conversation before this meditation brought up the question of how fear could possibly

be love, and perhaps that is where we shall start. Often it is helpful to move back to material that seems very simple and very obvious, yet within it lies the end of a string that can get very tangled. Yet if you tug at it from the end of its origin it unravels far more easily than if the attempt is made to tug on the string of fear past the tangle-point in the present moment, where the fear is living. So let us move back to the beginning of this particular string of reason and concept and gaze at love itself and what we think about love.

Love is another four-letter word. It is a very difficult word to deny knowledge of by anyone in any density, yet certainly within your density the word has so many overtones and undertones because of constant usage to mean several quite different kinds of affection that it is a difficult word to use precisely. When we speak of love we are speaking of that which is the essence of the Creator. The love of which we speak is far more powerful, far more coherent, shall we say, far more crystallized than the love of family or mates or even the overriding love of brotherhood and humankind. Love, as we speak of it, is not simply an emotion but, rather, an utterly coherent Thought. It is a Thought that is so powerful that it has created all that there is. This Logos which we call Love, this living entity that is the Creator and includes the created, is an infinite concept. Indeed, one word for Love is intelligent infinity. The essence of love lies in this infinity and in its intelligence which is the intelligence of the Creator.

This creative Thought, by the action of free will, by the indwelling of possibility, has chosen to create light. Using this building block, which is the very fabric of space and time, the Creator has builded a universe. All that therein is, is made of light. All that is light was created by love. Consequently, all that is experienced in the creation is one thing, and that is love. No matter how distorted that energy, its substance is the same energy, the same ancestry as the lightest and brightest of energies. All positive- and negative-seeming appearances, no matter how far from love and light they seem to be, are still made up of love. Just as that which is new can become old quickly, just as that which is whole can become broken in a heartbeat, the creations of the Father within your experience all have a great deal of plasticity. Each of you is an agent of this Creator with a certain degree of latitude in creating the sub-universe which is your personal reality. Each of you, then, is a creature compounded of love, moving and having your being within an energy field that is made of love and shaped by your distortions of that love. Each of you comes into contact with a varying number of other energy fields, whether people, groups of people [or] societies. All of these energy fields have their being within the larger energy field which is the Creator. And this is true whether gazed at from the perspective of third density or from a perspective of higher densities. Because of our experiences within higher densities, certainly we experience a different universe in terms of what we sense and see. And yet we too see the interplay of fields of energy and know that all truly is one.

To move a little further into the question of fear, if you will think for a moment of your energy body, you may see that each center of energy within your body is vulnerable to distortion in a particular way, and we use that term, distortion, to indicate fear. For fear is a very common distortion of love. Within the red-ray the energy tends to be blocked if there is a fear of survival. Within the orange ray in the lower belly the natural distortion of that energy comes with the experience of attempting to relate to other energy fields, to other people. When there is a difficulty and there seems to be a threat from the personal relationship, this lower belly energy can be blocked or otherwise uncomfortably distorted. In the upper part of the belly, in the solar plexus, the yellow-ray energy center can easily be blocked by fears having to do with the family, the society, one's

place within that family or society; in short, one's dealings with the larger groups that go beyond personal relationships and move into the roots of being, the family, the mated relationship, and so forth. And a great deal of that which many are experiencing during this particular autumn season among your peoples has to do with the energies that became manifest on the 11th of September of this year. These are basically yellow-ray fears, and the solar plexus of many, many entities within your culture has been punched, shall we say, hard and given the opportunity to choose fear, not just once but many times.

When fear closes or even partially blocks the energy that is flowing through the energetic body, energy moving into the heart becomes less and less, depending upon how bad the blockage is. Consequently, the natural effect of allowing fear into the energy body in any settled way is to close the heart. When the heart center is not receiving very much energy, then it is that there is not sufficient energy to do work in consciousness. It may be said that one cannot hear when one is screaming, and in a way that is what fear does: it deafens the ears of the heart.

Yet this fear is a creature of love. And the patient seeker does have resources to bring to bear when a blockage is perceived in the energy body due to fear. These resources are generally not expressible in linear terms. When one sees fire, one has a perfect right to fear the fire. It is hot. It will burn. And it threatens the survival of the physical body. There is no linear way to suggest to someone that he not fear fire or that he [not] at least be cautious and careful when using fire. The feeling of being invaded, being encroached upon, being terrorized is a powerful kind of fear that moves both in red ray and in yellow ray, two primary rays that are most powerful. And we have no right to suggest to anyone that she not fear a terrorist attack. Yet in a non-linear sense if one can move back in thought, bringing the energy of the mind beyond the present moment and the present catalyst and into the realm of personal essence and consciousness, the resources are powerful and ready to help.

“For He shall give His angels charge over you to guide you in all your ways, lest you hurt your foot upon the stone.” [*Holy Bible*, Psalm 91:1.] This is a quotation from the holy works of this instrument,

and it is true. Each entity has angelic beings attempting at all times to help and serve, to save and protect, to bless and to nurture. "Behold, I bring you good tidings." [*Holy Bible*, Luke 2:10.] That is part of the Christmas story of this instrument's Bible. An angelic being speaks to those who are afraid and says, "This is the unknown, yet it is the birth of spirit, and this spirit is coming into the world. And this is the spirit of light. So have great joy."

In the beginning, dealing with fears, it may be necessary to move slowly to allow the fear to be with you, uncomfortably so. Sitting with that, feeling that discomfort, creates within the seeker a growing awareness of the nature of this fear. As the one known as R said, sitting at the campfire with this fear, sharing a story, enjoying the night together, allowing this situation within to be what it is, is a helpful beginning. It may seem like nothing, but simply becoming quiet and still and accepting of the feelings that are in the heart is very helpful. One thing fear greatly needs is a lack of ridicule and an honest respect. That which is fear is that which is contracting within the energy body, that which is battening down the hatches, armoring and defending. Becoming able to sit quietly and with acceptance with this fear creates within the seeker the eventual feeling that it may be acceptable to somewhat allow this contracted state to melt away. The angelic help that moves towards the seeker at a time of fear is looking for ways to help the seeker expand and disperse and diffuse that concentration or tangle of energy that has been created by the fear. It is attempting to send you the energies of radiated love, that which, according to your holy works and according to us, does cast out fear.

One may look at various elements of fear in order gradually to emerge from that contracted feeling. Certainly one energy that is prevalent in fear is the desire to control that which cannot be controlled. The issue of control is very difficult. Almost never does one have control over that which is the object of fear. That which can be controlled is generally not feared. It is precisely the inability to affect changes in something that seems desirable or undesirable that has created the fear. It is in this situation that archetypal images may help more than words, for images are not linear. Thus when we speak of the leap of faith we speak specifically of leaping into a void, putting oneself in a situation where there is no control. But, indeed, the straightest road from fear

to love is faith, the ability to move beyond the tangle in the stream of energy, back to the source, and it is done not by moving to anything but only from the position of fear. The classic paralyzing Buddhist description of fear is a seeker hanging onto a rapidly decaying branch of a tree, on the side of a cliff, with a tiger above and a tiger below, and a chasm beneath. And the answer to that image is to let go of the branch, wave bye-bye to the tigers and welcome the abyss. There is, in faith, that realization that in no way, shape, or form can we know in a linear sense that all is well or that all will be well. And yet that is what we claim. That is what we believe, and on that we base our security and our confidence.

This energy of faith seems to come to those in the darkest of hours and in the most pressing of circumstances. And it is in this sense that the tragedies of your September 11th attack may be seen to be beacons of light as well as fires of disaster. For in unsettling the smugness of perceived safety these attacks at once made it very shinningly clear to all of those who speak the word, freedom, within your cultures that a free and unfearing way of life was indeed a precious and wonderful thing, something dear and valuable and worth preserving. And this opened the energy systems of many as compassion for those who were victimized poured through half of your planetary population at once.

Times of trial and trouble such as the one you experience now are those times when fear can be most crippling and when that leap of faith can be most powerfully effective. What thoughts are you thinking at this moment? What thoughts have crossed your mind this day? What are your patterns of thought? Where do you put the value in your thinking time? And how would you choose to change those patterns of thought? Work in consciousness can be dazzlingly fast and brilliant. Instantaneous changes and transformations can occur, but in an incarnational experience the great majority of time is spent not in the flashes of illumination but in those times between, in those valleys between the mountaintop experiences. And yet those valleys can be your heaven or your hell or anything in between. Each thought that you think is at once an accident and a creation.

The challenge for the seeker is to become more and more conscious of the patterns of recurring thoughts, looking at those patterns of thought,

asking the self, "Are these radiant or contracting thoughts that I am repeating? And if I would rather radiate than contract, how shall I affect the processes of this recurring thought?" It is patient and slow work to gaze at the self and yet allow the self to function naturally and fully. But there is an interplay constantly going on between the accidents of creation and that which you bring to creation that transforms those accidents. You are part of what happens to you. The thoughts which you habitually think create an atmosphere [in which] you may see something completely differently than someone else may see the same thing. To another person that sight may be frightening. To you, that sight may be quite tolerable. The difference is in the attitude, and work can be done on that attitude, not in a weekend, not because of one book, not because of one teacher, not because of one idea, but over a period of time in which the seeker has been thoughtful persistently.

At the heart of fear is a situation which at once defines your experience and is irrelevant to your experience, and that is your physical life. The root fear, the fear that closes red ray, is the fear of survival. Within your physical incarnation you shall never be free of the fear of death, for death is inevitable. From dust was the body created, and to dust shall the body return. Once it is seen clearly and at a basic level that this physical death is an illusion, then there is much less distortion and contraction possible. But it is seldom given to the seeker to come into full knowledge of her true nature. Seldom is it that he can see the inevitability of this revival of consciousness through the death of the body. Insofar as it is possible we recommend daily immersion in silence because it is in that region of the self alone that the truths of the metaphysical reality can flower in such a way as to fortify the vagrant imagination and strengthen the ability to have patience with the self and with circumstances that are other than you would wish them to be. To see all of these elements of your personal story as simply what they are is a powerful resource. To know that faith can change that story is a powerful resource also.

We would at this time transfer this contact to the one known as Jim. We are those of Q'uo, and we thank this instrument as we transfer. 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 might be any further queries to which we might speak.

T: I believe I have asked this before, but it has got a little more intense. Basically, how do you go about helping someone when there are other people involved and possibly you will hurt them by helping the other person? I would appreciate whatever comments you might be able to make.

I am Q'uo and am aware of your query, my brother. We would suggest that it is often helpful, in a situation in which there are many considerations affecting the service that one wishes to offer, to spend as much time as possible in meditation, not just to find the center of self and to make that kind of renewing connection which is always helpful, but, while in meditation, to explore the avenues available. Imagine one course of action that is perhaps to help as you are hoping to be able to help, to carry this out in your mind as far as you may, and to attempt to examine the repercussions of one's assistance. For a few periods of meditations, perhaps for as long as a week, each day, consider this possible avenue to be that course which you shall follow. In each meditation perform the service as you imagine it. Imagine how it will be received, and continue in this fashion until you feel that you are aware of this course of action and its ramifications. Then perhaps for another week, each day, take the opposite course of action, which perhaps shall be inaction. Imagine the repercussions. Be as thorough as you can. Experience this course as fully as the first. Then, after you have completed both courses of action and inaction, look within your heart to that to which you feel most committed. Is there a further query, my brother?

T: No. Thank you very much.

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

Carla: I'd like to ask two questions from Dr. C. E. One is, "Is there a sizeable asteroid called the Death Rock or Mynra on its way to Earth on a collision course?"

I am Q'uo and am aware of your query, my sister. At some point in the future of this sphere perhaps there shall be such an event. We are currently unaware of such. Is there a further query, my sister?

Carla: Yes. What effort, method or means could be employed by humans or others that would result in the U.S. government bringing to light all their secret agreements with all non-human sentient beings, including channeled sources, groups or agencies which the government has listened to?

I am Q'uo and am aware of your query, my sister. We find that the probabilities of both queries are almost identical. Is there another query?

Carla: No. I think that is enough of that kind of question. I don't want to detune the contact. Thank you very much.

I am Q'uo, and we are grateful for your efforts on this entity's behalf. We apologize for our lack of information in these areas. We do not necessarily dismiss such inquiries as those of small value but can see little possibility for either occurring. Is there another query at this time?

Carla: I would just follow up by asking if you would like to comment on this kind of specific question and how it affects a channeling group and a channel such as this one, with Jim and me as instruments and you on the other end? I would welcome any thoughts that you would have on that since all of Dr. E's questions are specific.

I am Q'uo and we appreciate your query, my sister, for it gives us the opportunity to comment on the nature of queries which are offered to us. We are, as you are aware, happy to give our opinions in those areas of our expertise which are primarily those of the metaphysical nature, the process and proceedings of the rate of spiritual evolution, the ability to open the heart in love, for this is the primary reason and activity for which each took incarnation. While in the physical vehicle operating within third density it is often easy to become interested in areas which are of momentary interest. And we say momentary realizing that for many of your peoples there are years spent pursuing such specific information. It is our hope that entities that are engaged in such activity will at some point realize the futility of seeking this kind of information. For even if one had each answer there would be little value to the personal or general evolution. The information which we seek for ourselves and which we seek to share with others is information of a lasting value: that which is important to one's spiritual journey now and ever. There is a great deal of information which seems important for the moment, for it is full

of the drama of your third-density illusion. Who did what to whom and why? And how? Yet how much more important is how can one love in this situation or that situation? We are always appreciative of those entities who seek beyond the illusion, beyond the seeming importance of trivial events that so congest your days and minds. For it is those who can penetrate beyond the veil and the illusion that shall eventually find the heart of their journey.

Is there a further 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?

(No further queries.)

I am Q'uo and we would like to take this opportunity to thank each for inviting us to join your circle of seeking this day. It is always a great privilege to be able to do so. We would again remind each that we do not wish to present any stumbling block for any seeker's spiritual journey. Any word we have spoken that does not ring of truth to you, please disregard it immediately, saving only those which do have that special ring of truth. We are known to you as those of Q'uo. We shall take our leave at this time of this instrument and this group. We leave you in the love and the light, the peace and the power of the one infinite Creator. Adonai, my friends. Adonai. ✨



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SUNDAY MEDITATION

NOVEMBER 4, 2001

Group question: The question today, once again, is focused around the events of September 11th. We are wondering if you could give us some information about [whether] the people who were directly involved and who gave their lives in this event might have been the catalyst for all of us to become what you might call a “nation of priests,” people who are desirous of being of service to others and following the way of the peaceful warrior, of discovering love in the life, in the heart and sharing it with others. Could you elaborate on how this kind of catalyst can work in all of our lives and how we can become a “nation of priests”?

(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. May we say what a privilege and a blessing it is to be called to this meeting. We greet entities we have not enjoyed in this group for some time. We greet those who are new. We greet those who have some small experience with this group. We greet each of you and thank each of you, for each of you brings beauty and grace to the circle. Each is a gem through which the light of the Creator shines in a unique and beautiful way. And we greatly appreciate the flavor of each of you and the coloration of your vibrations. We would ask of you that you employ your powers of discrimination in listening to what we have to say, for we are not without error, but are as you: pilgrims seeking along a path that sometimes is broad and

pleasant and at other times seems to be a path in the desert that is difficult and dark.

We greet you at a time within your year when the celebration is made for those who have departed the physical incarnation in faith and are considered among the faithful departed. The time of all saints is celebrated in this instrument’s church at this time, the time when all of those who have experienced incarnation in this world and have moved on are remembered. You ask this day about some few of those who have departed from the incarnation recently because of the events of the eleventh of September, and it is an interesting [question] that you ask and certainly one that moves into deeper material.

Your question has to do with how a death can be more than a death, how a tragedy can be more than a tragedy. And we say to you not only that this is so but that it is so again and again in large occasions that acquire global notice and in the very small tragedies that occur within the purview of one small life. And yet within that life is all of creation. The nature of mortality is such that the incarnational experience as a whole can be seen as that which is sacrificed. The breath moves in and the breath moves out of the body just so many times, and then that body again becomes dust. The heart beats so many heartbeats, and then that heart is stilled. The physical body of each entity has written within it its future history, and one finds in those who have gained a great deal of peace that there is no concern left when the question of dying is looked at. It is

simply that which is known as part of the future history of that body. It is no longer, therefore, catalyst for distress or discomfort.

The nature of destiny is such that we cannot say to you that your future is fixed. What we can say to you is that you have made arrangements with a specific group of entities to be in the position of companion and minister to them, just as they are companion and minister to you. And you have agreements set in place to look at certain incarnational questions. For most entities those questions have to do with the giving and receiving of love. For many entities these lessons revolve around how to serve, how to give freely without expectation of return, how to be a healing presence without being an aura infringer, how to express the self without becoming a perceived negative in the lives of others. These and many other issues come up within the life repeatedly, and it is not to be amazed at that this would occur because there are careful arrangements in place so that no matter which way that you move, no matter which choices that you make in a given situation, the path somehow winds around to meet again those issues and to work with those people that you have made agreements with.

This is by way of saying that all of those souls whose lives ended on the eleventh of September in the World Trade Center or elsewhere did in a way have dates with destiny and in another way they were completely free up until the moment until that possibility/probability vortex turned into an actuality. The future is very much a creature of each of you and what you think and what you do. It is not fixed. We cannot look at the future and tell you what you shall experience because each of you is a co-Creator, capable potentially of generating tremendous light and tremendous love, not from within yourself but through the crystal of your being. Many there were who met their death that day in such a way as to embrace the light. Many there were that day who were as the unsung heroes whose stories shall never be known, who in helping others lost their own lives.

No death is ever a loss without a gain. There was for some of your time an issue which we were concerned with having to do with those souls who were not yet able to leave the inner-planes version of that locale in the New York City area. However, we are happy to say that over the two or two and a half weeks after

that event there were those of what you would call your native American population—not those within this density, but those within the inner planes—which were able to work with those entities who were confused at that time so that at this time all of those souls which were involved in that tragedy have moved on into the realms of healing and are receiving the balm of Gilead.

Each of you, however, in living through this experience has, as several within this circle have said in the conversation preceding this talk, experienced emotional catalyst having to do with a change in the way the surrounding world is perceived because of that which occurred. Most of the surface events which come before your view are those pieces of information almost scientifically designed to reduce hope and faith and increase doubt and fear. As the one known as H has noted, the object of so-called terrorism is simply to instill terror, to instill fear and discomfort in the minds of those who were formerly smug and uncaring of the rest of the world. This has indeed occurred. There is a profound feeling of having been awakened from a sleep, a pleasant sleep that now is at an end.

The creation is made in such a way that balance is the strongest single force operating in situations that are unbalanced. And in the darkness of aggression lies the call to the light, and we do see that this call has, to an increasing extent, been heard by many among your peoples. The concept of unity is very simple. And, indeed, the name of the country in which each of you abides is called the United States, and yet may we observe that your states are more united at this point than before the events of the eleventh of September. The shock of such a general attack created the catalyst for many who had formerly thought of themselves as Americans with distinctions as to race or creed or color, [and who] now have found themselves as Americans without regard to anything but citizenship, feeling perhaps for the first time a fellow-feeling and a complete sympathy and solidarity with the man on the street of your towns and your cities and your countryside of America. Not because another looks like you or sounds like you but because that entity is part of that experiment that those known as the fathers of your country started so long ago.

You asked about the quote, “and ye shall be a nation of priests” and how one might focus on that

quotation from your holy scriptures which this instrument's guidance which she calls the Holy Spirit offered to her when she was troubled and asking for guidance in this matter. If each of you will take a moment to think of the thoughts that you have thought today, the concerns that have been upon your mind, and then think of yourself as a priest and ask yourself, "Were I a priest would I have been content with these thoughts, these actions? Would I have been content with my day, with my service, with my walk? Would I have felt that I had touched into the presence of the one infinite Creator?" The sense of this particular quote at this particular time is that each of you is as a flower that is opening, and the awakening process is very much like a rose opening its petals to the sun. As the entity awakens and seeks and thirsts for the truth, that entity learns, and each of you in this circle is a veteran campaigner and has learned a great deal. There is much more to learn. There is always more to learn, yet there is a point at which the pilgrim soul can see itself not only as a student but also as a teacher, not only as a member of the congregation, but as a minister, not only as one who comes to the table asking to be fed, but as one who moves into the kitchen and makes sure that the feast is prepared.

This instrument has been saying lately that if ever there was a time to be steadfast it is now, and this thought, that you are a nation of priests, that you are a holy people, is along those lines. When you seek, when you learn, you develop a responsibility to share what you know, to live what you know, to express what you know in your daily life. Perhaps it is nothing more than a smile, a positive reaction to a negative situation, a word dropped at the right time, a thought that helps. At a time when it is easy to give negative thought, finding that one positive thought is to work magic.

When people realize their power they become much more effective. And so we would ask each of you to realize the tremendous potential within you. Realize that you are already exerting a great deal of power, so the question becomes, "What is the right use of power?" Where is the love in the situation in front of your eyes? That is the question that brings the most resonance and affords the most magic in terms of being able to effect change. More and more, allow yourself to come into the priesthood that you have so long studied for. Accept the mantle and vow to do your best to run the straight race, to be steadfast

with what you believe, to find ways to share those things that only you can share, for they lie within the folds of your personality and they are your gifts to give.

Love one another. That is the heart of priesthood: to love, to bless, to witness to the light.

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

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each again in love and in light through this instrument. It is our privilege at this time to ask if there might be any further queries upon the minds of those present to which we may give our response. Is there another query at this time?

S: I'll start off. Recently I got a book from Carla called *The Emerald Tablets of Thoth the Atlantean*. It was interesting reading. The fellow seemed to ascend during his lifetime and I was wondering if you could tell me what he is doing now and what kind of service he is performing?

I am Q'uo, and am aware of your query, my brother. We find that this entity is one who has become that which you would call a source of channeled information. However, the contact which this entity has made is with a group of entities who seek in what may be called a solitary fashion, shall we say; that is, they seek specifically the kind of information which is contained within this volume and are a portion of this entity's larger family of seekers. Thus the work of this entity continues in another form, always seeking to give information which is of service to those who are interested in the kinds of mysteries and riddles that the secret or occult endeavors produce. Is there a further query, my brother?

S: There is another book which I got from Carla, *The Hathor Material*. I guess these were fourth-density beings who came either before or after Ra, in Egyptian times. Maybe you could tell me something of the service of this group?

I am Q'uo, and am aware of your query, my brother. Again the information that you seek in this area is as broad ranging as a race of entities can produce through their experience, their seeking and their service. We could only give a brief description

without moving into many areas of interest which would consume a great portion of your time. The entities of the Hathor race were those who, as did those of Ra, make contact with various cultures of this planet's history, most notably those of the Egyptian culture, and this contact was not just one period or point in your past but has been that of a continual nature. Some aspects of this contact became more noteworthy or widespread than others. These entities were most helpful in planting the seeds of the concept of unity and infinity within the Egyptian culture which allowed those of this culture to be readied for consideration of the Law of One. Thus the entities of the Hathor race worked in conjunction with those of Ra in order to allow an expansion of the concepts in the philosophical or spiritual realms of the Egyptian culture so that there was seen to be not just many gods or powerful forces at work in the universe about these entities but that there was truly one Creator from which all else sprang. This was a revolutionary concept, shall we say, for those of the Egyptian culture. Is there a further query, my brother?

S: The last question would be do you have any suggestions on different meditation groups that have reached out to each other? How can they share information and service?

I am Q'uo, and am aware of your query, my brother. Truly, that which you do is that which is helpful: to communicate with each other, to share the information which you find of value with others who have such to share with you as well. The ability of each entity that is desirous of serving others actually to do so is dependent only upon the passion that each has within the heart, within the mind, within the will to be of such service. For as the will is set upon a course, so is a way made that the will may manifest as it is formed within the heart, mind and soul, the very essence of the entity. Is there a further query, my brother?

S: Not from me. Thank you.

T: I have a question. A couple of weeks ago N noticed white light coming from my knee when I twisted it in bed. J had a dream about that a few nights later and got the message that this was piezo-electric energy that was coming from the crystallized arthritis in my knee. It has to do with crystals having pressure exerted on them. Could you tell me

anything else about this? How can I use this energy, if indeed I am supposed to use it?

I am Q'uo, and am aware of your query, my brother. As you are aware, the crystalline formation is that which is composed of light in a certain field or form. As one applies energy, or force, to a crystal this light energy expresses itself, or, quite literally, moves from the crystalline form in a fashion that may be perceived by those who are sensitive to the movement of subtle energies. That this occurred when you applied pressure to your knee is the result of the various secondary and tertiary energy center formations contained within the knee, the wrist, the elbow and the ankle that correspond to the primary energy centers or chakras that are located within the finer formation of the physical body, from the base chakra to the crown chakra. The energy which expressed from your knee location was that which has a relationship to the health of that portion of your physical vehicle, there being some imbalance in that area at this time in the form of what you may call the arthritis or bursitis. These are not absolutely correct terms but will suffice for the nonce.

The use of such energies is, to our knowledge, not specific to the physical vehicle itself but to the regaining of the health or balance of energies within this portion of your physical vehicle. Thus to utilize this energy most effectively one would need to engage in a program of meditative visualization that would allow you to see with your inner eye the overall experience of catalyst that has led to this particular imbalance in your knee. This is a product of the process of ageing and is a primary source of the catalyst with which you now deal. Is there a further query, my brother?

T: No. Thank you very much.

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

C: I have one from B. He asks "What do wanderers expect of the Earth?" And the second question is "What is the society and cultures of the wanderers like?"

I am Q'uo, and am aware of your query, my sister. Those who have entered the Earth environments from those realms of higher densities are those who have left experiences which are far more harmonious and in touch with the unity of all creation than the Earth environment is found to be at this time.

Therefore, the entities whom you may describe as wanderers are oftentimes, upon the discovery of their own nature, quite discouraged when viewing the environment which they now find themselves incarnated within in order to serve and to learn, for your third-density experience at this time, near harvest, is that which is quite confused in its overall orientation. There is found within most cultures of this planetary sphere a great deal of disharmony and even the bellicose nature being expressed upon a daily basis, not only between those entities you call the nation states but also within each entity in its relationship to other individuals within its daily round of activities. Thus the experience many wanderers find, when they have discovered that which they have come to do, is one of bewilderment, of confusion ...

(Tape is changed.)

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

N: Could I personally thank them for the inspiration and devotion that they have given us?

I am Q'uo, and we are grateful to be able to do so, my sister. Is there another query, my sister?

Carla: Thinking about the question of joining with other groups and sharing, and thinking about the work I do each week writing people with these kinds of concerns, I feel that since this is an illusion we are connecting on the inner planes and we are together on the inner planes and we don't have to worry about that. I have this sense when I am writing the people that I work with through the mail that it is like I am doing two things. I am doing the individual sharing and listening and communion and communication. I feel an energy exchange being co-created with the other person and me, whatever we have to teach each other and whatever we have to learn from each other. At the same time that it is helping me or the other person it seems like it is creating the channels of communication for fourth-density positive. We are doing work at this time on the soul level and we don't even know that we are doing it on a conscious level. Could you speak to that?

I am Q'uo, and am aware of your query, my sister. Indeed, as each entity engages in such communication it is as though a muscle that has not been used previously is now being exercised. As one

gains in the strength of sharing what is in one's heart then there is brought forth from that heart more and more information, inspiration and direction, not only for the entities with whom you communicate but a great deal more in the sense of the numbers of entities who share these concerns. As you are able to open yourself in communication with others you allow these others to share that energy and to move the energy in a spiral fashion, much as the light of the one Creator seeks to return to its source in the upward spiraling line of light. So as you are able to share the inspiration that is drawn from you by the questions of others this is as a seed. It is planted not only within the heart of those with whom you communicate but within the inner sense of self of humanity. As one learns, so do all have the potential to learn that which one has learned. Indeed, all are portions of the one Creator, cells within the body of the one Creator. And as one is enriched, so are all. Is there another query, my sister?

Carla: What is the Merkaba? M wants to know more about the Matrix of the Spirit, the Potentiator of the Spirit and how to use the Potentiator of the Spirit to work with these energies that have been archetypally jump-started with 9-11. I can refer her to the works of Drunvalo Melchizadek if you want to focus on the latter portion of the question.

I am Q'uo, and am aware of your query, my sister. It would indeed be our recommendation that the reference to the one known as Drunvalo Melchizadek be made for the one known as M in this area, for it is indeed a large area of study and we would not be able to do it justice with the energy that begins to dwindle within this instrument's vehicle.

As far as the second and third queries, we also feel that this is a large area of study in which there needs to be a further refining of the query, for there is a great deal of information that could be given here as well. We shall satisfy ourselves and hopefully begin to satisfy the one known as M by suggesting that the nature of the spirit itself is that which is immobile in that it does not move in the same fashion as does the physical vehicle or the mental vehicle but is that which is. The spirit of each entity which moves within the third-density illusion is that which is drawn from infinity. There is the body of the one Creator which may be seen as the creation itself. There is that from which the body is made, that

which we find the ones known as Ra referred to as the unpotentiated intelligent infinity. This is the infinite source which each of your entities is able to make contact with, when the higher self is realized at any time within the third-density experience.

We realize that this does not speak specifically to various portions of the spirit [archetypes] that are described in the system of study called the tarot which the one known as M has queried concerning. However, we feel it is well to begin this study with a basic foundation of information that is able to include the nature of infinity as being that which is the basic source for each finite expression of the one Creator known as a mind/body/spirit complex. We apologize for being short of information in this regard, but we find that the energies and the concentration of this instrument are less than adequate at this time for giving further specific information. Thus we would recommend that there be one final query before the ending of this session of working.

Carla: In truth, Q'uo, I would suggest that we end the session now because we have gained so much, and I wasn't able actually to read M's question as she wrote it. I think the energy of that question and the thirst that she had for that question really wasn't there, so I will refocus for next time. A flashlight would help I believe. Thank you very much.

I am Q'uo, and we are most grateful to you as well, my sister. At this time we would take this opportunity to express our gratitude to each present for inviting our presence this day in your circle of seeking. It is a great privilege for us to be able to join you here, in your hearts, in your minds, and in your seeking for that which is known as the truth. We truly enjoy these gatherings and are unable to express adequately our gratitude to you, but we are most thrilled to be able to join you at any time. At this time we would take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ❀



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SUNDAY MEDITATION NOVEMBER 18, 2001

Group question: The question today has to do with why human beings in the third density, especially here on Earth, seem to be so war-like. In this particular system we have had the experience of Mars, which was apparently so war-like that they destroyed their atmosphere. Maldek exploded its planet. Earth has had thousands of years of war. We are wondering what it is about the third density that seems to lend itself to entities in it moving in the direction of war-like actions. Is it the nature of our consciousness interacting in social groups? Is it our free will choice? Is it our opposable thumb? Our ability to make and use tools and, therefore, weapons? We would appreciate anything Q'uo could tell us about what it is that gives us this propensity for war and what it is we need to do as individuals, groups and nations to move in the direction of cooperation and working together instead of against each other?

(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 come to you. We thank you for coming together to seek the truth and for joining in this circle of seeking. We thank you for calling for us, for we greatly appreciate the opportunity to share our thoughts with you. We ask only that you use your discrimination in listening to our words and set aside any words that trouble you, for we would not be a stumbling block but, rather, a resource for your seeking. We ask you to trust your discrimination and no outside

authority. For you know what is comfortable and what is good within for you, and you may trust that instinct within you.

The question that you ask this day is an interesting one, one in which there is indeed a great deal to say but not as concise and crystalline a pattern as in some matters. The causes of war within third density in one way are unified into one cause, and in another way there are threads of cause. It simply depends upon the level at which you wish to attack the question. We will start with the threads, we think, because perhaps that is more where each of your minds are at this time.

One thread, having to do with third density and war, is the nature of the physical vehicle which you as a species enjoy and which others upon other planets have somewhat closely approximated in the sense of the basic structure of the two arms, two legs, one head, one torso makeup of the body. When you gaze at the instincts of the stock from which your species developed you may see that your instincts, those deep seated predilections for response in certain situations, are those of a territorial animal. Your great apes occupy a certain area in which they are upon their home territory for hunting food and protecting their source of water. The nature of this species is such that for the most part entities remain within various small groupings, each with its own territory, and with each territory being allowed its own way in what this instrument would call a *laissez faire* structure, each group being independent from

each other group, no attempt being made to work together in larger groups.

This is the instinct basis which feeds into the mind's working, for a portion of the mind is involved with prioritizing messages from the body which have a tag which says, "Urgent." Therefore, even though these instincts are unthinking they represent a substantial bias that prejudices third-density entities in the direction of what is perceived as their territory or their possession. If you will gaze upon the tangle of reasons surrounding your bellicose actions you will find that territorial considerations almost always play a significant role. This is the energy of red ray, of survival, being expressed. When the territory is threatened the territory [must] be defended. When other territory is seen as necessary and it must be gotten, then aggression is considered reasonable. This remains a substantial portion of the reason for war in third density.

Another thread of this tapestry of third-density situations and areas of conflict is the nature of the third-density mind. This third-density mind, without the benefit of the consciousness that is you as an eternal being, is a choice-maker mind. It is designed to make one choice after another. It assumes, as a way of working, that there is always a right choice and, therefore, sees the process of living as a sequence of choices. Faced with a situation, the third-density mind will attempt to solve the situation—not necessarily to appreciate it, to understand it, to analyze it, or to plumb its subtleties. The first mental reflex is to solve it, to make it go away. The tendency to see black and white, yes and no, feeds into that ability to be belligerent which is indeed a hallmark of your density. The very nature of the mind is such that it tends to suggest to the most rational thinker that decisions must be made, that plans must be made, that all must be chosen and then whipped into order along the lines of choice.

Another thread that moves into the war-making ability of humankind and of third-density in general is as the one known as Jim suggested: the challenge of working with groups. The great question in any group is "What is the character of that group?" A group shows its character as it chooses its leaders. Those who attempt to be leaders within large groups tend to have personality structures in which the use of aggression seems fair; the use of influence, just;

the use of all advantages, necessary. The tendency therefore is for leadership not to be as idealistic as the spoken ideal philosophy that is given respect in polite company, while at the same time, as the one known as Jim pointed out, ignores those same ideals when it seems to be of some advantage.

All of these threads feed into the situation where entities, feeling threatened, respond to their insecurity by aggression. You may see the fight for territory; you may see the greed for advantage, influence and power. You may see the tendency to do something as opposed to resting and gathering for extended periods of time, that impatience of leadership, that impulsivity. And a final thread that we would mention is that tendency of the stronger to bully the weaker. And by this we mean to indicate not nations against nations but rather, as the one known as C pointed out, male against female, one kind of energy over against its dynamic opposite, instead of coming into cooperation with that dynamic opposite. We have found that in populations of third-density entities who have chosen to seek the face of the Creator in a feminine face, the values of the culture include far less impulsivity and far more kindness than in cultures dominated by a Creator who is seen as a powerful male figure. The tendency to find positions of power held by male entities, the tendency of the very workings of the law and certainly the traditional underpinnings of your cultures upon your Earth at this time favor the values of strength, power, and force—the virtues of a strong male figure.

The very roots of your thinking, shall we say, from childhood have been saturated with testosterone-rich heroic deeds. This entity has a fondness for reading, and we find in this entity's mind many, many a story which involves the waving of the sword, the brandishing of the firearm, the assumption that weaponry and armament are natural concomitants of policy. And indeed we do not disparage war in and of itself. It is part of the almost inevitable confusion of third density. We do not suggest strict ways of thinking about conflict, for a case can be made for war as a game, as an excellent game, rich in glory and honor. Like many other things which from a wider point of view seem insane, going to war is a part of the expression of third density as most third-density planets experience the density.

Beyond all these reasons, the heart of war and the heart of the reason for war in third density is the nature of love. All things that you experience come to you as distortions of love. There is no other substance but love from which to draw life. So all of life, including murder, pillage, and rape is act after act of love: love distorted, love blocked, love asked to go where it would not go. Nevertheless, no matter how many times the stock seems to be hybridized and ruined, the basic root stock of all experience is love. Third density is a very focused, very intense density, the density of choice. The choice is not between love and hate. The choice is between two ways of seeking love: loving others as a way of choosing to love, or loving the self as a way of choosing to love.

Needless to say, the service-to-others path is not a war-like path. It is allegedly service-to-self entities that would move themselves into fighting against their own kind. And yet the struggle to see clearly the roots of love within the self is a tremendous one. As the one known as Jim has said, it is not that anyone knows not how to love. There are many examples of unconditional love. There are very simple words to indicate the qualities of forgiveness, compassion and love. However, all of these words are only within the mind until an energetic attempt begins to be made to translate these ideals into that which can be manifested in physical life. So the question becomes, "What is each seeker's response to the call of love?" And this is not a simple thing.

It is easy for us to ask each to go into meditation each day and seek the silence. The answers are there within the silence, not within our words. However, when it comes to attempting to step into your shoes as third-density entities we find that we are simply glad that each of you has the energy and the will for this great task of seeing the truth amidst the confusion. Love calls powerfully and pulls each entity forward. Third density is carefully designed to pull entities forward according to their desires and their thirst. The challenge of selfhood is to find out what you truly desire. What shall you desire? Truth? Love? Peace? Where is the substance to those words? Where is the reality beneath your feet? What is your understanding of your journey? If you understand that you are here to pursue spiritual evolution, that you are here to answer the call of love, then you will want to shape your questions to the infinite Creator

in such a way that you are seeking your own essence and the essence of Love itself.

It is thought by some that if people would stop shooting at each other that we would have peace. And yet we say to you that it is not as simple as that. For as the one known as C said, if one stops doing that, then what does one do instead? At least aggression against a certain and very specific nation-state or group of entities is a limited and achievable battle and at the end of it one can say such and such has been achieved, and now there is peace. And yet we say to you, like love itself, peace is beyond all condition. Peace does not originate within conditions. Peace is a quality that is waiting for each third-density entity to take it and claim it as his own, his very own, a wonderful, blessed possession. Yet how many entities truly seek the peace within their own hearts which comes from stopping the striving and encouraging the resting in what is? How many entities truly embrace peace if peace involves releasing many other things which are dear?

The one known as Jesus answered the man who said, "I follow all of the commandments. What else shall I do to enter the kingdom of heaven?" by suggesting that he sell all that he had and give the money that he received to the poor. And the young man went away very unhappy because he did not wish to do this, even if it meant entering the kingdom of heaven. Pride, vanity, the need to be better than someone else: all of these are energies within the human heart that are natural to the instinctual, second-density body and third-density brain. Yet you as a consciousness, as an eternal being, are resting within these biases for an incarnational experience in which you are attempting to follow the inexorable pressure of seeking for the truth, and your question each day to yourself is always the same. "Where in this moment is the love? Where in this moment is the Creator?"

So we do not suggest that it is an evil thing to go to war in and of itself. We do suggest that it is not a productive way to seek spiritually compared to the ways of peace. Yet in many ways your third density will express conflict because that is the basic nature of people who see themselves as separate from and over against others. This is a part of the catalyst of third density. It is a part of the hard lessons of love. And indeed it does move through not just third density but also to some extent, fourth density. For

there are those within fourth density who choose to continue as children of light or as children of darkness and continue the clash of polarities. As fourth density wears on, this great love of being a warrior begins to evaporate, as love is better learned.

Each has had crystalline, shining moments in his life, when love has become real, not just a word, not just a concept, but amazingly, vividly, powerfully real. Think about those times and the gift that those times have given you. Allow the consciousness that filled you at those moments to come back to you, just to remember how it feels.

We encourage each to ponder deeply her own essence and the nature of her own heart. The heart of one entity and the heart of the world upon which you live are the microcosm and the macrocosm of the same thing. And actually each of you is of an higher order than the world itself. As you choose to seek, to think and to act, so shall the reflections manifest in the macrocosm that is your globe. Work with the essence of self to find ways to choose not to promote conflict, ways to express the truths that do not do damage to those who think differently. But above all, seek that Presence within that is as the ray of light that is a fuller light, a light that blesses the darkness, a light that is not afraid. Open the self to that gentle, lambent flame that is the presence of the infinite Creator. Let that light take up and enlarge its home within your heart. As you seek the ways of peace within yourself, as you find ways to solve conflict within yourself, you are learning a little bit more for the planetary mind.

There is a fairly quickly growing group of those who are attempting to speak peace upon your planet, not in ways of public policy, but in ways of working within to become beings of peace. We see this body of energy enlarging upon your planet, and we feel very hopeful that, against all of the apparent news to the contrary in your Earth world, the lessons of love are more and more being seen, sometimes for the first time. Entities are awakening and doing some of this inner choosing of essence that we suggest. As more individual lives are transformed, so, we believe, shall your planet be transformed.

We would encourage each not to take to heart the appearance of things. It is said in your holy works that there will be wars and rumors of wars. There will be this, and there will be that, but the time is not yet. And we say to you that we believe this to be

true. The true war for each of you is the struggle that the one known as Jim called the *jihad*, the internal struggle of the pilgrim to discipline the earthly self in order to make of the earthly self a vessel for the spirit within. In this *jihad*, in this holy conflict, your choices are not clear, and yet there is always a light that shines from within. And so we ask you simply to seek that light, to seek the face of love, and when you see that sun shine radiantly that is love, to learn from it and to offer yourself to it. For you, too, can be an agent of love within the confusion. You, too, can be a part of the eventual peace upon planet Earth. It begins with each individual seeker seeking the ideals within herself that she hopes to see in the world.

We would at this time transfer this contact to the one known as Jim, leaving this instrument with thanks, and love and light. We are those known to you as Q'uo. We transfer now.

Jim channeling

I am Q'uo, and we greet each once again in the love and in the light of the one Creator. It is our privilege at this time to speak to any further queries. Is there another query at this time?

S: From our e-mail group one topic that came up: a fellow named B anchored frequencies like love to the Earth. I asked if there was anything that I could do to be of such help, and it was agreed that it was a matter of intention, but many seemed to have certain abilities, abilities that I am not aware that I have. Is there anything that you can enlighten me on as far as that type of service and how to be of service?

I am Q'uo, and am aware of your query, my brother. We can speak to those areas which any seeker has access to. It is not our function to discover for another that which is latently possible, for this learning is that which is most important to each seeker. However, any seeker may simply share the quality of being which each has as a basic vibration, as distinct as one's fingerprint or voiceprint. For each of you resonates and vibrates in a certain fashion according to the nature of how you seek, of what you seek. And as you are able to communicate that very basic quality of your efforts to another, you share from heart to heart that which is of most importance. Each of you vibrates in a certain fashion the harmonics of love, for from love was each made. If one is able, through the process of seeking, to

discover this basic vibration of love, then there is no greater gift that one may share with another.

Clearly communicating that which is your intention and that which is your desire is another method of sharing that is available to all seekers. Clear communication is a phrase which sounds simple, yet it is difficult for each to achieve within third density, for there is much confusion, not only among entities, but within entities. To take the time to seek the heart of self is a process which also enables one to reveal or to share clearly that heart of self with others.

To offer a service which is requested and which one feels able to offer is a third way in which any seeker may offer itself in service to others. This requires the seeker to look carefully into what the needs are from others with whom one is in contact. This looking also requires the seeker to listen, to listen to that which is requested, perhaps clearly requested, perhaps hinted at. Perhaps there is a means by which the seeker may elicit the needs of others through questions.

These are but a few ways in which any seeker may serve and yet though they are common to all, they are basic methods of being of service which are most valuable to any seeker. Is there another query, my brother?

S: Yes. We also discussed connecting the various meditation groups and circles of light and I suggested attempting to contact such groups in the Middle East or China or Africa and places other than just the western world to start seeds of a global consciousness. Could you share your thoughts on that topic?

I am Q'uo, and am aware of your query, my brother. To open the avenues of communication with those who are distant geographically and perhaps culturally as well is an effort which we encourage whole-heartedly, for there is far too little true sharing between such entities upon your planetary surface at this time. When people that are divergent in points of view, in backgrounds, in culture, religion, in socio-economic status are able to communicate with others, there is what we might call a commonality discovered between such entities which opens doors, shall we say, opens minds and opens hearts in a way which is not possible through any other means. To read about a culture, to hear about a culture is most informative to those who have little experience

outside their own cultures. Thus this effort is one which could be most helpful at this time. And we encourage your efforts in this endeavor. Is there a further query, my brother?

S: Just one. When Atlantis disappeared under the waves what happened to the Maxim Stone, the spiritual center?

I am Q'uo, and am aware of your query, my brother. This is information which moves into the area of the infringing upon the free will of others which we do not wish to do. We apologize for our lack of information. Is there another query, my brother?

S: That's interesting. No more queries from me. Thanks.

And we thank you, my brother. 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 once again for inviting us to join you this day. Please take those words which we have spoken and use them as you will, discarding any that do not ring of truth. It is our great honor to join you in these sessions, and we do not wish to be a stumbling block for any.

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 infinite Creator. Adonai, my friends. Adonai. ✽



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SUNDAY MEDITATION DECEMBER 9, 2001

Group question: (Our question today is from B.) It is my understanding that the formation of a social memory complex is crucial to fourth-density existence, and that the human race, due to factors already cited in *The Ra Material*, has been unable to even begin to form a social memory complex. My question is: What would be the areas of study, and the mental and spiritual disciplines required, of a dedicated group of people who wish to form a social memory complex in preparation for harvest?

I assume detailed communication between complex members is a necessity, with direct person-to-person communication being the most efficient, allowing communication to take place at multiple levels, but is physical proximity necessary to initiate the formation of a new social memory complex? Can a social memory complex be formed through a tool such as our Internet or electronic mail?

And how much a portion of this preparation for a social memory complex might be accomplished by seekers of truth simply seeking the truth and living a life? Is there something specific that we need to do?

(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. We thank you for calling us to your circle of seeking. We thank you for your quest for truth and for your preservation of this special time of silence in meditation, for it is a beautiful and most helpful discipline to come together in silence and to invite the truth with all of the ardor of a

courtier. For truly you do court that which is to you unknown, that which to you is a gift of your own spirit within. We thank you too because it allows us to perform a service that we feel is worthwhile. The one known as R was saying how remarkable it was that we continue to be happy to speak to you on subjects which seem to cycle around and perhaps cover the same material more than once and certainly in a generalized sort of sense this is true, yet we find that at each asking the direction from which the question comes and the seeking and vector of that seeking are different not only in a horizontal manner but different in a vertical manner. It is a matter of the cycles of questioning being spirals and perhaps not even that organized or logical because oftentimes the learning of a spiritual principle is completely nonlinear and some of the seemingly advanced bits will come very easily to a certain personality shell whereas some of the most simple things will be very difficult. Consequently, it does no good to take one's own spiritual temperature but simply to continue to live each day as though it were the central concern of your soul to live it well.

We ask one thing and that is that always each of you use the discrimination that has been created as part of your consciousness. Listen with an ear for resonance and when resonance is occurring, retain those thoughts and invite them to develop themselves more and to blend within your musing. If the thoughts do not interest you, do not attempt to follow them, for they are not yours at this time.

The question today concerns how to form a social memory complex of fourth-density level while in third density. And we do find this an apt question and an interesting one. To begin with, let us look at third density as opposed to fourth density. There is a quantum break in between third density and fourth density. Consequently, the question cannot be answered as asked precisely because of the fact that third density is not fourth density; fourth density is not third density. The two have different locations within time/space or the metaphysical universe. It is easy to mix up in one's mind the question of how to be a fourth-density social memory complex in third density and the equally valid question of how to express fourth-density values within third density, thus foreshadowing or pre-echoing the fourth-density reality of which your foreshadowing is a gift of hope. It is far more simple to talk about fourth density as fourth density, and we will do this first. But we do not believe that it completely answers the question.

When a third-density entity allows or surrenders to that ineffable energy of unconditional love, which has often been called Christ consciousness, then the experiencer of this love vibration is dwelling, unknown to herself oftentimes, in fourth density. That quality of love, when the veil is removed, simply places one in a fourth-density environment. In this fourth-density environment the social memory complex is alive and well because the nature of consciousness in fourth density allows that pattern and that pattern is a model that is higher than or that will replace the lower density when there is the awareness to see the higher density. In other words, when the spirit is not embodied in incarnation and the soul involved is vibrating at this level, the disciplines and studies involved in creating a social memory complex begin to be available, certainly, but even before such study and discipline the roadway is there upon which the seeker finds it convenient and easy to walk. The difficulty in fourth density would be finding a motivation for shutting off any part of the self from the blessed company of all other selves that were part of your being.

So any time there is between two entities an energy exchange that is genuinely and authentically mutually loving, without reservation or purpose of control or manipulation, any time that there is the achieving of a state of trust that is pure between two entities, any time there is that insight and awareness

of the oneness of the self and another, within that moment, within that communion, however long it lasts, you are walking the bright and golden path of social memory formation, weaving connections and experiences that redound to the personal process of evolution and also to the planetary process of birth into fourth density. Third-density entities finding themselves to be running fourth-density energy greatly aid in the formation of the fourth-density social memory complex simply by opening the heart to the extent that those moments are possible.

It is not, however, to our mind, a physical goal of physically incarnate beings to achieve the complete fourth-density social memory complex. The concern that we share with you here is simply that there not be the desire for outer achievement or for some kind of clique or society of elite. It is well to realize that the social memory complex is not that which is made up of certain selected entities whose personality shells seem to indicate a certain level of awareness. Rather, in the complete democracy of spirit the social memory complex is made connection by connection, energy exchange by energy exchange between all peoples who connect in all ways, on all levels, and in many, many cases without there being a noticeable catalyst. Consequently, it is well to work with those with whom there are special connections. It is also well to level the gaze to include all entities whatsoever who come within the purview of any being who is working on this very worthwhile line of direction in seeking to serve the one Creator.

Do not expect to be completely successful in third density except momentarily or briefly and always be aware that in seeking such goals there is the greed for moving quickly, perhaps more quickly than the wise old woman inside the heart would have you move. And you must listen to that grandmother within that says, "This is the day in which you shall be content to be silent and to surrender and to wait. This is not the day to go forth and achieve." Be aware of the energy that you have from day to day and work with the energy that is there that day, not towards an arbitrary goal of running Christ energy at all times. But simply live the goal of moving towards the self again and again. This instrument was saying earlier that where she has weaknesses in her thinking she finds herself moving back again and again, iterating the messages of faith and confidence and peace that she feels most deeply to be true, but that her

emotions and her mental quirks of character do not find so appealing and, of course, in each situation where an entity has to repeat that particular lesson, whatever it is, again and again, the message is clear. This is something that we need to pay great respect and attention to and to sit with and to welcome as a friend. For this friend has something to teach us. Perhaps it may sit at our campfire with us for a long time. Perhaps it shall be the entire incarnation. Perhaps it shall be a month or a year. Whatever that time is, be hospitable and welcome that time. We simply encourage each not to go faster than the wheels will turn. The need here is not for any rate of speed but rather for the self in the daily moment to be paying attention and attempting to do those things that are felt by that entity to be important at this particular time.

However, it is more difficult to speak of the foreshadowing effect but much easier to find a sense of reality which we may share with you, which you might be able to see in a conscious manner. This flashing of fourth density is a magical thing. It is a matter of the state of mind of the person, and it is extraordinarily difficult to talk about that state of mind, but belief and faith are a state of mind, perhaps we would even say that *knowing*¹ is a state of mind. If one *knows* that something is true, that person becomes able to demonstrate that truth. It is the depth of the knowing that creates the state of mind which opens the gateway to intelligent infinity and allows that Christ-consciousness energy its freedom of passage, and when that energy is flowing freely, even if that entity has no idea of what is occurring, the planet itself and the people around that entity will feel the light shine, will feel the warmth that is radiated and will be drawn towards that light and that gentleness of energy that moves with those who are full of love.

All of you have seen this in your daily lives. You have seen the illuminated moments when those around you or even you yourself experienced something that made your everyday experience seem like a black and white movie in comparison because the colors are richer; the feelings are more intense and more pure; that which seems two-dimensional in third density is three-dimensional in fourth-density. And you flash on this awareness, not because you have changed,

¹ Carla: I used italics here because when the Q'uo said this word, "knowing," I could feel a substance and depth.

but because you have opened the door that is closed within yourself. Or the door has been opened for you because of your surrender to the silence and your discipline with persistence in keeping that silence daily.

One of the questions that was asked was "What studies or disciplines might be helpful for those perceived to be at the fourth-density level and to create a social memory complex?" Certainly the most important tool is silence, for truly until you have come to a certain degree of silence within yourself the energy exchanges of the quality of fourth-density would be difficult. For there will be fear. Times spent in silence over a period of time, a little at a time but daily, are extremely helpful for opening those higher densities to the self within so that the self is beginning to pre-echo and foreshadow fourth density without even thinking about it.

We believe that we have given enough for this sitting and would appreciate the one known as B refocusing and questioning for further information, if this entity desires. We would at this time thank this instrument and transfer the contact to the one known as Jim. We are those known as Q'uo. We leave this instrument in love and in light.

(Jim channeling)

I am Q'uo, and greet each once again in love and in light through this instrument. We would ask at this time if there might be any further queries remaining upon the minds of those present to which we might attempt response? Is there another query at this time?

Carla: OK. I have been receiving some interesting communications, and I have developed the theory that I am receiving a psychic greeting at this time from an entity which has to do with me and which I met during the course of the Ra contact. This is the fifth-density entity. Some information that I got recently suggests that this entity is working to dismantle the Law of One and has been doing so for a long, long time. My feeling is just to love this entity as myself and to let the chips fall where they may. If you would like to comment in any way about this situation I would greatly appreciate it.

I am Q'uo, and am aware of your query, my sister. As you are aware it is with great care that we attempt any response to such a query. However, we feel that it may be stated that your relationship with the

entity of the fifth density negative polarity was, shall we say, begun at a time previous to this incarnation but became more specific and personal, shall we say, with the beginning of the contact with those of the Ra social memory complex. This was of necessity for this entity has as its primary purpose in regards to this third-density planet the increase of the harvest of those who share its polarity and the reduction of the harvest of the positive polarity. This entity has been engaged in this activity for a great portion of what you would call time in your third-density illusion. The mandate, shall we say, that such an entity gives itself is that there shall be control over those in this entity's field of experience. It is the nature of the negative polarity to arrange itself in such a fashion so that there is a definite order in the movement of energies, thus allowing those controlling this ordered movement to benefit most in the harvest of energies and power. This entity has many areas in which it has invested its own energies in this manner and with these goals. It found the necessity of focusing upon your role in the contact with those of Ra, for it was with this contact that this entity felt the most opportunity for gaining power resided. That this entity would focus upon such a contact was logical from its point of view, but we would also suggest that this entity has busied itself with other endeavors as well.

We would speak briefly to the concept of dismantling the Law of One. This entity observes the Law of One with the attitude of using this law for its own gain. Thus it does not seek to dismantle this law as much as it seeks to bend it and form it in a manner which suits its purposes best. The Law is One. It is indestructible. However, there are means by which certain of its applications may be distorted by those who would seek to use it for their own gain. Is there a further query, my sister?

Carla: No. Thank you.

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

Carla: I guess I would ask one more question, but feel free to tell me that you cannot answer it if it infringes on free will. My question has to do with a fellow who wants to create a simpler version of the Law of One. I have mixed feelings about this project. I'd love to see the Law of One available in more ways to more people at more levels. I am hoping that it could be accomplished without changing the

material substantially. This is an entity who wants to serve very deeply and is willing to put a lot of energy behind the project. We may have the opportunity to be of more service here and want to do our best. Can you comment?

I am Q'uo and am aware of your query, my sister. In this particular question we find that there is so much of your free will available for infringement that we must not give any kind of response at this time.

Carla: That is fine. Thank you so much, Q'uo. I have no more questions today.

I am Q'uo, and we thank you for your queries and apologize for our lack of response to the second query. We would take this opportunity to thank each once again for inviting us to join you this day. It has been a privilege, as always, to do so. We would take our leave of this instrument and this group at this time, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ❀



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SUNDAY MEDITATION DECEMBER 23, 2001

Group question: The question today comes from B and S. B was wondering if a social memory complex possesses a kind of consciousness that can engage in the exchange of energy with its members, either consciously or unconsciously, or if it is simply the sum of its members? We were assuming (in our conversation previous to this meditation) that a social memory complex could indeed engage in conversation of a very intimate and continuous nature with all of its members. If that is true, could you expand upon that, and could you let us know? And as S asks: As we are beginning to form a social memory complex, is there anything that we can do to prime the pump towards positivity in service-to-others acts, attitudes of mind, meditations, rituals, anything at all?

(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. It is a great privilege, as always, to speak to this group, and we thank you for forming a circle of seeking once again. It is a great blessing to us to share with your circle's vibrations, and it is a great blessing to us to be able to serve by speaking our thoughts. We ask, as always, that your discrimination choose which of these thoughts you will retain and which are not for you. We do not claim to be purveyors of truth. We claim only to share what we have concluded in our journey so far. But we are very happy to do so, and we do believe that it is a valid path of service.

The question this day is very apt for the time of year that this meeting is being held, for it is near Christmas and all over your world, in every nation, many millions of hearts turn now at this season to thoughts of peace, love and giving. The catalyst for this enormous peak in energy among the peoples of your planet is an outgrowth of the natural cycles of light and dark, fear and love. And, indeed, as was spoken of earlier, the Christian Christmas is a very old overlay to even older rituals from a previous time and a previous religion. It is a response of the heart of a society to the maximum amount of darkness and the minimum amount of light. It is a response to that which moves into the consciousness at such a deep level that there is no true defense against it. The lack of light creates a mood, and the tendency of that mood is towards poignancy and intensity and what this instrument would call negative thought patterns for the simple reason that life within third density is often, among other things, an accumulation of moments of pain that certain occasions seem to bring closer to the surface of memory.

However, this energy of Christmas has never been expressed in precisely the way that the one known as Jesus the Christ expressed it. And the way this entity expressed it has to do with this question about the formation of a social memory complex. Now, this entity who in his native tongue is called Jehoshua but whom we will call Jesus, because of this instrument's distortions and the distortions of the culture in which all of you live, was, in his own way,

a politician. But he was a politician who was running for office in another world. As he said, "My kingdom is not of this world." This entity identified his kingdom as the kingdom of heaven. We feel that there has been a tremendous amount of distortion of this entity's message. However, there is enough in what is left of what he actually said to begin to form an idea of what it takes to form a social memory complex.

When one gazes, for instance, at what this instrument calls the Beatitudes, it is interesting to note who is blessed. Blessed are the poor. Blessed are the meek. Blessed are the hungry. Blessed are those who suffer for righteousness sake. Blessed is adversity. Blessed is the enemy. Blessed is he who despitefully uses you. In other words, no matter what you do you will be blessed. When this entity was on the cross dying painfully a thief asked him if he would remember him when he came into his kingdom. And the one known as Jesus said to him, "This day you will be with me in paradise."

Jesus was not a foolish man. He did not feel that all things were good. He felt that some things were sinful. However, he took it to a higher level in each and every case and said, "The past is past. Make a new beginning and you are completely and utterly forgiven." Would that the voices that surrounded this entity had the same message. Much has been lost of the message because others immediately misunderstood it and felt, during the time that this entity was alive, that this entity should become a political figure and rule a country, a physical country, the country of the twelve tribes. This the one known as Jesus rejected out of hand. So if the one known as Jesus was offering information about the vibration of a social memory complex then the direction that the entities who wish to help form a social memory complex need to go is the direction of forgiveness and love. Forgiveness of enemies. Forgiveness of the self. And the willingness to make a new beginning. These seem finite qualities, but in the metaphysical world they are infinite. The freedom to expand and strengthen light is complete once the soul has pierced the veil of forgetting.

Now a very tiny example of a social memory complex would be the couple or the family which is extremely close, so that the entities have begun to tune into each other and eerily have begun to know what the other was going to say, what the other was

sensing, how the mood of the other was going without having to speak. There is a growing awareness from the soul level when there is complete trust between two people. This is difficult to achieve. It takes time and it takes persistence on the part of two human beings who will systematically fail at everything that they try to do at one point or another, metaphysically speaking. Consequently there is forgiveness built into trust so that when entities within a fellowship of complete trust misbehave they are allowed the room to do that. They are allowed the support to come out of that. They are allowed the chance to start anew.

These qualities of forgiveness and forgetting and moving on are sweet indeed, metaphysically speaking, because they free up the energy system, the energy body. The one known as T was asking about fear and whether that is an improvement upon anger which is an overlay of fear. And we would say that all overlays being taken away are improvements. The fear now is exposed because of the practice of the one known as T. He now is able to see and be aware of what that underlying emotion truly is, and indeed, no matter what the negatively oriented emotion, we assure you that it is a type of fear. Whether it is anger, grief or any other negatively perceived emotion, the dynamic is always between love and fear.

Now, how do entities in third density achieve such a heady and ambitious intention as forming a social memory complex beforehand, before its time? Almost anything that seekers can think of as ways to express their own individual desire and thirst for being part of the good and the love of planet Earth will help. So much of spiritual evolution is involved in sheer desire and persistence of intention in following that desire. Desire is the fire that drives. It can be a fire that is red-ray, orange-ray, yellow, blue, indigo, or violet-ray. Each of those types of desires, each of those combinations of types of desires, has its own characteristics. And an entity, in order to progress, needs not to follow someone else's idea of a curriculum or a study but, rather, each entity needs to follow his own heart, his own intuition, his own hunch of this or that book at the bookstore, this idea or that idea to think about.

Each of you already is part of a nascent social memory complex, but it is at a very low level at this time because it is not yet time. Priming the pump is

a matter of desiring to prime the pump and desiring it just as much tomorrow and the next day and taking each moment of desire as it comes and asking, "Show me Thy ways. Teach me how to serve." And surrendering that cleverness of wit in order to open to deeper guidance and to purer fire. For there is help for those who wish to rise. There is an enormous company, as this instrument has often said, of angels, beings that wish only to help entities to evolve and to cherish them while they do, to keep them in a metaphysical sense safe and comfortable. There are angels around each of you. They truly desire to be of service. When you sit in the silence, lean into that help and ask that invisible company to give you signs, give you ideas, help with the guidance, help with the clues, so that you can choose what feels the most resonant as your own path of service.

The one known as Jesus tried to apply fourth-density ideas to third-density society. We grasp the fact that this has not been popular since, and we believe we grasp why, realizing as we do that the one known as Jesus was able to open his heart and trust in the infinity of supply. The closest that your peoples have come to the idea of Jesus, which was to hold everything in common, has been various socialistic and communistic societies in their theoretical form, where each entity is looked at as completely equal and equally deserving of the right to live and to have a place to be and food to eat. The ability of your culture at this time to tolerate the situation where many, many entities do not have enough to eat is, among many other things, acting as a, shall we say, drag on the planetary evolution. For it reflects a carelessness among its members and a lack of appreciation for the qualities that humanity offers long before it justifies itself by being useful.

We ask you to consider who you are. Your physical vehicle was created, according to the writer known as Sitchin and others, to be gold miners for extraterrestrials. Consequently, there are many among those who believe in extraterrestrials and believe in their interactions with those of Earth who believe that there is no resurrection possible because the physical vehicles are simply dust and were created only to be slaves. But we say to you that a physical vehicle is a physical vehicle. Yours, like most life forms in this universe, has been interfered with several times. But that has little or nothing to do with the consciousness that accepts the contract with

the physical vehicle to have an incarnation together. Each of you is truly a citizen of eternity. It does not matter what the makeup of your body is, whether it was created by the God of the Bible in six days or whether it was created by extraterrestrials. The fact is that, within the illusion that you now experience, you are here. There is a little sign with an arrow that says, "You are here." Whatever your age. Whatever your station. Whatever your challenges. That is the playground in which you are enjoying yourself at this time.

While you are enjoying yourself on this playground it is very seductive to come to the belief that you are on a playground enjoying the games. It is, however, an helpful thought always to move beyond the playground, to move beyond the lights, the glitter, and the drama of people doing righteous and unrighteous things to each other. It is possible to move back into the heart of being that was before this world was and which will be when this world has finally become energy again. It is an uneasy union, body and consciousness, but it is precisely that union of flesh and spirit that is needed for third density. The vehicles you have are sound for the work that you wish to do.

We encourage both an intensity of dedication and a very light touch with the seeking to accelerate the pace of evolution and to come into some expression of fourth density. Now, you may find as you continue seeking peace that ideas will come to you. We encourage you to respond to those ideas because each of you is a Creator. Perhaps you have a gift for becoming closer to another entity or to a new idea that no one else has. We assure you that each of you sings a different melody of vibration, so each of you has unique gifts to give. And those gifts are already held in common by the people of Earth. There is at this time a nascent fourth-density social memory complex of positive nature forming on planet Earth. It is occurring now.

The one known as B is attempting to do this by starting a community. The one known as Carla, this instrument, in her own way has dedicated her life to bringing more light; to running fourth-density energy within a third-density system. This entity, unfortunately, has not done this entirely efficiently within her personal life. But in terms of metaphysical efficiency, both the one known as B and the one known as Carla have made good efforts.

And it is the continuation of those efforts; that is, the continuation of faith, that will avail the most. For love has a way of teaching you without being obvious about it, without the two-by-four having to hit the forehead. There is no wakeup, often, with the lessons of love but, rather, you discover that your ideas have migrated a bit, that there is a different light from which you are seeing the same thing. It may be slight, but it may well be more fourth-density if that is what you are affirming and seeking.

When you are expressing this nascent fourth-density energy you, if you are very aware, will feel it as an energy exchange even if the entity with whom you are communicating is half a globe away. There is an energy exchange between those who are vibrating together in love with each other on the fourth-density level which is very heartening and very healing for both entities, and we encourage each to attempt in all relationships to move from a point of fourth-density love, acceptance, forgiveness and willingness to move on. That is the pattern of learning, not to linger too long in negative emotions but, rather, to honor that negative emotion whenever it arises, to sit with it as long as it needs to be sat with in order to be accepted, in order to feel that it has been honored. And then, when it has been honored and there has come a peace and a balance and some small understanding, it is time to say, "Amen. I am sorry. I begin again." And let mistakes be mistakes, but stay in the light and the love of the one infinite Creator while you make the mistake, and, after you make the mistake, allow yourself your own love rather than your judgment. For judge and grasp the lesson you certainly will, but then it is time to release that.

The great obstacle to peace among your peoples is the same obstacle that is in a family when they will not agree and they insist on leaving problems unaddressed and unsolved. The one known as Jim has said very truly many times that this world needs a great deal of love. That is true at the individual level. It is also true at the societal level, at the racial level, and at the planetary level.

Does a social memory complex have its own ability to communicate? Certainly. Even within a marriage there is a social memory complex. Within this group, which today represents only four human beings (physically present), there is a strong and healthy social memory complex that is helping each.

It is not that each has become wonderfully able in the human sense to comfort and support each other but that the wish to do so is pure within these four hearts sitting within this room. And within this atmosphere, since all things truly are one, naturally over a period of time there is formed not just these four souls into a union but these four souls and the Creator so that the Creator and the self multiplies with the Creator and the next self and the Creator in the third self and the Creator in the fourth self and the result is powerful, far beyond the sum of its parts. There is a feedback system that begins to work when entities meet spiritually and attempt to love each other, even when they misbehave, even when they have difficult times.

Many, many opportunities will come to each of you in small ways and in large. Opportunities to see an entity as the self or the other self. We do not say to ignore the needs of the physical life. We do not say that it is wrong to set limits when there are difficulties, to protect the self from damage. You are third-density entities and you need to respond to the pain and the suffering that you feel. If you do not respond to it, if you insist on being all love and light at all times and not dealing with your feelings, not dealing with your dark side, you shall never make a social memory complex.

So the first entity that you must fall in love with in order to form a social memory complex is yourself. If you can fall in love with the shadow self of your own 360 degree being you have become far, far more vulnerable to the light that is the new light of fourth density. So much of the light that you call to yourself is created by the nexus of desire and emotion within which you are seeking the light. So all aspects of light feed into making third density into fourth density because all aspects of light can be illuminated by love. Love makes food taste better. Love makes gardens bloom better. Love makes children grow healthier. Love makes businesses thrive. Love will also make positive fourth density occur because the love energy within many of your people is now approaching that energy which is the graduated third density, the Christ energy.

The one known as Jesus would laugh long and hard at someone who said that he was a saint or that he was holy or that he was better than the next sinner. This entity did not feel those things. This entity was seeking to become more meek, more poor, more

hungry, and to achieve more suffering. Why was this entity doing this? This is the mystery of moving from third density to fourth density. Why did this entity find such joy in turning the other cheek? And in embracing death when he thought that by that sacrifice he would be able to save others from that suffering? Why was this very imperfect human act of choosing to die something that has riveted your culture for 2,000 years? That is the question that we feel may be most beneficial at this time [for you to ponder]. For the Entity comes into the Earth at this time. The one known as Jesus each year comes into the darkness, and the darkness knows Jesus not. And to that darkness Jesus is simply a mistake, a fool, a troublesome entity that must be stopped. For this entity simply wants to love. He wants nothing in return but simply wishes to speak the words of his Father, to do the will of his Father.

May you follow your heart. May you follow that which this instrument calls the cross. For fourth density is cruciform; that is, early fourth density especially. There is a cross involved. There is a sigil of sacrifice that needs to be grasped in a way that words almost cannot achieve. Silence itself, the tabernacle of the heart, and those infinitely blessed words that have no sound, that still, small voice, will bring to you that which you need. We encourage each to seek that silence each day and to affirm that all is well, that all will be well, that the life may be lived in faith. This rest that faith gives, again, frees one to love. It enables fearlessness. No one within your sphere is truly fearless in all ways, but it is well gently but determinedly to work on that fear, work on those separating emotions and realize that all actions expressed lovingly are metaphysically correct. It is not possible often within the Earth planes to make a pure choice because the physical vehicle won't stand it or the budget won't stand it, or the family won't stand it, or something will fall apart that you wish to keep together if you pursue a totally pure path of light. As we said, there are times when one must make decisions that do not seem particularly loving. But if they are made carefully, thoughtfully, and because of love then we say that is excellent work. It might not be right, but it is not important to be right. It is important to be loving. So attempt to be right. Attempt to run that ship that you have. But attempt more to open the heart to love.

We would at this time transfer this contact to the one known as Jim. We thank this group for asking such a good question, and we at this time would leave this instrument in love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and we greet each once again in love and in light through this instrument. At this time we would seek to offer ourselves to any further queries which may remain on the minds of those present. Are there any shorter queries to which we might speak at this time?

S: It is recently on my mind that, since yesterday we had a rear end collision and a couple of days ago we had another accident, I was wondering if there was some lesson that I had missed?

I am Q'uo, and am aware of your query, my brother. We apologize for the delay that was necessary for this instrument to work the recording devices. To your query, we can not see any particular lesson here other than there is always the unexpected, which occurs sometimes without any seeming rhyme or reason, yet which one can interpret by whatever means or attitude is prevalent within the personality structure. This attitude of mind then is set to work upon whatever catalyst approaches and will make the necessary adjustments to include the new catalyst within the established ways of thinking. The seeker of truth, then, may utilize any catalyst to achieve the desired perspective, shall we say. When one has one's spiritual feet firmly under one, there is no catalyst which can shake one's ground of being. All catalyst then becomes available as grist for the mill, shall we say, the catalyst being the means by which one seeks the heart of the being, if that is one's predilection, or seeks the more easily accessible surface interpretation, if one wishes to skirt the issue, shall we say, or move around the experience of one's being. Is there another query to which we may respond, my brother?

S: My wife has been feeling kind of low and down and I suggested it might be a psychic greeting, or it may be the doldrums but she couldn't seem to find a reason why she feels the way she is feeling. Do you have any perspective on that?

I am Q'uo, and am aware of your query, my brother. We show this instrument the picture of the ice and the broken ankle. We suggest that this entity, the

one known as C, may be, in the memory of the body complex, remembering that which occurred nearly one year ago at this time. The memory of the body is much stronger than most entities in third density are aware of or give credit to the body for possessing. We assure you, however, that the body does remember those traumatic experiences and this memory bleeds through from the subconscious mind and becomes that which is seemingly non-directional, without source, a feeling of apprehension or anxiety. Is there another query, my brother.

S: That is most helpful and I am sure C will appreciate it too. I am curious from the last session, concerning Carla's fifth-density friend of negative polarity that occasionally attacks her. Does this entity have a name?

I am Q'uo, and am aware of your query, my brother. And this is correct. Is there another query, my brother?

S: And what is this entity's name?

I am Q'uo, and am aware of your query, my brother. We suggest that it be carefully considered whether or not this knowledge is desired. For it is polarized significantly in the negative direction to know the name of one's seeming adversary. To know such is to begin the trail in the attempt to have power over that entity. Is there another query, my brother?

S: I'll take the hint and leave it at that. The last question is: do those of Q'uo and the heavenly host have any message or thing that they would like to contribute to our group at this time?

I am Q'uo, and we cannot resist. Ho! Ho! Ho! Is there another query at this time?

S: Not from me. Thanks.

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

Carla: I've noticed that Christmas is a very difficult time for many people to the point that they have to work at surviving Christmas, to go and get some deli and some videos and shut out the horror until it passes. It's a terribly negative view of Christmas, perhaps because there is no one to share it with or because of a bad memory. I wonder why this is and what can be done to make people feel better about Christmas?

I am Q'uo, and am aware of your query, my sister. There is an infinity of possible reactions or responses to the season which you call Christmas as there are for any season, day, or event. Who can say why one entity feels such great joy and another such sorrow at the same experience. Each of you and each of us in all of creation is an individual, a spark from the same flame of the one Creator, yet a reflection in infinite variety according to choices made, experiences had, directions taken and not taken. There is no way to estimate the response of one entity over that of another entity to the same catalyst. For all lives are written by one soul in many experiences, some of which mark deeply upon the pages of the life pattern, while others seem to go unnoticed with the same seeming surrounding cast of characters. Life, for most, is a great mystery. To begin, and we stress begin, to unravel the various twists and turns of plot and character is the work of one entity for a lifetime. In short, my sister, we cannot give you a cure for the Christmas blues. Is there another query at this time?

Carla: No. Thank you, Q'uo.

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

T: When Carla asked the question a thought came into my mind. Sometimes it seems to me that some people at Christmas time get a glimpse of good cheer and people having a good time and what happiness could be towards this light. And some people take this and say that it's not this way all the time, and they get depressed. Could you comment on that, please?

I am Q'uo, and am aware of your query, my brother. Indeed, for many this is so. To see that which is desired but not realized and removed from one's experience seems to be focusing on that which is ephemeral, seems to be a trick, to be false. Others perhaps see the commercial nature of the season and are disillusioned. Others respond more to the lack of light, the days being shorter. Others perhaps respond to the loss of loved ones from earlier times who are not now available for sharing the joy. Others perhaps respond to events within the world stage which seem to be more evident at this time in your yearly cycle. As we mentioned previously there are many reasons for entities to respond in the negative sense, of joy or sadness, at this particular time of your year. Is there another query, my brother?

T: No. Thank you very much.

I am Q'uo and we thank you, my brother. We would take this opportunity to thank each present for the heartfelt queries. The concern that underlies each is most evident to us, and we are always grateful to be able to speak to those who have the great desire to know the truth, to share the truth, and to become the truth. We walk with you on that journey, as do many others who are not visible at this time but whose hearts sing with you in the joy of your own seeking and your own serving.

At this time we shall take our leave of this instrument and of this group. As always, we leave you 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. ✨