



L/L Research-Transcripts

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the 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.

Note: Due to the ongoing pandemic conditions, regular channeling meditations are on currently hiatus. However, practice channelings resumed in September, 2020, and can be found on the [Channeling Circles page](#). In February of 2021, these channelings began being published in this main archive as Intermediate Channeling Circles. They can be found on the [2021 Table of Contents page](#).

2020

[January 4, 2020, Saturday Meditation](#)

Saturday Meditation

January 4, 2020

(Jim channeling)

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

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

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

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

Ra said that this was a free will choice of the group, and they chose that direction rather than magnetic north because it would be a good aid to narrow-band meditation. They also referred to this—the energies coming in cosmically from this direction as New Age energies that would soon to be paramount for earth, and my question is: What does that

mean? Are those energies now paramount? And this was something that Jim alluded to recently in his book, the same question. What can you tell us about these energies and are we now finding them stronger for us?

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

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

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

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

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

Is there another query, my sister?

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

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

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

Confederation's perspective of the concept of manifestation and how it relates to the path of the positive seeker.

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

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

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

Is there a further query, my brother?

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

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

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

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

Is there a further query, my brother?

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

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

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

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

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

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

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

These are possible tools for enhancing the journey which are not being utilized by entities which have no concept of that which is more than the experience they have previously had. They are unable to generate the faith or the will in any concept beyond the mundane world. They have this general feeling that this world is all that there is, that there is a beyond to this world is totally unknown to them and unimportant to them as long as they are able to provide themselves and their family with the basic ingredients for survival.

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

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

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

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

Is there another query at this time?

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

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

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

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

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

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

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

Is there a further query, my brother?

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

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

The negatively oriented entities, however, have the ability to create a kind of gravity well of negativity that can draw entities into it, for the benefit of those at the apex of the negative polarity, those who have the greater power and separation from others and control over others. This type of gravity well is that which entities drawn into it are more likened unto victims of the negatively oriented polarity that is at the apex of the negative grouping or well of negativity. This, indeed, would make it difficult to polarize in the positive sense by any entity that had such a desire if it was located within the evident reach of such negatively oriented entities.

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

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

Is there a further query, my brother?

Gary: That was awesome, thank you.

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

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

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

Do attempts to change society to seem more positive and become more accepting in society make it easier for people to then escape the gravity well of indifference as then they have the social habits that are more accepting and in line with positive thinking? Or is it always just as difficult to escape that gravity well because they still have to make the conscious choice and not do it out of habit? If that makes sense.

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

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

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

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

Is there another query, my brother?

Austin: No, thank you very much.

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

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

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

This gaining of spiritual mass, then, within each seventh density entity within its own social memory complex, is that which infuses all of the creation of consciousness with the entirety, or the unity, of the One Infinite Creator, so that each individual entity and each

social memory complex expands infinite outward, as you would see it, so that it becomes all that is.

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

This type of service is that which is called upon and called for by the population of your planet, as the entities are experiencing the incarnation as wanderers within the third-density illusion. What is called for at the time of their incarnation and awakening as being wanderers is a kind of beingness which allows them also to expand in a certain fashion so that their light vibrations begin to lighten the vibrations of the planet earth. The earth is engulfed in much of the separation and lack of knowledge of the unity of all things, so that the separation in mind, body, and spirit, produces a kind of darkness that is relieved in some measure by the vibrations of each wanderer, be it sixth, fifth, or fourth density.

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

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

Is there a further query, my brother?

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

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

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

This path of unity, then, is that which is created by each Logos, being the path through the densities of experience. This, then, will allow the Logos and the One Infinite Creator to gain from each entity's free will choices, the knowledge of the complete nature of each Logos, the knowledge of each portion of the intelligence that the Logos has created then, provides to the Logos and to the One Infinite Creator, experiences that expand the knowledge of all that is, so that it becomes more than all that is at any particular moment in what you would call time.

Is there a final query at this time?

Gary: I've got one, Q'uo, that shouldn't be substantial. Ra said that wanderers become completely the creature of third density in mind/body complex. [6] If that's the case, where,

within the self, is the repository of the wanderer's identity and experience and polarity and memory. Is it within the spirit complex of the entity?

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

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

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

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

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

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

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

[1] Ra: The instrument at this time should be in trance. The proper alignment is the head pointed twenty degrees north-by-northeast. This is the direction from which the newer or New Age distortions of love/light, which are less distorted, are emanating from, and this instrument will find comfort therein. – 2.6. (See also: 59.23)

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

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

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

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

[6] 16.59

January 11, 2020, Saturday Meditation

Saturday Meditation

January 11, 2020

(Jim channeling)

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

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

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

Q’uo: I am Q’uo and am aware of your query, my sister. The higher self is a portion of your being which stands ready to provide you with information and inspiration as a result of your heart-felt asking in what you may call the meditative state, or within the dream state, whichever has more accessibility to you. It is a type of communication that is oftentimes engaged within to provide the kind of guidance that is at present eluding the seeker of truth, and has considerable meaning in the life path, so that the qualities of faith and will come into play in this regard.

If, in the meditative state, for example, you can ask for the assistance of your higher self, listing the quality that you are seeking to be illuminated upon as a function of opening your heart more and more fully in unconditional love for those about you. Thus, the faith aspect, then, becomes significant in that in the asking for assistance from your higher self, then,

provide a bridge to your higher self through the faith that such is possible, and is likened unto your birthright, shall we say. Then, with the power of your will and your faith acting together, construct that bridge from your own heart to your higher self symbolically, so that this pathway may be a two-way communication.

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

Is there a follow-up query, my sister?

Q1: No, thank you.

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

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

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

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

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

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

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

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, it is not only possible, but that is the reality for each entity and each portion of the one infinite creation, for the Creator has made all that there is out of its own being so that it may know itself more fully through all of the free will choices that each of the portions of itself shall make on their journey back into unity with the One Infinite Creator. Thus, your task, as a conscious spiritual seeker of truth, is to become more and more aware of the Creator existing within each iota of your being and, indeed, existing entirely in the one infinite creation. This is a type of realization which can be experienced by the conscious seeker of truth as it goes further and further along its path of seeking, for the path itself is formed of the One Creator. There are exercises which are helpful to the seeker of truth that might aid in the perception of the Creator about one.

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

Is there a further query, my sister?

Q2: No, thank you.

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

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

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

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

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

Is there a further query, my sister?

Lynn: No, thank you, Q'uo.

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

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

this spiritual alchemy and how we may be as efficacious as possible at this practice? It seems easier to visualize when I think of the human body as a crystal.

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, this type of spiritual alchemy is possible for the one who has traveled with great experience and success upon the spiritual path for a period of time. This alchemy is the work of the adept.

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

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

The adept, as it is able to hold this image in mind, then, at its conclusion, will clap the hands, or stamp the feet, in order to ground this vision within the third-density illusion. This type of a motion or action is that which completes the exercise for the moment for the entity, for the adept. This is a type of exercise which is well, if it is repeated upon a daily basis, for there are many, many energies of a negatively oriented nature that are in motion at this time upon Planet Earth, and the adept will find itself drawn in many directions as it listens to the news, as it sees actions of a negative nature in motion, as it feels within its being the negativity in various portions of the planet, as it hears reports of this and that type of negatively oriented experience, so that there will be, for the adept, the opportunity to continue this practice upon a daily basis and make it a function of its life experience.

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

seeker has great strength of a magical nature, and may, indeed, be effective in allowing the energies of positivity to grow as a flower-strewn field upon Planet Earth at this time.

Is there a further query, my sister?

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

Q'uo: I am Q'uo and am aware of the query, my sister. We are aware that each negatively oriented entity and social memory complex, as it moves through the cycles of the densities, proceeding from third through fourth and fifth, will encounter a difficulty within the sixth density experience that will eventually result in the reversing of the polarity of a negatively oriented entity or social memory complex. For previous to entering the sixth density, it is possible for negatively oriented entities to pursue the path of union with the One Creator by following the path of separation and control of entities about one so that there is the removing of the freewill and the gaining of the power of such entities that are so dominated by the negatively oriented entity. Each negatively oriented entity or social memory complex feels that it is the Creator and that there is, within this nature of its being, the rightness of setting the universe in order, shall we say, so that there is the pecking order and the domination of the more powerful, of the least powerful.

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

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

Is there another query at this time?

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

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

the difficulty of seeing through this veil and clearly perceiving any experience of a fourth-density nature.

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

Is there a final query at this time?

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

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

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

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

At this time, we shall take our leave of this instrument and this group, thanking each, as always, for the opportunity to share your loving vibrations this particular day. We are always amazed at the perseverance of such seekers of truth who move within a difficult illusion, and yet find so much love and presence of the One Infinite Creator within their journey of seeking. We are known to you as those of Q'uo. We leave each in the love and in the light of the One Infinite Creator. Adonai vasu borragus

Practice Channeling Circle: January 15, 2020

Practice Channeling Circle

January 15, 2020

Group question: What does it mean to recognize the self as the Creator?

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each in love and in light this evening. We are most honored to be asked to join your circle of seeking once again. It is an inspirational experience for us to see the seeds that we have planted in previous sessions have been watered with your attention and devotion and have sprouted into plants that are growing stronger and stronger as they turn to the light of the One and absorb that light and bring it forth into your experience in these practice channeling sessions.

We are also pleased that you have asked a question this evening that is of such importance and profundity in each seeker's journey, for seeing the self and feeling the self as the Creator is the ultimate goal which each of you is pointed towards. Your journey within this third-density illusion hides this fact from you, most constantly and effectively, to be opened to the possibility of seeking beyond the veil and seeing that there is the Creator within your being is that which is a most noble journey, for the Creator lies patiently within each being, awaiting the door to open so that the seeker may be able to apprehend the beginning nature of how to feel the Creator, how to perceive the Creator, how to reflect the Creator. And this, my friends, is your destiny.

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

(Gary channeling)

We are those known to you as the principle of Q'uo, and we greet this circle through this instrument in order that we might speak on the topic of realizing the self, the incarnate self, as the Creator. In seeing the self as the Creator, one is seeing the self as all things. What is it to see the self as all things? It is at once something very abstract to you, for in what manner could you possibly hope to encounter all things, yet that is the scope of our statement. For if you were to encounter all things, all entities, all places and time, outside of space and time, what you would encounter would be—you could say it a couple of ways—you could say the Creator, or the One, or yourself.

The forms you would meet yourself in are infinite—some so distorted and at odds with the self, that one would seek to protect against this meeting, or run from this meeting, or avoid it at all cost, which may be appropriate upon that level of action and need. But nonetheless, the two meeting in such a scenario would be two different expressions of the One, for there is nothing which the One is not, so while it may be impossible to literally meet every expression of the Creator, it is possible to recognize every expression that you will meet as the Creator.

In this recognition, surface features are not ignored. You may encounter all sorts of classifications, be it another third-density entity, a second-density being, a visitation of a non-physical being, or environments or scenarios; each thing can be noted, each interaction can be skillfully (or probably not) danced with, yet it can be done with a heart so maximally activated, a blue ray so open, balanced and free, and a gateway sufficiently opened to infinity, that the truth of the moment reveals itself to the self. That is what is already there regardless of what the characters on that particular stage are doing or not doing, that is that in truth there are no boundaries between self and other, there are no limitations except those which are conventions designed for the particular environment. There is only and ever the One, which, when contacted, has no beginning or end, has no possibility of reaching a bottom, or reaching a finality. There is only beingness, there is only the eternal I Am.

We would focus on this I Am for a moment, and clarify that many, many qualities can be attached to the I Am to begin defining the self or the experience in infinite shades of color and meaning. This is a process of manifestation, of existence and creation—the realm of creation, that is. This is the process of the One becoming the many, but the base code shall we say, is irreducibly and always, I Am. I am not this or that thing precisely; I Am, as your Bible states, that I Am. This I Amness is the essence of self and all beings, and it exists in full, in its entirety within the self, right now—within the self reading these words, within the self that will forget these words, within the self that is both found and lost, that is struggling and in peace, in all polarities and dualities, there is only ever the I Am for everything else will come and go, pass away, be born and die.

The I Am of you, the I Am that is all, is unborn. In a way you could say it does not enter manifestation, yet it paradoxically includes all of manifestation and is none other than manifestation. But from the incarnate perspective, illusory though it is, the eyes must be cleared to see or to know or to abide within this living, eternal, boundless oneness within the self. And that path towards the cleansing of the heart, the opening of the eyes, the waking from the dream, has been described in a multitude of ways by those of our Confederation. [These] include a variety of spiritual disciplines that foster and develop, strengthen and intensify the will and the faith; that center themselves in the consciousness which sees and knows all things, distorted or not, as love; which ultimately in humility or humbleness, surrenders the actions of what feels to be the individual will, and the service to the great will of the One, which is simultaneously a state of high and finely tuned and one-pointed activity, balanced in total receptivity and listening and receiving.

Ultimately, this learning of the self as the Creator is one and the same with what those on your planet call the mystic, or the path of the mystic, the mystical path, for it's as some on your planet have reported, includes the journey of the transcendence of the illusory individual in the recognition of the All Self, the drop of water returning to the ocean. And with that thought, we would transfer this contact with eagerness to speak through the one known as Kathy. We thank you, my friends.

(Kathy channeling)

We are those of Q'uo and we are with this instrument. We wish to speak of love also through this instrument to express what it means for the self to realize its beingness as the Creator, where love is the essence of the beingness of Creator and of all, all that is created, all selves, throughout all time and space as you know it. And so from that universal perspective of love pervading all, all existence, down into every cell of every physical complex, present in every thought that any self may have, and of course, present in any spirit and every spirit, the spiritual complex being made up of love.

There is also another way to see this all-encompassing realization of beingness as love, as the Creator, and that is to, as one of the other instruments spoke earlier in discussion, of going into the moment where there is love, where there is only love in every moment, focusing upon that very particular expression of love one moment in your space/time, all moments in the space/time and in time/space, going down to this particular level when one sees that love is in each and every moment, and each and every space one can see that there is only the Creator that the self can become and can realize itself as, and it can inform, support, and heal and guide everything, every self in every situation.

One speaks in your illusion of the heart, the concept of the heart. That is what we would say is the place where the Creator dwells within each self, and it is in the heart of the Creator in which each self dwells. Therein lies oneness through that love, through that heart. One realizes its beingness as the Creator in its fullness when one realizes this love is an unbroken, forever lasting expanse of love that binds the Creator and all creation. And in that realization, one can know what ultimate freedom, and yet also ultimate security, really can be, feeling secure within that great love, feeling free within that great love. That is a high expression of realizing the self as the Creator. Security as well as freedom, they seem paradoxical, but yet they are both part of an expanded sense of self as Creator.

And with that thought, we leave this instrument to be passed to the next instrument known as Austin, and we thank you, my friends. We are those of Q'uo.

(Austin channeling)

I am Q'uo and am now with this instrument. The importance of love in relationship to the question that you posed this evening cannot be understated, for this question comes from within your experience deep within an illusion. And we invite you, my friends, to join us in amusement at the humor in the Creator itself asking what it means for the Creator to realize itself. Yet, we understand from your perspective this question does make sense, as your true nature as the Creator is quite hidden from your perspective. We feel it may be beneficial to speak to the nature of this veil over your perception, and why it exists, and why it causes you to present such a question as you have presented to us this evening; and why we, as the Creator, are called to respond to you, as the Creator, for this interaction could not take place if all involved realized their true nature—and that, my friends, is the very point of your current experience within the third density.

To elaborate on this notion, we invoke the example of your body complex, and your calling to us to respond to this question is as the heart in the body calling to the lungs for more oxygen to feed the system, and the lungs respond in accepting this call and provide the heart with what it calls for. These two facets of your body serve quite distinct purposes and share quite an elaborate and meaningful relationship, yet they are both part of a single whole. When considering the body as a single entity, the distinction between the heart and the lungs is quite practical, yet from a holistic perspective, quite arbitrary. We feel this is an important point to consider when inquiring about the nature of oneself as the Creator, for this very question comes from your distinct experience as lacking that realization. Yet this is a practical illusion. It serves the purpose of allowing the Creator to experience itself, and were you not in a position to pose this question, the experience of the Creator would be much less meaningful, much less vibrant, and much less fruitful.

There have been entities from within the illusion that you now experience who have managed, in a way, to fully realize the self as the Creator and dissolve the arbitrary barrier between self and the One; yet we emphasize to you, my friends, that this is by no means expected of all entities within the third density. And, indeed, it is quite expected that this not be achieved by a great majority of entities experiencing the veiled illusion of your density,

even among those who fancy themselves as spiritual seekers and mystics. This is wherein the importance of love may be grasped, for love may serve as the guiding star towards the ultimate realization of the self as Creator, yet the path that you walk in following this star may not be realized in its full within your current incarnation, or your current density, or the next, or the next.

From the perspective from which this question is asked, the journey may be seen as quite long. Love may be seen as the salvation that alleviates the daunting prospect of this long journey, for as seekers upon the path of service to others, you will realize that with each step and each choice made to radiate that love, that you step closer and closer to the realization that you are the Creator. And though the journey may seem long ahead of you, there will come a point at which you will realize that this truth was with you for the entire journey, and your dance throughout incarnations and through the densities was simply a game, a play upon a stage built by you in which you fully invested yourself into the roles that you played in this performance, and upon this realization, you will be quite amused at that which has passed.

We encourage you, my friends, when the realization of your selfhood as Creator seems so far away, look to your present moment and search for the love therein. It may seem a small act and it may not result in what you could understand as enlightenment, yet each seeking further empowers you and propels you towards that ultimate realization.

At this time, we ask if there may be queries within this circle that we may address. We are Q'uo.

Gary: Q'uo, this question comes from David, who writes, "Is it possible to have a sexual energy transference between two individuals of the same sexual polarity?"

Q'uo: I am Q'uo and am aware of the query, my brother. We find some difficulty in addressing this query, for there are many confused and distorted understandings among your social complex in regards to the very nature of sexual polarity, and sexual energy transfer, and further find that this instrument has done much contemplation upon this topic, which, while providing us with a great deal of material from which to speak from, also has solidified certain notions or distortions within this own instrument's being. And so, we request that our words be taken with a further disclaimer and ask that any who read or hear our words compare them, with great care, to the internal discernment of the self.

Sexual polarity, as understood from our perspective, acts as a type of magnetism. We encourage you to envision how magnets may interact to receive an intuitive understanding of how sexual polarity may interact. When magnets are turned with their opposite poles turned toward each other, they come together quite easily, yet when they are turned with similar poles towards each other, they seem to repel each other quite powerfully. This understanding may be applied to the attraction of one entity to another entity. If there is any sexual attraction, particularly in a spiritual sense, between two individuals, we find that at least in some form there is compatible sexual polarity which may result in sexual energy transfer.

We emphasize that this example is very, very simplified, and that within each individual, and between each pair of individuals, or even within groups of individuals, sexual polarity is not a singular aspect of their being. Just as there seem to be infinite facets of each individual's personality, so are there infinite facets of what might be understood as sexual polarity. We caution any who contemplate this topic and look outward for examples and understanding of sexual polarity and sexual energy transfer, that one may not judge or accurately assess the sexual polarity of another individual or situation between individuals.

This is particularly true among your social complex, for as we mentioned earlier, there are many distortions in understanding of sexual polarity.

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

Gary: No, not from me, thank you. Two things I wanted to communicate to the instrument that I won't be taking Q&A, and then 2) Jim said he had a couple of questions for you.

Jim: Yes, I have a question, Q'uo. Does an instrument need any special skills to channel information that it has no knowledge of?

Q'uo: I am Q'uo and am aware of the query, my brother, and we find irony within this query, for this instrument does not have much knowledge of what would constitute an answer to this query.

There exists a certain mindset, skill, and aptitude, that allows for an instrument to receive thoughts in an unbiased and effective way. We have found in our interaction with various instruments that there are, indeed, some that possess a greater skill innately, and some that acquire skill through practice of being able to receive information and transmit it accurately without previous knowledge of the topic at hand.

However, we cannot guide [generally] in how to free oneself of the constraints that typically blocked the effective transmission of novel information, for such constraints are unique to each individual and we can only speak generally effectiveness of meditation, and of being able to maintain silence of mind, for these enable an instrument to help release the constraints within one's mind, and open oneself to that which is new in the channeling process.

Is there a further query, my brother?

Jim: Not on that topic, but if you're up for another one, I've got another question.

Q'uo: I am Q'uo and we thank you, my brother. Indeed, we are up for another question.

Jim: Ra said that there is love in every moment. Why is that? How can that be?

Q'uo: I am Q'uo and am aware of the query, my brother. This query, as we believe you are aware, is one of the most central queries that an individual may contemplate within the third density, for it is the seeking of this love in every moment that enables the individual within third density to realize their true nature and progress along the path of service to others.

In speaking to the question of how and why love is contained in every moment, we invite you to remember the moments within your memory in which great love was experienced and expressed. We invite you to sit within this experience and allow the feeling of this love to fill you completely. This experience of love may provide you a window into the very primal nature of the creation, for it is the microcosm that is the love that you experience within incarnation to the macrocosm of the Love which has created the entire universe. We believe, that in experiencing this love, you can feel the expansive and primal nature and you may grasp its creative potential, for within this expansive experience of love there exists the potential of infinity, and each moment in which you seek this love is yet one perspective upon the infinity of the Creator.

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

Jim: No, that was really excellent, thank you so much. I have another query though.

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

Jim: How does forgiveness stop the wheel of karma?

Q'uo: I am Q'uo and am aware of this new query, my brother. As you are aware, karma may be viewed as a certain inertia, or, in another sense, a perpetual motion put into motion by an act that may be considered consciously unloving, or from another perspective, simply harmful to another being. This action generates a certain charge, borne from an imbalance, created by the lack of understanding that each entity is the Creator.

This charge that is created sets the wheel of karma in motion, and this affects the individual's life path in that the entity will continually be invited to experience that imbalance again, for it carries with it that imbalance, and such an imbalance creates a sort of magnetic attraction. When an entity then attracts to itself further situations or circumstances generated by the perpetual motion of the wheel of karma, there is, in a sense, a placing back onto the entity that which was imbalanced. And as such is placed upon the entity, typically through another individual's action, there is another opportunity to alleviate the self of this imbalance through forgiveness—not simple forgiveness of the other self for the action that caused harm, but a deeper forgiveness that realizes that the self is also capable of such an action, and the self and other are not separate. This deeper understanding typically results in a sort of natural forgiveness that then alleviates the imbalance, removes the charge, and allows for the motion of the wheel to stop.

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

Jim: No, Q'uo, that was good. I do have one last query.

Q'uo: I am Q'uo and we thank you, my brother. We are able to receive one final query through this instrument.

Jim: How do you know that a psychic greeting is actually a psychic greeting, and needs the kind of attention that Ra spoke of, or is it just bad luck or random chance?

Q'uo: I am Q'uo and am aware of the query, my brother. To address this query, we first feel it necessary to emphasize the lack of importance of the source of any experience or greeting. All comes from the Creator; any distinction beyond that must be seen for the illusion that it is—though we understand and appreciate the practical nature of your query.

When experiencing a certain emotion or pattern of thought or any internal difficulty or disharmony, and one wonders if it is being energized by an external force, it is good to look to the nature of the disharmony and its roots within the relationships of the individual who is experiencing this disharmony, for when groups seek together in service to others, a magical charge is generated. This charge attracts the attention of those who might greet the group with difficulty and persuasion to abandon their path, or even take up the polarity of service to self. If the difficulty is rooted in the work that this group is doing together, and the difficulty suggests to the self that the work is not sustainable, that it may be best to abandon the work, that the easiest and safest route is to discontinue the service and sever ties with those one is seeking with, there is a chance that these feelings and temptations are being energized by what this group has called the “loyal opposition.”

We also suggest that such internal difficulties and disharmonies that are energized by an entity carry with them a certain intensity, as though a weight is placed upon one that is too much to bear and too heavy to carry. The intention of such greeting is to throw the individual off balance and overwhelm the individual so that even if one has an effective practice of meditation and carefully attempts to process one's catalyst, the feeling of overwhelm interrupts this process. In such a scenario we suggest that any individual who feels such a weight first bless the experience itself, and accept it with love, and then turn to the source of such experience and bless and accept the source with love. And finally, we

encourage the sharing of such difficulties within the group openly and encourage the group to maintain a healthy social environment so that such difficulties may be shared without concern and with safety.

We find this instrument rapidly decreasing in available energy, but it prompts us to query the one known as Gary to ensure that he does not wish to perform a further round of questions and answers this evening.

Gary: Thank you for the consideration, Q'uo, but I will decline this evening, due to fatigue.

Q'uo: I am Q'uo and we thank you, my brother and offer you our love and encouragement, and express our admiration at the progress that you have made upon your journey of learning to receive and transmit our thoughts, as well as the progress of this group as a whole. We find great joy in our time with this group and are honored to walk beside you upon this path of service to others. At this time, we leave this instrument and transfer the contact to the one known as Jim, to offer some final thoughts to this circle for this evening. We are Q'uo.

(Jim channeling)

I am Q'uo and am once again with this instrument. We have enjoyed the exchange of ideas and energies between ourselves and your beings this evening. We feel that we have been able to reach new heights of communication in a manner which has utilized each new instrument's abilities in an expanded sense. These heights are much as you would see a mountain range, so that even though there is a perceptible altitude that has been reached, there are the momentary variations in the peak experiences, shall we say, that allow for an expanded view of the terrain of each entity's view of the self. This view of the self is beginning to climb to these new heights in a manner which is apparent to our observation and appreciation.

We are grateful to each new instrument for the accentuation of devotion to this process that allows us to blend our energies with yours in a fashion which yields an enhanced product, shall we say, though we do not mean to describe your service as that which has been produced for sale--it is for service by all means. We would, at this time, leave each within this circle of seeking in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.

January 18, 2020, Saturday Meditation

Saturday Meditation

January 18, 2020

(Jim channeling)

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

As always, we shall preface our beginning with the request that you realize that we are not ultimate authorities—we are your brothers and sisters who have moved somewhat further

upon the same path that you move at this time. Thusly, we would ask you to use the words and concepts which we share with you in whatever way has meaning for you at this time, and we would further ask you to leave behind any words and concepts which have no meaning for you at this time. This will allow us to speak more freely, knowing that we shall not be presenting you with a stumbling block upon your path. With that having been said, we would now ask if there is a query with which we may begin.

Kathy: Yes, Q'uo, thank you. I have a query concerning something I read recently in Session 18, in a different context Ra was mentioning the intelligent energy of the body complex, and my question is, to ask you to expand upon what that means—*the intelligent energy of the body complex*. [\[1\]](#)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Is there a further query, my sister?

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

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

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

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

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

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

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

The attempt to find love, rather than to be confused with anger or jealousy or disharmony, or any other emotion than love, is an attempt of purification of the perception of the seeker of truth. This is the foundation stone, this is the direction which has the most meaning for any seeker of truth. The attempt, then, is that which lays the framework for the seeker of truth to move and have its liveliness, shall we say, its vitality that is enhanced by the attempt. Each attempt, each intention, will produce some result, whether it is complete in its entirety of perceiving the love in the moment, is of little importance.

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

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

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

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

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

The finding, the seeking, the finding, the seeking, continues to build a kind of power, then, that is effective in giving inspiration and information to those within the circle of one’s being in the third-density illusion. Thus, as each seeker of truth within a group such as this is successful in finding that love in the moment, the experience of the entire group is enhanced so that each builds this intention and the seeking, the finding, the seeking, the

finding, then becomes a kind of cyclotronic action that has as its continuing result the explosion of love within the moment of each seeker of truth.

Is there a further query, my brother?

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

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

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

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

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

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

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

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

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

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

Is there a further query, my brother?

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

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

Within this entity, the crown of the One Infinite Creator, in all its power and potential, then, rests, awaiting the movement of love through the energy centers in a fashion that excites the light of each energy center, the light that is reflected in the colors of red through violet, the light that allows a greater and greater expression of intelligent energy, or love, through each energy center, so that the mind/body/spirit complex is then able, in some fashion, in each moment of its existence, to express a portion of the One Infinite Creator's desire to know itself.

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

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

Is there a further query, my brother?

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

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

The conscious seeker, then, is able to bring its intentions and its desires, its will and its faith, into a kind of meditative one-pointed focus, for the realization of more and more of the One Infinite Creator that exists within the self and exists in an accelerated fashion or means by which it may be perceived as the energies of Intelligent energy move upward from the red through the violet energy centers. Therefore, there is, for each conscious seeker of truth, the opportunity to expand energies in a more and more efficient manner, so that its apprehension and utilization of the daily round of catalyst, may further propel it higher and higher along the energy centers, until the crown rests upon the conscious head of the mind/body/spirit complex.

Is there a further query, my brother?

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

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

Is there another query at this time?

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

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

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

These types of expressions of unique energies are that which also have similarities to other areas so that there is the combination of similarity and disparity that one may become aware of as one experiences various geographic locations upon your planetary surface.

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

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

Is there a further query, my sister?

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

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

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

of patriarchy is the focus of my question, and I'm curious about how can heal and balance that expression of patriarchy.

Q'uo: I am Q'uo and am aware of your query, my brother. The patriarchal system of governance and expression of power is that which has found its room to roam, shall we say, upon this particular planetary sphere for a great portion of what you would call time.

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

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

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

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

Is there a further query, my brother?

Gary: Yeah, the patriarchal model that you are describing and that I was asking about seems a fairly service-to-self oriented model whereby those on the higher rungs suppress and dominate those on the lower, even to the point of manipulation and disempowerment. That negative model has manifested through this gender imbalance on this planet whereby it is males historically who are performing this action. Would it be possible, say, in another world or another society for this service-to-self model of dominance to manifest through the female principle whereby it would be females performing this activity, or is this unique only to the male gender?

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

These desires have sometimes been utilized by the feminine principle that utilizes *awaiting the reaching* in a manner that seems to turn around the qualities of male and female principles. This type of reversing of principles is something that has seldom occurred upon most third-density planets. However, when it has occurred, it has occurred because there was a previous male patriarchy that provided the foundation for the experience of reaching

and utilizing energies of others for the promotion of the self. This was, then, through various generations of utilization reversed in a sense by the more matriarchal portions of developing cultures so that there was not the pure expression of the *awaiting the reaching* by the matriarchy.

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

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

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

Is there a further query, my brother?

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

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

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

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

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

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

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

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

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

Is there a final query at this time?

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

Q'uo: I am Q'uo and am aware of your query, my brother. The positively oriented societies are aware that there is a hierarchy to creation, that there is a hierarchy to their own beings within their energy centers, there is a hierarchy to the perceptions that are available to them as they begin their spiritual journeys and communal journeys of social societies.

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

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

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

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

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

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

At this time, we shall take our leave of this group and this instrument. We, as always, thank you for inviting our presence within your circle of seeking this day. You are our great inspiration as you move forward in your paths of seeking the truth within the third-density illusion. We leave you in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.

[1] 18.6 and 18.15 specifically.

[2] 10.14

January 25, 2020, Saturday Meditation

Saturday Meditation

January 25, 2020

(Jim channeling)

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

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

Q'uo: I am Q'uo, and I am aware of your query, my sister. In this instance, we feel that you are well aware of the situation that will proceed from your decision to attempt to ameliorate the situation of which you are referring to. The desire on your part to walk the road of restitution is that desire which blazes a trail, shall we say, in your conscious and in your

subconscious mind that has a connection with these entities, so that in your own effort to make restitution, there is a sharing of the possibility of this path being traveled by others.

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

Is there a further query my sister?

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

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

Is there a further query, my sister?

Lynn: No, thank you Q'uo.

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

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

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

The maelstrom which each of the repeating third-density groupings has been brought with them is a kind of, shall we say, catastrophic, non-loving experience that has an infective or infection quality that seems for many to grow more potent as each additional effort to polarize sufficiently for fourth density graduation fails. Thus the wanderers who offer

themselves in service to this planet and its variety of repeating populations, realize they are incarnating into a storm, a consciousness storm of failure, a storm of retribution, a storm of the desire to move out of the sinkhole in which they find themselves, and yet find the movement to be nearly impossible.

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

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

Is there a further query, my brother?

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

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

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

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

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

This is a situation which can require that the wanderer, upon moving from this illusion into the afterworld, shall we say, as it begins to assess the incarnation just completed, will discover that its perceptions cause behaviors upon its part that will now require that it re-learn those lessons that were seemingly forgotten within the previous incarnation. This re-

learning of lessons of opening the heart to unconditional love may require the repetition of the entire 75,000 year master cycle of third density. Thusly, the wanderer will hopefully begin to build a firmer foundation within its own beingness in order to be able to more clearly apprehend the nature of the services which it wished to offer in the previous incarnation.

Is there a further query, my brother?

Gary: Two super-quick follow ups. So are you saying, Q'uo, that the consciously unloving activity that accumulates karma is essentially any activity which seeks to intentionally infringe on the free will of another through control or manipulation? Whether or not the reasons are confused?

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

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

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

Is there a further query, my brother?

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

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

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

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

Is there a further query, my sister?

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

Q'uo: I am Q'uo, and am aware of your query, my sister. Indeed, we find that the practice of which you speak is the beginning formulation of this type of indication of desire, that can be reflected in a greater and greater magnitude, as the visualization continues upon a daily or even more frequent periodicity than that. The desire, then, would cause the periodicity also to be utilized, perhaps in a more frequent manner, perhaps in a more intense manner, perhaps in a more intricate manner, determined by your own conscious decision. This is a type of visualization which can be enhanced in various ways, as we have mentioned. And this type of visualization then can be quite constructive in its ability to enhance your desire to alleviate the karma.

Is there a further query, my sister?

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

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

Is there a further query my sister?

Lynn: No, thank you Q'uo.

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

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

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

For the incarnation of each entity within any illusion, most especially the third-density illusion where the veil of forgetting plays such a significant role, is the behavior which removes from the entity (that is, shall we say, killed) an entire incarnational experience that may have been many, many years long, had the power which was used in a terrible fashion not been so used. [3]

The power within the entity known as Jesus was the ability to contact intelligent infinity, which of itself is not colored, shall we say, in any particular means or manner. The utilization of such a power is that which can be described as terrible, or beneficial, or

enlightened, and so forth. Thus, the definition of the terms is that which holds the crux of the conceptualization facility here.

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

Is there a further query, my brother?

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

When I think of knee-jerk, I think of a reactive pattern that is triggered and elicits an unconscious response from the entity. You know, the entity might blurt out something, say something, or in the case of Jesus, uses terrible power to kill his friend. Whereas conscious intention is an intention that's formulated within the self, and then is carried out and executed rather than being a reactive point.

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

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

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

Is there a further query, my brother?

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

Q'uo: I am Q'uo, and I am aware of your query, my brother. The significant factor, as we are able to determine it in this instance, was the desire of the one known as Jesus, to speak these words upon the cross, that it might do more good, shall we say, for those witnessing its crucifixion by speaking these words that were the culmination of its life-long desire to balance the karmic debt of the taking of the life of the playmate. And at the same time, by speaking these words, let those observing the crucifixion know that forgiveness was the path to healing.

Is there a further query, my brother?

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

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

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

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

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

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

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

Is there a further query, my brother?

Gary: That was beautiful. In that same sentence, Ra says that "the pitch of light is held high above, so that all interpretation may be seen to be *protected* by light,"—there's a concept of protection for the positive path that's not available on the negative path. And I've grappled with what it means to be protected on the positive path. Does that mean, say for instance, if you are mistakenly walking in front of a bus, that an unseen force may give

you a nudge out of the way? Or some other negative circumstance; you may have to foreclose on your house and something intervenes to help rescue you? Or rescue or preserve or assist in some way? Could you elaborate on what it means to receive protection on the on the positive path?

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

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

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

Is there a final query at this time?

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

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

At this time, we shall take our leave of this instrument, and this group. We leave each of you in the love and the light in which we found you, for that is all that there is, the love and the light of the One Infinite Creator which guides each of us on our path of seeking. We are honored to be on that path with you. We thank you for your invitation this day for us to join you here. We are known to you as those of Q'uo. Adonai, Vasu Barragus.

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

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

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

Thus the one known as Jesus became aware that there dwelt in him a terrible potential. This entity determined to discover how to use this energy for the good, not for the negative. This entity was extremely positively polarized and remembered more than most Wanderers do.

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

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

Practice Channeling Circle: January 29, 2020

Practice Channeling Circle

January 29, 2020

Group question: Q'uo, could you tell us about the relationship between forgiveness and acceptance?

(Jim channeling)

I am Q'uo and am with this instrument. We greet each in love and in light this evening. We are, as always, most honored to be able to join your circle of practice channeling. We would suggest perhaps “intermediate” or “becoming advanced” would be a more appropriate title for this type of channeling circle, for we are most pleased with the progress that each entity has made. We are hopeful that we can continue the steady progress by giving each instrument more, shall we say, information or descriptive terms in a way that fits with the instrument's current abilities, so that there is an opportunity to expand the practice of channeling.

This evening you have set before us the twin concepts of acceptance and forgiveness, and these we find are concepts that are critical in the third-density experience, as each seeker of truth has those times of seeming error inserted into the life experience. Usually, such times of mistakes or errors are unintentional and there is the obvious need to seek forgiveness from the one that has been wronged. The forgiveness is a concept which allows each entity to find a harmony between them where there was disharmony.

The forgiveness is a kind of spiritual medicine that each entity can take that will allow the heart to continue to stay open in the relationship between the two. This type of spiritual treatment is that which includes forgiveness of self and other self, for it is indubitably true that each is an other-self to the other. Once this forgiveness has in some fashion been achieved, then it is possible for each to accept the experience that was shared as a means

by which the catalyst was processed and turned into the forgiveness. And, we may add, hopefully the forgetting.

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

(Kathy channeling)

I am Q'uo, and we are here with this instrument, ready to respond further to your query about forgiveness and acceptance. Indeed, these twin concepts may seem at first glance very specific, relating to specific situations, for example. However, they are quite large in concept. These are universal, eternal states of mind and heart that all beings must, in third density, learn to utilize in their process of raising themselves up toward fourth density, toward love and compassion as a way of being. You could see them as an enlargement of consciousness when an entity is involved in any situation that had any difficulty in it at all, any seeming conflict, misunderstanding, or hurt for which forgiveness and acceptance would be needed.

They are like ever-present states of mind that can be used to instantly lift one up, and vibration to lift the situation up, even to dissolve a situation of its difficulty. And even in the twinkling of an eye this can be done, through the use of these simple, yet quite magnificent and enlarged concepts. In fact, your Lord's Prayer that you said before this practice channeling includes a request for forgiveness from the Father. And for us to forgive others, making it a circular concept that relates to the Creator and to mankind in circular fashion, receiving forgiveness from the Father and forgiving others, in this never-ending circle of forgiveness among entities. And indeed, you could even say that forgiveness and acceptance are necessary concepts to be able to use in order to live. To be able to live—we correct this instrument—to be able to live a fulfilled life in service to others.

These twin concepts open the heart, allow for growth in service to others, through eyes that accept the world around one. One can then look further, and forgive anything, through a simple adjustment of perception, adjusting one's perception to understand that there may be deeper reasons for circumstances that one may not be aware of. There may be higher reasons. And so the nature of circumstances may not really be what they seem to be on the surface. And so, all can be forgiven if one understands that there is no real intentional cause for an act that needs to be forgiven, for it may not be what it seems. And so acceptance and forgiveness is the way to open the heart. Move forward. Come closer each step into true unity with all brothers and sisters in your illusion, as of now. And in doing so, the gift that you receive is a greater peace, a greater understanding of self and others.

And at this time, we will take our leave of this instrument and pass the contact to the one known as Gary.

(Gary channeling)

We are those known to you as the principle of Q'uo and we greet this circle once again. And we would continue our exploration of this very rich topic regarding the relationship between forgiveness and acceptance, two concepts related as are two strands of the same rope, each one strengthening the other and together forming a whole, yet sufficiently distinct to describe independently. In exploring the concept of forgiveness, we examine that process within the seeker of letting go: letting go of that which is held on to. In the course of the seeker's journey there are injuries, and bruises, and knocks upon the head that are sustained, inflicted by circumstance perhaps, but where [it] most registers within

the self, inflicted by other selves—sometimes stranger to the self, sometimes quite known to and loved by the self.

In either event, some wrongdoing in the perception of the self has been rendered. Some way the self was not recognized, or was insulted, in body or mind, and this leaves its mark with the self. And instead of feelings of compassion and unity for the perpetrator or injury giver, there is now a thick separation. The other self has become not only different, but perhaps alien to the self. The other self is not linked, not in common with, not in community with the self. And behind that wall of separation may be experiences of anger or resentment, or even the punitive energies: the desire to punish or to judge or to reciprocate the hurt that was received in the perception of the self.

Where this separation exists and where these energies dwell within the self, there is a lack of forgiveness, or some limitation on the capacity to forgive. Thus the self carries within itself a burden which it and it alone is responsible for regardless of the proximate cause of the original injury or slight. For the self has generated these feelings, and while they may find expression toward the other self, or be manifested into the environment in some way, they first and foremost inflict themselves upon and infect the self which harbors these feelings. For these feelings create not just a separation between self and other, but between self and the Creator.

There are various effects that these energies may have upon the self, particularly if they are manifested in body, being unprocessed by mind. But for the self which seeks, as we were speaking through the previous instrument, to go higher, forgiveness is the road in working with these energies. For in forgiveness there is [even] if only the desire to release the self from the prison and burden and even torment, perhaps, of these harbored energies of resentment and negativity. There is within the self who seeks forgiveness a desire to cleanse the heart so that it may grow closer, shall we say, to the One Creator; to purify not only the heart, but the vision so that the other self is not seen through the lens of resentment, but is seen for who the other self really, actually is, which is a spark of the Creator, perfect as he or she is, regardless of the distortions and their outward behavior and demeanor.

Regardless of the pain they may have inflicted upon the self or upon the others, that other self is, like the self, perfect. This vision of perfection is a, to be fully realized, mystical state of consciousness, but it is not visible or knowable to the self, lest—we correct this instrument—lest the heart be cleansed with the scrubbing agent of forgiveness which seeks to let go of the desire to judge, or punish, or to hold the other entity within the heart in a state of resentment or other form of negativity. Forgiveness of other self is also forgiveness of self, for—we correct this instrument—[the self] which seeks not to judge the self for feeling the above-mentioned feelings in the first place, for the self too, [is] a creature of perfection, is also a human creature of error and folly.

To see this error and love it is to walk the royal road which seeks once again the return to the unity of all things. And critical to both this path and forgiveness is that energy, or quality, or nuance of love which you call acceptance. Forgiveness, this activity of letting go and seeing the creator in self and other, would not be possible if the self exercised non-acceptance. One could not forgive if one did not accept the essential nature of the other self or other selves, or did not accept the free will action of the other self, or rather, did not accept the sovereignty within the other self to exercise its free will; and did not understand, as we spoke previously through the instrument known as Kathy, the circumstances, the totality of circumstances, out of which arose the action or actions of the other self or other selves.

Acceptance need not mean the capitulation to a service which is offered by the other self but which is deemed unneeded by or unhealthy for the self. The acceptance of which we speak is that which is a portion, if not the heart of love which surrenders to the "is-ness" of the moment [and] accepts—we correct this instrument—and accepts life as it has manifested as if the self had chosen it; and seeks not to resist life and its flow, but instead, accept life. Not simply the pleasant, enjoyable, or desirable, or light-filled parts of life, but the dark and the terrible and the hard and the difficult-to-understand parts as well. For in acceptance there is a trust that even if the vision is not large enough to fully understand why the moment is the way it is, all is well. The self can release itself from the need to know why, and instead focus on the subjective acceptance of what already is, that it may be loved. That it may be forgiven.

And in this love and forgiveness—we correct this instrument—and in this love and forgiving vision, all is made clean. The, shall we say, dirt and grime and residue of superimposed separation over top of the seeming parts of the Creator is clean to reveal what is truly there underneath, to render all things transparent to the one source of love and light. And to thus become a vessel for this love and this light. A vessel which opens like a flower, to manifest and express beauty, as the self forgives, and accepts, each new tendril of pain and resistance and difficulty.

It is a long and difficult road and is part of the hardest work that you will ever do upon your soul's journey in any lifetime and any density. But we assure you that in setting that intention and planting that seed, you are setting both powerful forces at work within yourself, and alerting powerful forces that seek to serve and support the light to this intention, and you will be aided upon this path.

At this time we would ask if there any smaller queries to which we can speak through this instrument.

Jim: I have a query Q'uo. What would be a balanced spiritual attitude regarding the possible impeachment of the President of the United States?

Q'uo: We are those known to you Q'uo. And we, with this instrument, giggle at such a question which is so emotionally provocative to so many upon your sphere at this time. This one particular entity occupying much the attention of the mass mind, you ask what may be a balanced perspective when viewing the current event which your peoples undergo at this time. And while we of the Confederation cannot give specific counsel, for it is to each entity to use this catalyst to find the balance within the self, we can speak in general about emotionally charged events and finding balance there, and suggest that the seeker may bring mindfulness into their experience to discover where it is that they are sensing a charge in relationship to this event.

Is there a sense of righteous indignation? A sense of inflamed justice? Sorrow, despair, hope for a brighter outcome? These are a small sampling of the available palette of emotional experiences in this situation, and in all situations. And to find balance one may engage at the end of the diurnal period in the balancing exercises, as those of the Confederation have shared, wherein the self brings the charged catalyst into the forefront of the consciousness, turning the attention fully upon it, clearing the mind of all else and intensifying that sensation within the body and within the mind, enlargening it, letting it grow, accentuating and intensifying to the greatest proportion possible within the self, while holding to the center and maintaining a witnessing stance, and simultaneously a participating stance, and allowing its antithesis to come into being.

Part of the objective being the experience that within the self exists all polarities, both poles or ends or sides are half of the spectrum of distortion. And in this balance one may

bring, or rather—we correct this instrument—and this emotional charge balanced between opposite, the self then may perform the primary service and the primary work of the incarnation, and that is to respond to the moment with love.

And thus, a balanced response to this moment in your time is one which can open the heart and see the unfolding human drama through the eyes of love. For indeed, the changes which one projects on to this moment in hopes for a different outcome in your government is but a shadow relative to the changes possible—we correct this instrument—the changes made possible by the love of the Creator as it is channeled through the crystalline third density entity.

May we ask if there is any further or another question my brother?

Jim: Well, actually I have a question on balancing. So, glad you mentioned that. I'm wondering is it necessary to balance strong desires to be of service to others or to do the Father's will? And so, how would that be done?

Q'uo: We are those Q'uo and have received your query my brother. Is it necessary to balance a strong desire to do the Father's will and to serve others? This is, as with all things, unique to each entity. For the question may arise out of an imbalance or an overindulgence in the concept of service that neglects some other portion of the being. Perhaps, the imbalance is in the arena of martyrdom, where the service to others is so strong and pure that it leads to the destruction of the self, where the self neglects proper self-care that would be rendered were love balanced with wisdom. Perhaps there is some other over-attention that is paid, which would come into greater clarity through the processes of the self-knowing and accepting the self.

In principle and in general, we would say that the desire to serve and the desire to do the Creator's will is one that is well to nurture and indeed strengthen within the self, for desire, more than manifestation and certainly more than outcome, is that which you are in this space/time experience to develop. It is the marker of your growth and it is that which will bring to you that which you seek.

We would suggest the refining of this desire, the questioning of the self why it desires, what it desires, what is it truly, that it desires? Are there hidden, perhaps, or unconscious motivations in that desire? Is the desire a form of escape or spiritual bypass, or some non-recognition or non-responsibility within the self? The desire itself at core is true enough, but one finds as one progresses, that pure desires can have trappings along the way: motivations that are perhaps impure or unclear to the self, or ways in which the shadow may mix in with the desire. This is not a negative, shall we say; this is rather part of the refining fires that removes the chaff from the wheat.

May we ask if there is a further or other query, my brother?

Jim: I just have one more. Could you describe the nature of our being and how it manifests in our third density illusion?

Q'uo: We are those known to you as Q'uo. We thank you, my brother, for this fundamental question. Words are not the province of the realm of being. Only *being* is the best way to communicate the experience of being. For truly, your most powerful and impactful service in the, not only third density plane, but any plane of existence, is your being. Your being, we can say, is, at its bottommost or ground, one and the same as the infinite One. The same Infinity that became aware and decided to invest itself in an exploration of manyness. Your being, as a seeming individual spark of the Creator, is just slightly removed.

So to speak from this primordial mystery, in your being is essence, is existing, is light, and is love. In your being is that which exists without reference to other, or activity, or justification, or boundary even; instead, there is an 'I am' quality to your being. I am that I am. It is a quality which, to bring the third density material into contact with it, would purify that material and burn away the shadows of perception of separation. For in beingness there may be the subtle-most distinctions, but there is no separation.

There is both the all, and the self, and how to manifest this being in the third density? Silence is the key. Abiding and resting, without expectation, without seeking anything other than what is, as it is, in the present moment, is the experience which begins to touch into and manifest being. You are always being, of course, but the thoughts of the conscious mind, with its preoccupation with past and future, lead the attention away, fictional though [past and future] may be, from the beingness of the self.

In the silence, therefore, the self is, by witnessing the thoughts, withdrawing the attention from the play of the mind and becoming increasingly conscious of the beingness that is already there, that the self already is. This is a pursuit, if we may use this misnomer, which we commend to all spiritual seekers. For the more conscious one becomes of their being, the more that the accumulated material—the, as this instrument knows through the one known as Ramana Maharshi, samskaras and vasanas— of the conditioned past is brought into the light and integrated or dissolved. And the self is transformed and your world is transformed.

In being, the self is effortlessly radiating the original light of the one Creator, the same light that those of your world yearn for, whether or not (and probably not) they are aware of it. In being is the safe harbor and the home and the point of connection that all beings seek. And in becoming conscious of your own being—which is also another way to say, in clearing the seeming impediments, or that which obscures your own being from your eyes—you are modeling to others their true nature, offering to them a mirror that shows others not so much who you are, though they may pick up on that as well, but more importantly, who it is they are, and the liberation that awaits each self within, beyond time and space and the often seeming imprisonment of the mind. The keys are will and desire, silence, and as ever faith.

At this time we would leave this instrument with gratitude to this circle. We are those known to you as Q'uo. We transfer this contact to the one known as Jim.

(Jim channeling)

I am Q'uo and am with this instrument. It has been a privilege to work with each instrument this evening. Our expectations were exceeded greatly. We are most happy with the progress that continues to be shown by each new instrument. We commend your fidelity to the practice. At this time, we shall simply take our leave of this group with praise and thanksgiving to the One, and with the suggestion that we are with you, whenever you wish to have your meditations deepened, though we will not speak at that time. So we will be together again in meditation, in channeling and in seeking the One. We leave you now in the love and the light of that one Infinite Creator. Adonai, vasu barragus.

February 1, 2020, Saturday Meditation

Saturday Meditation

February 1, 2020

(Jim channeling)

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

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

Jan: Yes, I have a question. It has to do with the 18-day cycle of the adept. Ra said, and this is not a quote, at the first nine days of positive, especially four, five, and six, a critical point passing from nine to ten, and 18 to one, and at the nadir, the adept will be the least powerful. I have two questions: number one, what point number would be considered the nadir? [1] And number two, we would like more information on how the 18-day cycle works and how we can use it more beneficially in our spiritual journeys. [2]

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

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

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

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

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

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

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

When the experience of the seeker is led by the inspiration to investigate further into the causes of such experience, the experiences tend in the beginning to intensify in order to give the seeker a more magnified image of the situation. When the seeker begins to investigate in a more intensive manner, after this magnification of experience is noted, then there is the possibility that the anxiety that accompanies this process of dealing with difficulties that go awry might be enhanced by the continued processing of a catalyst that has gone awry.

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

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

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

Is there a further query my brother?

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

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

Is there a further query, my brother?

Austin: No, thank you very much.

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

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

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

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

Is there a further query, my sister?

Anna: No, thank you very much.

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

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

Q'uo: I am Q'uo, and am aware of your query, my sister. Those of the social memory complex known as Ra have most frequently communicated with entities upon this planetary sphere through the dream state. They are always available for being invited to join in the dream state, for they are members of the Confederation of Planets in the Service of the One Infinite Creator, and this is a service which each of us within this Confederation are happy to provide, if requested. The one experiencing the dream

however, is not always aware of the name or identity of the entities that are giving the dream experience. This is not a salient feature for their service. However, if there is a desire on the part of entities to request certain Confederation entities contact them within the dream state, this will be done.

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

Is there a further query, my sister?

Nancy: No, thank you.

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

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

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

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

Austin: Thank you Q'uo.

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

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

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

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

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

We would suggest first of all that meditation become a foundation stone with any seeker's spiritual journey. This is the way of being able to contact some portion of the One Infinite Creator that resides in each entity, within each seeker, within each portion of the Infinite Creation. With this contact made, whether it is intellectually, emotionally, or spiritually

apprehended or not, is relatively unimportant. What is important is that the attempt is made.

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

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

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

Is there a further query my brother?

Austin: No, thank you Q'uo.

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

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

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

The technique most helpful, we believe, is to, as you are retiring for the evening, make what you may call a prayer to your guides or higher self or whomever you seek assistance from, to reveal unto you information for a certain situation that is of priority to you at that time. Then, keep by your bedside the tablet and pencil so that you may write down the dreams as soon as you awaken. Or if you wish, you may utilize the flashlight that is dim

enough not to awaken one completely to be able to record the dream in the middle of the night after the dream has been completed.

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

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

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

[1] 64.10 – Ra: The spiritual or adept's cycle is an eighteen-day cycle and operates with the qualities of the sine wave. Thus there are a few excellent days on the positive side of the curve, that being the first nine days of the cycle — precisely the fourth, the fifth, and the sixth — when workings are most appropriately undertaken, given that the entity is still without total conscious control of its mind/body/spirit distortion/reality.

The most interesting portion of this information, like that of each cycle, is the noting of the critical point wherein passing from the ninth to the tenth and from the eighteenth to the first days the adept will experience some difficulty especially when there is a transition occurring in another cycle at the same time. At the nadir of each cycle the adept will be at its least powerful but will not be open to difficulties in nearly the degree that it experiences at critical times.

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

February 8, 2020, Saturday Meditation

Saturday Meditation

February 8, 2020

(Jim channeling)

I am Q'uo, and am with this instrument at this time. We greet each of you in love and in light. We thank each of you for inviting our presence in your circle of seeking this afternoon. This is a great privilege for us, for it is our way of being of service to others and thereby progressing further along our own spiritual path. Thus together, we walk the same

path. We would ask our usual favor of you, that is, that you take the words and concepts which we offer to you in response to your queries and use them in whatever fashion has meaning for you. If any do not have meaning, set them aside without a second thought. This then frees us to speak as we will, and share more of that love and light of the One Creator that shines within us all this day. Is there a query with which we may begin?

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

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

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

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

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

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

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

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

Is there a further the query, my sister?

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

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

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

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

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

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

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

Is there a further query, my sister?

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

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

Austin: I've got a couple in the same line of questioning. The first one might be very similar to the last response, but I'd like to ask it. One of the effects that we've talked about this evening is an increased ability to manifest our own reality, or more specifically, the effect that our thoughts have on our reality. And this seems like it carries a pretty heavy responsibility in terms of how we handle our thoughts. I was wondering if you could talk specifically about that and the role that sort of ability plays in the path of a positive seeker.

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

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

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

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

Is there a further query, my brother?

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

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

Q'uo: I am Q'uo, and am aware of your query, my brother. Each entity has its own pattern and time of awakening. Those entities who are more successful at allowing their preincarnative choices to manifest within their life patterns find that there is a freer flowing of energy that occurs when they are able to do this.

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

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

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

If at some point the distance they have traveled into that type of thinking becomes uncomfortable for them, they are always free to choose another path. And this is what is possible for many upon your planet at this time, for they have, over a period of many years, been used to the control of media advertising, or governmental policies, or peer pressures, or the various ways in which the third-density cultures exert pressure over their peoples. Thusly, *that which is* becomes greater as it is affected by the cosmic

instreamings. And when you see yourself moving into interactions with such entities, it is well to keep in mind firstly that you are seeing the Creator standing in front of you; that this Creator has made certain choices that it may or may not be aware of.

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

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

Is there a further query, my brother?

Austin: No, thank you Q'uo.

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

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

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

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

If these balances can be achieved by the seeker, then the blockages can be removed. If this is not possible for the seeker alone, oftentimes a healer may aid in such healing by offering to the one to be healed an opportunity to see the blockage more clearly in the metaphysical sense, so that it may choose to release the distorted perception and embrace a novel configuration that would equate with healing. The healer does this by allowing the entity to reach a contact with its higher self that then appraises the situation and determines whether the appropriate degree of learning of the lesson has been achieved. If this is the case, then the healing very likely will take place, and that which is broken will be made whole.

Is there a further query, my sister?

Questioner: No, thank you.

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

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

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

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

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

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

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

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

Is there a further query, my brother? [\[1\]](#)

Austin: Yes, S. himself sent a follow-up to the question, and I think that you just touched on this. But I'd like to read it just in case there's any more that you could say. S. wrote:

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

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

Is there a further query at this time?

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

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

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

Is there a final query at this time?

Austin: One more short one from Maria, who wrote in: “Why does Ra call a crystal ‘frozen light’?” [2]

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

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

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

[1] This particular passage regarding the origins of the COVID-19 virus is controversial, and has landed with us as a bit troublesome. It’s important to remember that channeling is a fallible technique for gaining information, and that Q’uo, by their own admission, are also fallible. Channeling in general is inadequate to uphold the burden of proof necessary to verify such material or specific information as given here. A statement like this could have far-reaching implications, and should be considered with extra care for discernment.

This is not to make any claim for or against the validity of this information. Ultimately, even if this passage is taken as truth, it is, at best, a very small piece of a very large puzzle. L/L Research’s primary desire is to receive and share information relevant and applicable to our spiritual journey and not to focus on the details of the so-called “planetary game.”

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

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

Practice Channeling Circle: February 12, 2020

Practice Channeling Circle

February 12, 2020

Group question: Can you talk about the nature of personal reality?

(Jim channeling)

I am Q'uo, and am with this instrument at this time. It is a pleasure and an honor to be asked once again to join this group in its practice of learning the art of channeling. We call it an art because each person has a creative aspect to lend to this practice. Just as your question for the evening concerns the nature of personal reality, each of you as a new instrument has a wealth of experiences, feelings, hopes, and dreams that may in some part play a role in your ability to become more proficient channels of the love and light of the One Infinite Creator.

The experiences that you have had make you who you are as a foundation. The experiences that you're having are elaborations upon this foundation. The dreams that you hope for are a framework for a new construction of what you might call your basic personality structure within this illusion. Thus you, as all seekers of truth, have within you the capacity to realize the greatest of the spiritual truths within your own heart, mind and soul. The realization of these truths for each seeker takes upon a kind of personal configuration that is congruent with your unique identity. Though all may perceive the same basic qualities of the spiritual journey, there are various ways of processing them and expressing them, so that you create your version of the truth.

There is so much involved in perception, processing, and reforming previous thought to incorporate new thinking that this unique personality, which you are, is always undergoing change. It is truly said that change is the only constant. Thusly, as you move through your daily round of activities, attempting to share with others those truths which you hold dear to your heart, you open your heart in love and compassion and share that which is yours to share in whatever matter is possible in the moment of exchange. This will always have your own particular mark upon it—your accent, shall we say, as if your sharing were a language.

You have a great deal to offer as conscious seekers of truth to other entities who would request your service for any reason. You may see the interaction that you share with such entities as being a holy experience of Creator to Creator, or see it in any lesser degree of sanctity, even moving into the mundane world of mere clerks for pedestrians passing on their way from one point to another. Thusly, you have within your own power to conceive of thought the ability to utilize any concept in a unique fashion that is unique to you. We suggest that each personality take the feelings and thoughts and truths that they value and share them when asked with humility and joy.

At this time, we will transfer this contact to the one known as Kathy.

Kathy channeling)

We are those of Q'uo, and we continue to speak on this topic of the nature of personal reality in these what you call times. There is a development that can be seen in the mind/body/spirit complexes upon earth at this time in which perceptions, thought processes, experiences, and spiritual understandings combine in new ways to become an enhanced way that individuals at this time may be perceiving reality more capably than ever before, to ascertain points of fact, opinion, and collective thought. Individuals may

form what you may call more sophisticated versions of reality that may be more complex than what you were used to have been thought by individuals.

These more complex thought patterns could be said to be more evolutionary and hence more individualized, but still one part of the One Infinite Creator. It may seem at first glance that more highly individualized thought processes that perceive reality perhaps a little differently from one another, that these are different and make individuals separate from one another, but they are in an evolved state, more complexed, not meant to separate but to blossom as flowers in their complexity's blossom.

It is with the capacity to love from the heart and to have compassion for one another that all of these variable perceptions that are seen to be reality by various individuals will be seen to be one through the lens of love, that individuals may synthesize, integrate, understand and accept all the different realities that are perceived by one's brothers and sisters. For with the increase in love and compassion comes an increase in understanding and acceptance. And you can see how the richness of thought processes in their new complexities and divergent directions may be seen as beautiful, if not conforming as one, but rather many facets of one gem, many blossoms on a field of flowers. So, let love be the lens through which individuals may look upon their own and others' thought processes that may be expressing in different ways. And through that lens of love, there will be more acceptance of all as part of the one and then further evolution toward unity.

We transfer the contact at this time to the one known as Austin. We are those are Q'uo.

(Austin channeling)

I am Q'uo, and am now with this instrument. The terms reality and illusion may be seen to be interchangeable, particularly within the context of the question that you posed this evening. We speak this carefully, as we intend both to soften your conceptualization of what may be known as reality, but also to bring significance to what you may understand as the illusion. Your reality as an illusion, though it is malleable and it is illusory, may not quite be so easily dismissed, and indeed is the most important aspect which brings to the Creator the opportunity to experience Itself through you, the subjective experiencer of the illusion and the reality.

It has been noted in conversation this evening the seeming changing nature of how one's perceptions of one's reality affect that reality and how, in the perceptions of this group, the effect that one may have upon one's own reality is increasing. We observe your observation with great interest, as we have observed with great interest all shifting perceptions and relationships with reality upon your planet throughout the years of your evolution upon the third density of your reality. It is not the nature of reality itself that changes and offers this increased ability to influence your reality; it is merely the increased light of your own awareness being made available to you that shifts the way that you may form a relationship with what you perceive as reality. Within your society and throughout your own society's history, we have observed quite fascinating shifts and this relationship that individuals and collectives may have with reality, and note that the trail that your society has taken has resulted in quite a unique opportunity for you at this time.

We point to the influence of what might be called objectivity, or the belief that reality exists separate from one's own subjective perception and that the nature of the universe may be best ascertained by removing the subject and attempting to isolate the universe completely separate from all experience of that universe, this being done through attempting to distill collective subjective experience of reality into what could then be upheld as the ultimate truth. This philosophical approach to understanding the universe has had a deep impact upon your society, even within the realms of social circles that do not expressly believe in

the validity of such an objective approach. Still, the influence of this objectivity has gripped your society very strongly.

What you experience now cannot be separated from this stage of collective evolution and it is important to recognize that as the ability of the individual to affect their reality is more recognized, this will become incredibly disorienting to a society with such a foundation upon the concept of objectivity.

This recent evolution of your relationship with reality may seem to imply that each individual has an infinitely unique and completely separate perception of what may be called reality, which would be at odds with the concept of objectivity. But we introduce to you the idea that the patterns of thought and unconscious currents that influence you and help form your perception of your reality may not belong just to you.

Buried within your unconscious mind is an innate and inseparable connection to those around you, to others within your culture, within your society, within other cultures upon your planet, and indeed with all entities upon your planet, and with the planet itself; and even further so on, this connection extends to the very Creator itself. And so when you are attempting to understand how you are influencing your own reality, we encourage you to consider that your reality is indeed shared among others. And the more that you seek love within your reality, the more your reality merges with those others who are also seeking love.

As you as individuals make this choice to seek love, and to share love, you will be unified, not just in purpose but in reality. And as that unification increases, you will recognize that the patterns of thought that you bring your consciousness to uncover will offer you more opportunities for shaping a shared reality that shines with the brightest light of the Creator that offers love to all beings. And your ability to form society as you understand it upon your planet into a loving society will become quite an attainable goal, as there are patterns of thought available to you that come from love itself, which has an intelligence and an ability to guide the instruments of the Creator in order to bring about harmony within your reality.

At this time we ask if there may be any queries to which we may address.

Jim: Yes Q'uo, I have a couple of queries here. Ra said that it was possible that our planet could polarize positively in one fine strong moment of inspiration. [65.12] Could you give us any idea of what conditions could bring this about?

Q'uo: I am Q'uo, and am aware of the query, my brother. Indeed, the possibility of your entire planet polarizing in one fine moment seems like such a remote and infinitely small possibility that it is difficult to imagine what conditions might bring about such a dramatic shift, especially as your perceptions of your own planet tend towards the negative and difficulties upon it. Yet we point out that in times of difficulty, there often comes a shared purpose among those who experience such difficulty. When circumstances are the most dire, entities have within their grasp the most ability to turn their hearts towards service and unify for the purpose of serving their fellow entities about them.

We do not mean to be grim in offering an example of catastrophe in order to present this possibility; yet indeed, such an event in which all upon your planet are aware of some difficulty or impending dire circumstance that may affect everybody, much of the pattern of thought that separates you as individuals and as disparate cultures might fall away for concern of all others. And those upon your planet may turn their hearts towards each other, extending in all directions and to all peoples.

Is there another query, my brother?

Jim: Yes, thank you Q'uo. I often thought that myself. At this time, is there any way of estimating when the harvest into the fourth density of earth will be complete?

Q'uo: I am Q'uo, and I'm aware of the query, my brother. We are aware of your own awareness that such an estimation is quite a difficult concept to grasp, particularly from within your own veiled existence. Yet it is nearly equally difficult for us to ascertain from our own perspective, as the tangle of distortions upon your planet are quite difficult for us to, you may say, untangle in our perceptions. It is quite impossible for us to know when certain momentum of thought patterns may run out or when certain circumstances may unfold that bring about great shifts in the global consciousness, as these things are closely linked to each individual's own personal evolution upon your planet, and each individual upon your planet has a great capacity for exercising their free will. And we have found that the entities upon your planet exercise that free will in quite surprising ways, even to us.

In short, we may not offer any accurate estimation for when the harvest may occur. And yet, we can assure you that it is occurring, and within your planet's future, there is a new earth ready to be born.

Is there another query my brother?

Jim: Yes, thank you. That was very good, Q'uo. Our transcriber Aaron's mother recently passed away after living a life that Aaron described as being very narcissistic, and unappreciative at all of Aaron. In the last few days her mom had an experience that made her very humble. And she asked Aaron, "We got along okay, didn't we?" And Aaron said, "Well, no, mom. We didn't." And they had honest conversation. There seems to have been forgiveness and understanding back and forth. Could an entire life of living as a narcissist be turned around at the end, so that she can be a positively-oriented entity through that forgiveness?

Q'uo: I am Q'uo, and I'm aware of the query, my brother. We are quite familiar with the energy of the entity known as Aaron and we take this opportunity to offer her our immense gratitude and love for the relationship that we have formed in her service and making our words available to those seekers who are interested in reading them.

To respond to your query, indeed, in a general sense, it is possible for much karmic entanglement to be alleviated in a single moment of love and forgiveness. An entire lifetime may be lead displaying patterns of harmfulness and of the ignorance of the Creator within all about one, yet if an opportunity is made available to the entity to suddenly recognize the innate nature of the Creator within all beings, and to recognize that they have failed to love and appreciate this universal Creator within all, they may in a moment change their own orientation and direction of consciousness despite many years of turning away from love.

However, we emphasize that though much may be alleviated in such a moment that an entity turned towards love, looking back upon those actions it took in ignorance of love, [the entity] may feel a great responsibility towards restitution and alleviating the distortion created by actions taken in the absence of love. Thus such a moment does not end the journey, and does not relieve responsibility, so to say, for such an entity takes the responsibility upon itself to bring love where it formerly was not.

Is there a final query at this time, my brother?

Jim: Yes, I do have just one more. I'm wondering, could the initial stages of some people's spiritual awakenings manifest as what we call mental illness? For example, mind racing faster than one could control it, tending to lose a sense of self, while at the same time, the indigo ray opening up and becoming very active?

Q'uo: I am Q'uo, and I'm aware of the query my brother. We are quite cautious in responding to this query, as it requires us to use generalities that when misinterpreted or misapplied could create further distortion and misunderstanding, which would be antithetical to our purpose in joining you. Yet, we may answer with that disclaimer that this may happen for some individuals in which a spiritual realization is so sudden and so different to their lived reality that a disorientation and an imbalance may occur. This then may unfold into what you call a mental illness, if the entity cannot grasp its bearings within this new reality. And it begins to recognize, very similarly as we have discussed this evening, that its reality is malleable or distinct from the world around it.

Sometimes such an entity may not fully realize the extent to which their own thoughts have on their reality, yet their initial spiritual awakening allowed them to open up to energies that empower their will in order to increase these abilities, unknowing to them. Yet we wish to emphasize that there are also many cases in which what you call mental illness may not be simply a natural step upon the path of spiritual awakening, yet could be a preincarnatively planned circumstance, or catalyst gone awry. There are many, many experiences of the Creator, many of them confusing within the third density of the veil of forgetting, and it is impossible to speak to the origins of all confusions.

At this time we take leave of this instrument and transfer to the one known as Jim to offer our closing statements for the evening. We are Q'uo.

(Jim channeling)

I am Q'uo, and am again with this instrument. We are most pleased with the effort that each instrument has made this evening in grasping the words and concepts which we have attempted to channel through each. These words and concepts are our meager attempts at speaking to the heart of your queries, which have a great deal of concern and consideration blended within them, reflecting their importance to you.

We hope that you will remember that the words, even when correctly perceived, are mere substitutes for the actual reality which we attempt to convey. However, we applaud each effort that has been made this evening to correctly perceive those words, and we thank you for your conscientiousness. We would now take our leave of this instrument and this group. We leave each of you 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, vasu borragus.

February 22, 2020, Saturday Meditation

Saturday Meditation

February 22, 2020

(Jim channeling)

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

We would remind you that we are not ultimate authorities. We are your brothers and sisters who have moved somewhat further along the same trail of seeking the truth that

you find yourselves upon. Thusly we would ask you a favor, and that is to take whatever words and concepts we offer you and use them as you will. If you find any that are not useful to you at this time, leave them behind without a second thought. In this way, we may speak more freely and be able to share that which we are able to share with you today. With that being said, may we ask if there is a query with which we may begin?

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

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

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

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

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

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

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

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

situations which may be confusing or somehow dumbfounding, in the respect of being able to understand the ultimate reason for the experience.

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

As we move into the indigo-ray energy center, we come to that center where there is the ability to experience changes in consciousness as a manner of being, so that one is able to become that which one seeks. The being able to become the light, or the love, or the unity of the One Creation then is the challenge that is offered to the indigo-ray energy center aspirant. This center then asks of the seeker to be able to take within the self the greater realms of the infinite creation that have no bounds, that have endlessness, that have infinity, that have immortality, and to be able to utilize these concepts so that the self is able to both experience the infinity of creation and the identity of the self. This is a challenge, which often takes various forms or shapes for each particular aspirant.

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

Is there a further query, my brother?

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

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

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

This will and desire become balanced by the faith that such a will and desire will be manifested when the faith is as strong as the will and they move together in union. Then there is the blending of these two strands of rope which is used to take the seeker into the highest realms of the fully-experienced presence of the One Infinite Creator in order to be able to do the will of the Creator, having become one with the Creator, and knowing the will because of that unity between the two that is no longer two, but one.

Is there a further query, my brother?

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

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

Is there a further query, my brother?

Zachary: No, thank you Q'uo.

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

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

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

Thus, when you feel the dreams that you speak of, look then to the heart of the dream within the meditative state to see what that dream is really speaking to you about. What does it represent? How literally can you take it? How symbolically should you take it? Use your intuition and your intelligence together to fashion a kind of response that then perhaps may be able to become a query that you ask your higher self in meditation or in dreams to make a response to.

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

Is there a further query, my brother?

Questioner: No, thank you very much.

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

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

Ra talked about free will being the *first distortion*, so I get the sense that there might be some truth in the idea—that free will is an illusion—as it is a distortion. And I have a feeling that this has something to do with what you were talking about earlier with the unification

of the individual will and the Creator's will, and I was hoping you could just talk to the paradox of the idea of free will being an illusion, but us ultimately having free will.

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, free will is what the universe is built upon. For each portion of the One Infinite Creator that exists because of the freewill choice of the Creator to know Itself has the same free will of the Creator. This allows each choice that is made by each entity within the infinite creation to be able to illustrate yet another way for the Creator to know Itself. When taken in total with the infinity of beings in the infinity of planets in the infinite creation, this information allows the Creator to know itself in ways that are more pure, more varied, and more powerful than would have been possible for the Creator to know if these entities had not been created.

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

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

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

Is there a further query, my brother?

Austin: Yeah... I kind of interpret what you're saying as saying that all of our free-will decisions are actually sort of the will of the Creator in a sense. So I'm wondering, what is the point, or what is the aspect of the journey at which point we give up individual will and manifest the Creator's will, if our individual will is also the Creator's will?

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

This intelligent infinity is the One Infinite Creator. This Creator resides in all of the creation, within each being, within each seeker, within each moment, and yet, has been unable to be discovered by most seekers until a certain time, shall we say, has come about where

experience has been gathered sufficiently to move the entity into the indigo and then violet-ray energy centers.

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

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

Is there a further query, my brother?

Austin: No, thank you very much.

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

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

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

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

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

Is there a final query at this time?

Zachary: No, thank you Q'uo.

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

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

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

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

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

It is that walk that you shall continue to walk upon until the light of the fourth density beams brightly about everyone upon the planet, and there is the opportunity for each entity to move into harmony and unity with that light, love, and power of the One Infinite Creator. In that love, light and power we shall now take our leave of this instrument and this group, thanking each of you as always for inviting our presence. It has been an honor to be with you. We leave you now. We are those of Q'uo. Adonai, vasu borragus.

Practice Channeling Circle: February 28, 2020

Practice Channeling Circle

February 28, 2020

Group question: Q'uo, could you speak to what personal or spiritual transformation is? What are the opportunities of transformation present in our environment, and how do we engage those opportunities? And what role does love and acceptance play in transformation?

(Jim channeling)

Q'uo: I am Q'uo, and we greet each of you in love and in light this evening. It is as always a pleasure and an honor to be asked to join your practice circle channeling. We have

always had a special affection for this group as there has been so much continuing dedication to learning the art of offering the self as an instrument to speak the words of love and of light which we attempt to offer through you. This is the language which we speak, in which we realize each of you also speaks within your heart.

This evening you ask a most interesting question in three parts: the nature of transformation; how it occurs in your moments of experience; the roles that love and gratitude play in such a transformation. The transformation that is possible for each of you and all seekers of truth to accomplish in any given moment is that transformation of your outer self, shall we say, the acting personality that reflects your inner being in as close an approximation as possible, that quality of desire which you express as you set your goal for the day.

Your goal, if it is that which partakes of your highest potential, is that which seeks to become more and more one with the One who is in all as you move through your day, seeing each interaction with others and with the day itself as a means by which you may expand your reflection of the One which resides within you and within all others as well. This is a kind of transfiguration, so that in every moment that you realize this goal you become a new being, a new and higher vibrational reflection of that One Creator in which you live, and move, and have your being. This is an experience that is possible for every conscious seeker of truth to partake in in every moment of conscious awareness that you experience in any day.

You are the living, third-dimensional representation of this Creator that you seek so fervently and so constantly and so purely. We commend each of you for the desire to do this, for change is not always easy. It is easy to be what you were the day before, for in that day and many days preceding it, perhaps, you have learned the boundary, the ability to express that level of your perception and reflection of the One. However, in order to continue your growth into more and more complete unity with the One who is in all, you must empty yourself out on a daily basis so that a new revelation of transformation can be made real unto you, your heart, and your mind, and in your soul.

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

(Gary channeling)

We are those known to you as Q'uo, and we greet this circle once again through this instrument with gratitude for the one known as Jim, and [with] support that we offer that instrument as he moves through his daily round of activities.

We would continue speaking to this rich and fertile topic of transformation by noting its vertical dimensionality. In transformation, one is following the evolutionary line of light upward, upward, upward toward the source of all things, toward the One, as we were speaking previously, becoming that which you already are, releasing the various masks and personas of the conditioned self in order that the outer self [may] reflect the inner being. This involves necessarily a release, a letting go, or a rendering transparent of the various points of identification one has about the self, about its needs or wants or boundaries or limitations.

In each step of transformation—of which we of Q'uo can attest there are infinite such steps—one gains a slightly or perhaps dramatically larger point of view than was known on the previous step. The transformation is that which lifts one up to the next step. Without the transformation, the incarnate self may spend a certain amount of time, perhaps in some cases a lifetime, on one step, moving laterally; though that is unlikely as the biological change of the growing and aging body is sufficient to bring about transformation in

perspective and identity alone. But you as positively-oriented seekers are in search of personal or spiritual transformation.

This mode of transformation is one of moving from the particulars and the details and the surface level of life into the deep end of essence and being; of, as seen through the energy centers, clearing and metabolizing that energy so that it may continue rising upward from one center to the next.

Your environment at this time could not be more pregnant with the possibility of transformation in the way that the pressure on your minerals may, through time, transform the dull unreflective matter into the diamond. Your environment at this time is one of significant pressure due to the great disharmonies, the many voices, the quantity of catalysts which you face every day, the amping or ramping up of fourth-density energies, the waning of third density. This pressure, if used, can greatly accelerate the journey. It must be met with a certain minimum of focus and exercise of will, which in its core application may seek a destination, but is most optimally working with the opportunities of the moment through loving and accepting that which greets the self in each moment.

The personality shell (or as some might have it, the false self) is largely brought into being and maintained by various mechanisms of resistance and defense. Defending these stories, resisting that which is deemed not-self or is disliked or brings discomfort...there is a comfort in resting in the stories and limiting the vision so that the greater frequency or range of experience remains invisible to the self. It is a turning away from the unknown. It is this resistance to what *is* which comes up against the pressure and the call to change and to grow. And insofar as this call to change is resisted, there is a heat or further resistance or inner turmoil within the self. These are not unfortunate byproducts or consequences, but rather are merely a more strident call for transformation, revealing to the self where there is something out of sync, something seeking a deeper look or examination, something which has not been fully brought into the heart and accepted.

These energies of resistance are born and live within the self, whatever the circumstances of the outer environment. And through intending to face these energies, [to] look at them, [to] work with them, and [to] release the layers of fear or rejection or the sense of small self around them, these energies may be brought in to the heart and transmuted into unity instead of being reflected back to unity unused. This, my friends, is an act of transformation.

Each moment in your third-density plane is offering you a doorway through which lies transformation. Each catalyst is designed such that, if used, the self may continue ever-incrementally upward on the long figurative staircase toward realization of the self as the Creator and the realization of the All as the Creator. Indeed, transformation and healing are synonymous terms, associated very closely with the return to the Creator Itself. These are variant ways of describing the many seeking the One—the fragment realizing its wholeness.

Transformation will visit the self, but it can be consciously embraced and intentionally sought. And, for the entity seeing itself upon a threshold, recognizing a new land that awaits beyond, feeling a certain resistance or barrier between the two, [the entity] may call upon the energies of transformation in order to let go of past modalities, breach the barrier, and enter the new land or move upward along the next step, in keeping with our previous metaphor.

There are various means of achieving this, but we would suggest as always the seeking of guidance within, for each seeker is ever with more support than can be imagined, and inspiration and strength will reach such an one.

And with this, we leave this instrument with gratitude for this circle and we transfer this contact to the one known as Kathy. Adonai.

(Kathy channeling)

We are those of Q'uo, and we are with this instrument.

We have been speaking with you on the topic of transformation as a process and as it relates to love, acceptance and gratitude. You could say that personal transformation is a process that is born of love and gratitude. It is the natural process of growth for living things, including yourselves. On a personal level and universally, born out of the Great Original Thought of love, all life thrives in love and in gratitude, and grows back to the Creator in love, in love and light.

Love is integral to the process of transforming in a way that brings about in the self's experience, in just the right way, the change that is sought by the transformation. Love is what binds the experiences together for the self in a way that heals, protects, moves the process forward in the most productive and satisfying way—one could say in the most perfect way—of all the ways that there could be the transformation. Love is what supports that transformation to be in the most perfect way that it could be.

Transformation is the most natural process that the self and all other selves undertake in every moment. It is on every level of being a most foreseen process, in that on a higher level such transformation is already known even before it begins to take place.

Transformation is a part of the great evolutionary process that ever exists on every level, every frequency, and everywhere in creation. As much as the self may want to stay in an unchanged state—for it is comfortable to be in such a state that is familiar—what every self seeks is transformation.

When such transformation, fueled by love from the beginning and ever to the end of every life cycle is felt, it touches all other selves, all parts of creation with love in an ever expanding way, no matter what may seem to be going on in the illusion of existence. This then is a way to see how gratitude relates to this process. For when there is the most satisfying love-filled process of transformation, gratitude is what is most easily felt about such a process.

We thank you for this opportunity to speak on this subject. We are with this instrument. We now pass this contact to the one known as Austin.

(Austin channeling)

We are known to you as those of Q'uo, and we are with this instrument. The topic that you have chosen this evening is especially relevant for your planetary sphere at this time, for the environment in which you have all chosen to incarnate is quite a potent alchemical mixture in which transformation or opportunity for transformation abounds. These opportunities within your illusion are increased due to the process of transformation that your planet itself is experiencing at this time, and there are increasing energies that call for transformation entering into your sphere, and indeed, into each individual mind/body/spirit complex.

We are enthusiastic to speak to this topic as it is with some sadness that we have found that not only do some of these opportunities for transformation go unutilized, but the confused environment upon your sphere and within your mind/body/spirit complexes has created a situation in which, in many cases, transformation goes awry. And while the opportunity to transform into a purified being of service moving ever closer to the Creator

are quite available, so too do these energies mixed with these confusions sometimes create further distortion within individuals and within social complexes.

We seek to add clarity to this process in hopes that transformation may occur, which allows for the fourth density of love and understanding in the most universal sense to shine through each individual and draw connections between all, so that you as a planet and a planetary social memory complex may unify and join us as new members of the Confederation of Planets in Service to the One Infinite Creator.

When speaking about the opportunities available to all upon your planet for transformation, we emphasize again the great importance of love within this process and wish to draw your attention to the concept of universal and unconditional love. For we feel this is where there is the greatest opportunity for true essential transformation is available for seekers upon the path of service to others.

Within your society at this time, it is easy to perceive a growing tension that seems to be increasing separation between certain social complexes and individuals. We find that love is not necessarily absent in this process, as love can be easy when it is in relation to those who you find easy to love, easy to relate to, easy to agree with, easy to understand, and who in your interactions do not challenge your notions of what is appropriate, of what is true, and in how you should connect with them.

Indeed, there is much love that we do see, yet we may say that this love is sometimes hoarded and shared only among the closest individuals within one's circle. Though this love is beautiful, it is the unchallenged love, whereas the true opportunity for transformation available to seekers who desire to serve others at this moment lies within the love that is challenging.

If you are seeking this transformation, we suggest that you look to those opportunities in which your love is truly stymied. This has become a somewhat difficult process as technologies and certain evolutions of your social complexes have allowed you as a people to isolate within what this instrument knows as *social bubbles*. And so the challenged love is easy to avoid. Thus this process must be a very conscious and deliberate one in which the seeker prepares for the self an environment of safety and peace, and from within that environment intentionally seeks the aspects of self drawn out in interactions with others that block the free flow of love. This may be in direct interaction with others or indirect interaction with others.

And in this process we urge you not to see these aspects of self that block the flow of love as failures, but rather view them as the opportunities you have given to yourself. For this is what you have incarnated into this illusion to do. You greatly desired the opportunities offered to you by this environment; and from our perspective, the very notion of discovering aspects of the self not yet balanced and not yet blessed with the true love of the Creator is actually exciting and a thrilling prospect. And we offer you this perspective so that you might approach this process with some excitement and lightness, for we understand how grave and serious your planet seems at this time. Yet the process of transformation is one which abounds in joy and lightness, for these are the qualities of the Creator as they may be manifested within your environment. And we encourage you within this conscious process of seeking transformation to hold on to these gifts that the Creator offers you for this process.

We wish to offer you our greatest comfort and respect. We bow to all seekers upon this path on your planet at this time for we understand the moments of great difficulty, and we bow to your persistence and dedication to this process.

At this time, we ask the one known as Gary if he wishes to receive our contact again this evening.

Gary: Yes, Q'uo, I would like to serve, or rather, make myself available for a couple questions.

Q'uo: I am Q'uo, and we thank you, my brother. At this time we leave this instrument and transfer the contact to the one known as Gary. We are Q'uo.

(Gary channeling)

Q'uo: We are those known to you as Q'uo, and we give thanks for the fidelity of each instrument present in this circle. And we would respond to any shorter queries that the circle might have.

Jim: I have a question Q'uo. Ra said that each mind/body/spirit complex has its own patterns of activation and its own rhythms of awakening. [48.7] Is there some way that we can become aware of our own rhythms of awakening?

Q'uo: We are those of Q'uo, and we thank you for this question, my brother. Indeed, as the journey moves ever forward and upward and accelerates, the seeker will become increasingly aware of their patterns of sleep and awakening, of resistance and surrender, of moments of opportunity, and awareness of the repetition of patterns and themes to increase this awareness and comprehension of the self's patterns. Indeed, the blueprint of the self's journey is to release much of the mental activity which occupies the third-density mind as it navigates the illusion, and to sink into the silence where that cacophony of thought is distilled and begins to reveal to the self the essential nature of the lessons.

This silence can clarify the particular chapter of the self's journey so that the self may respond more maximally or optimally to the moment in order to lean into these patterns of awakening. In this process, the self may have an "aha" moment, which helps the self to somewhat plot its location. For instance, the self may realize that it is being challenged in a particular way, and this challenge pertains to a core lesson, or a secondary lesson, or is connected to a pattern of learning and growth.

With each revisiting of the pattern, the self, as it becomes conscious, may realize that not only has it seen this pattern before, but that it is visiting it from a new nuance or aspect, or it is moving deeper into the pattern one incremental step at a time. This is a natural and organic outgrowth of growth, to become increasingly aware of the patterns and to navigate these patterns more consciously.

Before releasing the reply to this question, we would always remind each seeker in third density that you are ever surrounded in a metaphysical darkness that makes understanding your true position on the evolutionary journey very difficult to discern. The overview, shall we say, is seldom realized. Instead, the hardest and truest steps you will take within the illusion will be taken not precisely because you see the way forward, but because you move forward in faith and in trust.

May we ask if there is another query, my brother?

Jim: Yes, in session 33 [33.7] Don said: "Then these lessons would be reprogrammed, you might say, as life experience continues. Let's say that an entity develops a bias that he actually didn't choose to develop prior to incarnation. Is it then possible to program experiences so that he will have an opportunity to alleviate this bias through balancing? Is this correct?" And Ra said: "This is precisely correct." So my question is, how would any of us go about reprogramming a bias that we wish to remove with a bias that we desire?

Q'uo: We are those of Q'uo, and we thank you for your query, my brother. This instrument smiles and would say that it was literally just listening to the audiobook version of this session yesterday.

You ask how the third-density entity may reprogram, while within the incarnation, to alleviate a bias and to operate in a configuration that is closer to the desire of the heart. We would first in responding lay a foundation which encourages the self to accept the material of the self, including that which seems to be a bias developed as a departure from the preincarnational programming, a bias resulting from the slings and arrows of the illusion which precipitated confusion and an imbalance that—we correct this instrument... for if the self is seeking to reprogram as a function of judgment of self, then the self will find that it is further distorting rather than undistorting the self, and increased confusion will likely result.

Presuming then that the third-density entity is operating from a space of accepting the totality of self (insofar as the boundaries of the limited third-density heart provide), the self may indeed reprogram first and foremost through simple awareness of this need, and the subsequent cultivation of the truer or deeper desire as it is assessed by the self.

Indeed, at its most fundamental, it is this sifting and distilling and prioritizing and valuing of desire that locates that which is truer to the heart, that which more closely aligns with the self's soul's path. That is where much of the work of reprogramming lies, for the program which the third-density entity wishes to change is some form of desire: desire blocked, or desire confused, or desire imbalanced. So, in becoming conscious of the underlying desire and beginning to cultivate the desire more in attunement with the deeper identity, the self has begun a process of reprogramming.

There are various means of facilitating and intensifying and grounding this reprogramming. Some are so significant that they may reconfigure the energy of the self in a very, very short span of time. We would not dive into these, as those discussed by the ones known as Ra are very well known to this circle, but would simply advise the becoming aware of desire and in cultivating of the interest and desire for the new program, with accompanying analysis and meditation on why it is that the self seeks this new programming, toward what end, and the depth of service inherent in the desired programming.

May we ask if there is a final question?

Jim: Along that same line, I would like to know: what is the best way to get our unconscious mind and/or our higher self to aid us in accomplishing such reprogramming, or in any other effort to polarize more positively and serve others more purely?

Q'uo: We are those of Q'uo, and we thank you again for this most excellent question, my brother. Enlisting the higher self as a source of support or inspiration or guidance is a matter of asking, of opening the pathways within the self of dialogue, which allows the self's thoughts to leave the circular caverns of the self's interior so that they may travel, shall we say, or transmit to the higher self, and so that the self may in turn receive communication from that self in the future, as the third-density incarnate entity may perceive it. The higher self is ever interested in supporting its third-density incarnate self and waits ready, always at the door.

The one stop for this self is the third-density entity's desire, interest, and configurations. Upon establishing this pathway of communication with the higher self, the higher self may lend its larger point of view, shall we say, to the processes of reprogramming, likely without explicit instructions, giving the entity a greater sense of its surrounding landscape such that there may be a greater measure of clarity in assessing the various programs at play

within the self, and how one might shift into new programs of being and service. The higher self will attempt, in noninvasive fashion, to help orient that reprogramming so that the self is more truly upon the heart of unconditional love and the Creator, so that the pathway between the third-density self and its illusory future self (known as the higher self) is more straight or direct or efficient.

We thank you for these excellent questions, my brother, particularly as they are of aid in training this instrument. And we would at this time leave this instrument with gratitude for the opportunity to speak, as we transfer this contact to the one known as Jim.

(Jim channeling)

I am Q'uo, and am once again with this instrument. We thank each new instrument for the continued dedication to improvement which is once again quite evident to our perceptions. We feel that there is a greater and greater openness within each instrument to receive the words and thoughts, which we offer to each. We are aware of how important it is for each instrument to be able to open the self completely in the reception of our words and thoughts, and congratulate each for accomplishing this portion of the experience that is so primary to becoming an instrument.

We are also aware that each instrument desires to be able to expand upon this ability to open without reservation the conscious and unconscious mind so that we might utilize not only the concepts which we feel are important to share, but are also able to gain access to the deeper understandings, if you will, of each new instrument, so that we may incorporate them also as a portion of our replies, thus verifying each new instrument's process of seeking and serving the One.

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

March 7, 2020, Saturday Meditation

Saturday Meditation

March 7, 2020

(Jim channeling)

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

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

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

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

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

Is there a further query my sister?

Anna: No, thank you very much.

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

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

Q'uo: I am Q'uo, and am aware of your query, my sister. We find that you have a, shall we say, multitude of possible explanations for any situation that may occur in your daily round of experience. We feel that your experience in each of these areas is a valuable commodity, shall we say, for each experience has a lesson to teach. We would recommend that in order to sort through the possible randomness or indicated potential of any experience that you use the meditative state to allow the possibilities to sort themselves out within your consciousness. For as you meditate, and set your goal as being able to discern what the lesson of the moment is, then those inner guides and friends that you have accumulated in your life pattern may be able to insert into your consciousness the concept which is most helpful at the moment. For as you ask, you shall receive.

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

Is there a further query, my sister?

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

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

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

(so that there is more information added to each experience that seems random) you are able to apply more understanding, shall we say, to your perception of repeated experiences that have seemed random in your past. Is there a further query, my sister?

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

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

Q'uo: I am Q'uo, and am aware of your query, my brother. The patriarchal type of expression of energy has been that type of experience which the recent history of your planet has exhibited in a degree which exceeds the normal balance of such expression, when compared to the matriarchal or feminine nature that each entity has within it, whether it be biologically male or female.

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

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

These energies have been in abeyance for a great portion of what you would call time within much of the population of this planet, because there was the inability to move in a studied or appropriate fashion the male energies that were then found to be ineffective, and yet still continued to generate their control, hoping at some point there would be the ability to move forward in consciousness. However, at some point within the populations so expressing these masculine energies, it has become abundantly clear in the subconscious realms of the mass mind that this type of masculine energy was ineffective and could not become effective as long as it was solo, shall we say, responding not with a balance of the feminine energies, [but] restricting the expression of energies to that which was patriarchal and controlling.

Thus at this time, there is the movement within the mass mind of the consciousness of most of the third-density entities upon this planet for the reintegration of the feminine, the matriarchal energies that are heralding the New Age of love and understanding within this

planetary sphere. However, as you are aware, there is a great residue of masculine energies that are rolling about, shall we say, within consciousness as a block which has lost its place and has no firm ground upon which to stand, or focus upon which to allow the movement forward in consciousness.

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

Is there a further query, my brother?

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

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

Is there a further query, my brother?

Zachary: No, thank you, Q'uo.

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

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

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

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

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

Is there a further query, my sister?

N: No, thank you.

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

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

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

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

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

Is there any further query, my sister?

E: It's related to this—your focus on spiritual progress—but then we live in this world; we want to be warm, we want to be fed, we're interacting with other people and the rules of society, and they just seem to be divergent to me. And I'm having difficulty doing both at the same time, I guess, or focusing on both at the same time. [Laughter] That's why I was thinking about faith. If you just go through life and things are happening and just have faith that everything's working out all right, and 20 years down the path, you're not going to starve to death because of what you're doing now. That everything is just going to work out fine.

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

If the desire, the will, and the faith are utilized by the seeker in a conscious fashion (so that there is the potential for greater growth, and is seen by the seeker to be a potential that resides within its own being), then the seeker can take this faith, this desire, this will, and apply it to any present moment. So the fruits of the moment may be more evident to the

seeker and the seeker will not only be fed physically in a manner which propels the body forward, but can be fed spiritually, mentally, and emotionally in a similar fashion, so that there is food aplenty for each portion of the seeker's spiritual anatomy, shall we say. Thus, the seeker itself can determine the rate of progress in its own spiritual journey, according to how it applies its desire and its will, encompassed within the larger facility of faith.

Is there a further query, my sister?

E: No, that was good. Thank you.

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

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

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

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

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

Is there a further query, my brother?

Zachary: No, thank you, Q'uo.

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

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

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, we do not mean to demean the general concept of masculinity. There is much within this concept that can be quite helpful to individuals and societies—the masculine concept of reaching, and affecting, and moving in a certain fashion—various energies that are available for the progress of the society as a whole. Therefore, we would suggest that the more balanced

expression of masculine energies that reach and affect would be cooperation with those energies of the feminine nature that are able to provide a broader point of view.

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

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

Is there a further query, my brother?

Austin: No, thank you.

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

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

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

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

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

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

Practice Channeling Circle: September 15, 2020

Practice Channeling Circle

September 15, 2020

Group question: We find ourselves in a situation where differing worldviews and different perceptions of reality are clashing more and more on a greater social scale. How can we, as seekers of love and truth, help to reconcile these worldviews and bring love and harmony to an increasingly disharmonious world?

(Jim channeling)

I am Q'uo and am with this instrument. We greet you in love and in light, and are grateful for your invitation to us to join your practice channeling circle and speak through those who wish to learn this skill this evening.

We are always aware that it is a necessity for our words to be carefully considered in order that only those which are—we correct this instrument—that only those which are helpful might be retained for use, and those which are not at this time helpful be set aside. If you would do us this simple favor, we would be able to speak freely.

This evening, your topic is one which is full of the challenges of the third-density illusion. Each of you is within this illusion for the purpose of discovering how to bring love through your heart chakra in a manner which has no conditions, and which is a response to the world around you—with all of its difficulties and disharmonies—that seemingly requires of you that you bend your will and desire to seek the truth [despite] many and sundry demands that you behave, think, and conduct yourself in a manner which seems antithetical to the open heart.

This is the challenge for all who are here now and willingly accepted before the incarnations began. This is a concerted effort upon the population of Earth's preincarnative choices, so that there would be available at this time the type of opportunity for growth that might accelerate each conscious seeker's path. For time, as you would say, and as you measure it, grows short.

Each seeker, whether they're conscious or unconscious of this purpose for the third density, is making each opportunity available to itself in a manner which is unique to each self and yet contains qualities of commonality which pervade the population. That is to say, each of you has the ability to make these choices of loving responses to whatever catalyst confronts you, and yet each of you will do it in your own way, for you have free will infinitely throughout your experience within this illusion and all further levels of experience beyond this illusion.

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

(Gary channeling)

We are those known to you as the principal of Q'uo, and we would express that it brings us joy to be with your group again and to be exercising these instruments, and rusty though this instrument feels we assure him that he has not fallen out of service. And in fact, [this instrument] is working diligently to clear the energetic pathways that make our service more efficient—more able to reach your shores—from those places we call home.

In our experience, when we look about, when we look within, we see love unbounded. We see that which is the truth of the creation, unobscured, unhidden by artifice, apparent to both what you would call our senses and the marrow of our souls. In this love we see all beings made of light as of the same substance, different only in surface features of memory and history, of interests and configurations of mind.

Your world, however... it is quite different. In your experience you are surrounded with that which is foreign. Most of the minutes of your day you may feel a certain comfort or ease with that which is familiar, but often still your experience is not one of communion with that which you call home, that which you call family or friends. The pathways to the merging that is so prevalent in our experience *begin* in your experience through the opening of the heart and the experience of love, but still you relate to one another as other-others, other than you, entities worlds apart, separated by worldview, ideology, background, upbringing, and the sources of information which your particular vibrations attract to yourself.

We would not through this instrument get into the diagnostics of the disrepair that your collective seems to be experiencing presently in an heightened state. We would acknowledge the great despair among your peoples. For many are upon islands separated by seemingly—we correct this instrument—separated by distances which seem to be many times insurmountable. The other islanders look from that distance [to be] menacing, or clueless, or at risk of sinking the whole chain; this is, as this instrument would say, quite a pickle for your peoples.

What would one do in such a geographically-visualized predicament? Would those upon one island see the benefit of sending out emissaries in order to network, shall we say, in order to begin a process of linking these disparate locations so that information could...

(We pause to deepen this instrument's contact)

...so that information could again begin to move between these groups, so that the deprivation felt in these siloed or isolated experiences could be lifted, so that instead of looking upon the ground in sorrow and misery at the discord among your people, there might be a note of a musical nature that travels through the air from one soul in need to another. Upon reaching the second, another note added on to the third and the fourth until a melody of hearts crying out singing in joy and praise to the One in a sense of relief and rescue from the fragmentation and destruction that seemed at hand.

You do occupy an illusion, which shall pass, which is a temporary phenomenon in the ever-present gaze of the One. You who are walking through this simulation... where we do confirm that you are in a predicament... but as in all such problems as you may call them, all such scenarios that disorient and confuse, they are writing and manifesting and expressing the momentum of that which came before. They carry with them history, however unseen, so much of it may be to your conscious minds. But they do not carry with them certain inevitabilities. They carry probabilities.

The outcomes are not foregone. What inputs, my friends, affect outcomes? What variables are those that offer the greatest doorway for transformation, or indeed, miracles? How does the infinite stream into your enclosed, seemingly sealed-off moment to reconfigure and transmute and uplift the stuck energies, the bellicose energies?

One variable we may note is hope, and its corresponding mindset, optimism, and the vision to know that light and love are always available, and that in the darkest, most loss-seeming moment there is ever a pathway, my friends. The Creator awaits your invitation. The Creator yearns to enter your heart if you can but trust enough to hold to the vision of that which is your birthright, that which is your nature, that which is the nature and essence and being of everything that you can see, everyone you've ever known, everyone you will ever know.

No external force and no situation has greater key than that which you are. Awaken my friends. Earth and the cosmos calls to you. Now is your time to ring and proclaim loudly the bells of your heart. We invite you to join this chorus.

This instrument asks us that we would now pass this contact, with gratitude to this circle, to the one known as Kathy. Adonai.

(Kathy channeling)

We are those of Q'uo, and we are with this instrument.

We feel your perception of the seemingly unstable ground on which you all walk at this time, the seemingly-turbulent atmospheres that you feel from time to time, the differences... seeming differences of opinions and outlooks, and perspectives that you feel with the collective and with one another from time to time.

We know also there is that sweet, abiding feeling of love that you feel with those who share your own perspectives as you grow ever higher in your development, the companionship that you feel with those, and we wish to express a kind of love for you in this time that may seem like a struggle. From the outer sight, it does seem that way. We would have you understand, so to speak, that the souls on Earth are becoming unmoored from their former moorings. They cannot stay where they were, and so become unmoored and feel themselves upon the choppy sea waters that are not comfortable—that require constant attention to navigate. But it is through this process that each one is growing. For the choices, the action-choices each one makes, help them grow. Help each one grow. Help others grow.

We wish for you to understand that though the waters underneath may seem choppy and difficult, uncertain, and the winds around you may feel not familiar or uncomfortable, that actually each one has higher guidance at all times. Each one is wrapped in the hands of the Creator at all times. Each one on the inner level is making a valiant effort to grow, to understand more, to progress more toward love though it may not seem so on the outside. But ever that higher guidance is there, ever that hand of the Creator keeps holding them. The water itself is made of love; the atmosphere around each one of you is made of love, though it may sometimes seem not so.

For every untoward act one of you may witness in someone, in which they seem to be acting selfishly, there may be three more acts chosen like that, and then a moment of awareness in which that same soul realizes and chooses another action, another action that is more toward love. We do not see all the pathways of everyone, we do not know all of the moments of awakening that each may have.

We say to you to trust that the world in which you live has a metaphysical composition that supports you, that is made of love and gently assists you, each of you, in growing toward that love more and more on the outer choices that you make and on the inner level. Whether it be small gestures toward the plants and animals of your world, to care for them in loving ways, whether it be in larger grander ways, you can look for changes. When you look in the eyes of all the other-selves you'll begin to see and understand more, when

looking into each other's eyes and knowing that each one is on the path of growth, of self-love, of self-knowledge, and of knowing themselves as part of the Creator, and in the process, learning to love others more and more.

We thank you for this opportunity to share this perspective, and now we pass this contract to the one known as Austin. Adonai.

(Austin channeling)

We are Q'uo, and we are with this instrument. We acknowledge again through this instrument the despair that we are able to perceive upon your planet. We feel the call of despair deep within our own beings, and we bend all of our will towards offering what service we can to you and your peoples and your planet in response to this call, yet we ourselves do not despair. And we offer a certain perspective in hopes that the context of our perception aids your own seeking and your own ability to find your place upon your planet and within this universe, and find comfort in following your own path and trusting your internal voice.

The conditions upon your planet as you currently experience are not a surprise to us. We sense among your peoples a great confusion and we understand the calling out among many of your peoples: "How have we arrived here? Where did this condition come from? How may we free ourselves from this confusion and disharmony?" In offering our perspective we do not wish to plumb the depths of the great tangle of distortions buried deep within your social complexes upon your planet, but rather describe a greater intelligence and pattern of energies at play, intended to aid you upon your paths and to bring about harvest on your planet.

You asked this evening about a seeming increase in disparate perceptions and disparate worldviews. And we can confirm from our perspective that indeed, there is a greater and greater crystallization of worldviews that, from the perspective of third density, may not be reconciled.

Technologies and advances in consciousness have allowed your peoples to resonate stronger and stronger amongst each other, yet this resonance amongst your peoples tends to bring the like-worldviews closer together, and thus the disparate worldviews further apart. With the advent of what you call social media and greater attention paid towards a global system of communication, more and more people are drawn to each other through agreement of worldview.

There is an energy underlying these technologies and this advancement in consciousness. And this my friends, though it may not seem like it, is the coming of the fourth density—the density of love and understanding—for it is these energies which call each individual to resonate with all those around them, and it is the result of your planet becoming more and more in resonance with the fourth-density energies that is causing the challenge that you now face.

And so it may seem like things are at their most dire upon your planet, and that you may feel more lost now than you ever have, we assure you that this is natural, and indeed, a planned event for this is the catalyst needed for your planet, as a unified population, to form a social memory complex and unify in your seeking of the Creator. It is the way of distortion that in order for it to be balanced and reconciled it must be accentuated and acknowledged.

What you're facing now are the fourth-density energies eliminating the possibility for those upon your planet to ignore the distortions among your social memory complex. These

energies are bringing greater and greater awareness to where you, as a peoples, must focus your love and bring your greatest attempts at understanding.

We sense within this instrument a feeling of failure to bring this understanding to bear within his own life and we affirm to this instrument that he is not alone in this feeling. For seekers in many circumstances, the failure to achieve their own ideals is one of the greatest catalysts generated by the self. We would like to offer the perspective for this instrument and all seekers who struggle with meeting their own ideals that these feelings are a bountiful crop of experience awaiting to be harvested as catalyst and to transform your heart to bring it more and more into resonance with love.

We find in general the key ingredient, if you will, missing from this alchemical recipe is that of patience... patience with the self, and patience with other-selves. Each moment contains the potential of infinity. And yet it is a self-sabotage to expect the self to meet that highest potential, moment after moment.

(We pause to allow this instrument to deepen its state.)

So, it is our hope that in sharing the perspective of the metaphysical processes at play that you may find patience within yourself for yourself and for the others upon your plane.

We offer one more perspective which we believe may either seem hopeful or bleak, depending on the interpretation of each seeker. As we perceive the energies playing out upon your planet and the great desire within each of you to bring your love and your light to bear and resolve the tension that you feel so palpably within your hearts, we wish for you to release the burden of responsibility, for you alone as an individual seeker can only do so much in the face of such a great mire of distorted energy. As energies continue to progress and manifest upon your plane, there is an inevitable progression that the great tangle of distorted energy within your social memory complex will manifest as some level of disharmony within your physical realm.

But this too, even if it seems as though it could lead to great destruction and suffering, is part of a process, and as energies play out upon your physical plane, they are dispersed and are allowed to be relieved. You may aid this process [by] continuing to seek the love within your hearts. No matter what seeming disharmony and difficulty continues to appear upon your planet and within your social complexes, we admire your efforts so much. You are all truly uniquely powerful beings and you are upon this planet at this time by no accident.

At this time, we leave this instrument and transfer the contact to the one known as Jim to offer our final thoughts for this evening. We are Q'uo.

(Jim channeling)

I am Q'uo and am with this instrument. We are most pleased that you have been able to perceive the nature of the experience that you all share at this time upon planet Earth. It is a grand illusion, my friends, and yet it has much to teach. Each of you, by opening your hearts in unconditional love, are able to take in that catalyst of the worldly despair and transform it in your *own* experience into an understanding of your purpose here and the purpose of the disharmony that you all perceive on the level of group consciousness.

You're all in the beginning stages of forming a social memory complex that is resolving the distortions that have infected your peoples for millennia. This is a monumental process that has much to offer. Each entity upon your planet, each is making an effort to offer itself in some kind of service that may or may not be an accurate representation of the overall plan at this time. However, as that which you call time moves forward, in each instance

there is the perpetual infinity of opportunity which is ever-available in the resolving of disharmony through the offering of unconditional love for any disharmony that may exist.

You are each warriors for peace, for love, for unity, and for understanding. You fight the gallant fight. You give without reserve. You blend your being with the One in all. We thank you for your persistence and for your optimism and for your unconditional love. We thank each in this circle for offering itself in that regard. We shall be with you again. It is our great honor to be with you. We are known to you as those of Q'uo. We leave you now in love and in light, in peace and power. Adonai, vasu borragus.

Practice Channeling Circle: October 14, 2020

Practice Channeling Circle

October 14, 2020, 2020

I am Q'uo, and am with this instrument at this time. It is a great pleasure and an honor to be with you in this circle of seeking this evening. We feel the excitement in each mind and heart as you begin again that which you have come to do so well, to serve as instruments of the One Creator (as each entity within the creation is) for all are the Creator in one fashion or another, seeking to be of service to allow the knowledge of your being to inform the Creator of Its own being. This is a sacred journey upon which we all travel. And we are so glad to be with you on this journey on this evening at this time.

We are aware that each is eagerly anticipating the type of story that we shall tell through each instrument this evening. We look within the heart of the experience... the journey that each of you is upon at this time. And we see a wanderer with eyes of silver and gold—precious metals in your illusion—but in the higher realms, the images of wisdom and love.

This wanderer has come to earth as a newborn child and has progressed in years, so that it is what you would say a teenager that is beginning to have the feeling of being inspired by energies that are not of the illusion in which it has incarnated. It feels that it has a purpose, a mission, a direction in life to go, and that there is much work of a spiritual nature that it is destined to attempt. This work mystifies this young wanderer, and it considers many times in contemplation what the nature of this work might be.

We shall now transfer this contact to the one known as Gary. We are known as those of Q'uo.

(Gary channeling)

We are those known to you as the principal of Q'uo. We greet the circle again through the body of this instrument. We would continue the story began by bringing your attention back to this young wanderer beginning to blossom in the soil of the plane of sleep and forgetting, as its awareness expands beyond the boundaries which had formerly defined the shape and sense of self.

To where is this awareness going? What is this awareness reflecting back to the wanderer about its own nature and its purpose? This wanderer has no concrete answers, but moves forward nonetheless, its feet placed continually, one in front of the other, with a growing hunger to know, to find more.

In this case, this seeking in these early stages is looking outward, attempting to puzzle meaning from the illusion, from the way the world is, and how the self is to be in this world, and through study of that which may be considered unconventional by your society's standards.

This wanderer reads. It seeks. It pokes its head, shall we say, into different areas of your societal complex and it feels an ache of loneliness. It is not quite sure what it is that calls or what it is that it seeks. But the call is there and the questions continue to arise. and the distance from the former self continues to lengthen as it traverses a disorienting landscape of an in-between place. And onward the wanderer moves.

(We pause to deepen this instrument's state. We are those of Q'uo.)

This wanderer is, relative to the lighter vibrations that it seeks, encumbered by the heavy vibrations of the material-bound identity, and to transition, or shall we say, break free from that conditioning is no easy task. It is no mere changing of belief, for to release the old is, in many senses, to die in order to make space for a new birth.

Your peoples do not easily relinquish those identity forms to which they are attached. Sometimes this transition is made relatively smoothly, we may say; however, often it needs knocked loose, if you will, through the tumult of catalyst which challenges the self and calls the self into question. The wanderer in our story is set to face these challenges and tests that will help it to shed its past identity.

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

(Trisha channeling)

We are those of Q'uo, and we are with this instrument.

As the one known as Gary has spoken, this wanderer is experiencing what you might call a molting period. Its ego, [its] identity becoming not necessarily necrotic, but releasing its binds upon the entity and slowly shedding, dying off to reveal the true nature of the entity underneath.

The wanderer feels much discomfort with this molt, as one can imagine. The shedding of layers can cause great confusion and discomfort physically and spiritually. But with that release comes a sense of relief, a freeness from—we correct this instrument—a freedom from the binding framework we tend to create for ourselves in this illusion, this compartmentalization, if you will. In many senses, this teenage wanderer is going through a spiritual puberty: a gathering of experience and knowledge, and redefining what (and we speak this with italicized words) this *is*.

This wanderer realizes that it may be about to begin a journey that could be a—we correct this instrument—an illusion of a desert. The wanderer may acknowledge that this journey of opposition of selfhood (realizing what selfhood is when there [are] no many-selves) can lead to a distancing from those considered other-selves. That experiential—we correct this instrument—that relational desert (this instrument is realizing) simply means that, for this wanderer, this wanderer will realize that the relation is unbounded. For this wanderer is everything.

This wanderer is the Creator. The desert is the Creator. The notion of loneliness is simply that—an illusion of the Creator. So, with those first few steps on that journey, the wanderer has much excitement, much curiosity, but also much faith. For this wanderer is beginning to know its full self: the great I Am that runs through every bit, every morsel of the experience; the reality, as we call it.

This instrument is unsure of the quality of her channeling in this moment and gratefully asks that we leave her to the one known as Austin. We are those of Q'uo.

(Austin channeling)

We are Q'uo, and we are with this instrument. And so our young wanderer, having taken up the mantle of seeking and experiencing a transformation of self-awareness, looks forward upon the path in front of it with a fresh perspective and a renewed sense of purpose and belonging within the world. This wanderer, within its heart, feels a calling. It cannot identify the source of this calling. It does not know where this calling may lead it. But as the guiding star in the desert sky, the wanderer continues to follow this calling.

Upon this path, as this wanderer continues its journey of seeking and service, it will meet many challenges. It may find itself stymied upon the path and there will be moments where this wanderer will feel as though it is truly lost within this desert. This wanderer may wonder whether or not it has simply been traveling in circles, if it will ever find its way home, yet at each challenge that forces this wanderer to pause on their journey, this wanderer will eventually realize that this pause is an opportunity to witness the scenery around them. Within each pause, what first appeared to be yet another barren stretch of desert, eventually this wanderer will recognize the small yet incredible details of beauty.

At each pause this wanderer will recognize that this is not a barren desert. That each challenge that the desert presents is not intended to thwart the wanderer, but is the desert asking the wanderer to recognize the beauty it contains. As the wanderer more and more begins to recognize that each challenge and each opportunity for pause is a calling for the wanderer to pay closer attention to seek more of the beauty within this environment, the path forward becomes clear again and the wanderer may continue on its journey. As this wanderer continues and turns back to see the path it has traveled, it will see walking in step that same young wanderer it once was, ready to offer that fresh, excited perspective of the newly-awakened seeker.

At this time, we leave this instrument and transfer the contact to the one known as Jim to conclude our thoughts for this evening. We are Q'uo.

(Jim channeling)

We are Q'uo, and am once again with this instrument. This wanderer of whom we have been speaking has been through many thought processes, possibilities for its being, and its expressing of itself, and has discovered that there is no right or wrong to its thoughts, but that it is indeed the servant of the One in all that it does, all that it thinks... all that it may ever be.

This feeling of its own nature, being revealed unto it as a product of its wondering in contemplation (its questioning and doubting) is a comfort which is as a fuel to the questing spirit of the wanderer. For it realizes, within the heart of its being, that its very being is its greatest service. For as it is the One in miniature, shall we say, it connects with all about it in a way that opens the heart in unconditional love, so that there is a network of the compassionate being of the One Creator that is enlivened by the wanderer's realization of the Creator within itself and within all of the creation about it.

This realization that it has come by—through much discord, contemplation, and perpetual wondering and wandering—is that which gives it the sense of fulfillment that it has sought. This fulfillment then becomes a gift: a kind of light to the world around it, so that it has the opportunity to be this light wherever it is, with whomever it communicates at any time, without even trying to construct a certain path of service. Rather, the service is the being; the being is the service. This is a realization that the wanderer can share with everyone

upon the planet, for each is a wanderer of a kind, wandering from the realization that we all are one... wandering from the reality of this unity.

Thus, the wanderer is able to mirror to those within its realm of influence this quality of unity: the condition of the unconditional love, shall we say. The wanderer then has the opportunity to share this realization with the One Creator in all beings, thereby enlivening each entity's apprehension of this Creator within each in some degree, so that there is a spiraling light-energy that moves in concentric circles, shall we say, to cause a kind of spiritual gravity to energize and awaken those people and experiences that the wanderer may embrace as another form of the Creator and its own other-self. Thus, the ideal of all seekers of truth, all wanderers of one nature or another, is that each helps the other to realize some additional facet of the jewel within that is the One Creator.

At this time, we would like to express our deep appreciation to each instrument that we have been able to utilize this evening. We are most pleased with each instrument's progress, for though you have had little practice in recent times, you all are still at the level of achievement which has remained within you and shall continue to grow as time and practice accumulates.

At this time we shall take our leave of this instrument and this group, leaving each in the love and ineffable light of the One which is all in all. We are known to you as those of Q'uo and we leave you at this time. Adonai, vasu borragus.

Practice Channeling Circle: November 18, 2020

Practice Channeling Circle

November 18, 2020

Group question: How can we remain in our open heart when catalyst strikes as we are communicating with others?

(Jim channeling)

I am Q'uo, and am with this instrument at this time. We thank each of you for inviting our presence. We come in the name of the Lord of Love to speak to you this evening about your open heart. But before we do so, we would like to ask you to use your discrimination (as you are so adept at doing when listening to our words) as we speak this evening, for we wish not to be seen as ultimate authorities, but as your brothers and sisters. We join you in seeking the One in all.

As we speak about your open heart, we would carefully advise you to make every effort to find the key to your open heart. It is not always obvious that one has been able to open the heart before engaging in communication with an other-self. There are so many potentialities, shall we say, in making an attempt to discern whether the heart is indeed open and ready to communicate. As you attempt to find that key, we suggest that you allow the inspiration of your mental abilities to reach into your subconscious mind in order that you may find a more perfect means of sensing the quality of your heart as being that which is open.

So often one moves through different kinds of experiences in the daily round of activities, feeling that there is a certain kind of compassion that is resident within the mind and the heart that can become, shall we say, somewhat disheveled when facing a difficulty in

communication with an other-self. If you feel within your own intuitive capacities that you have the unconditional acceptance of your own self while you are in any communication with an other-self, you have begun to open the door to your open heart. This is a process that may be considered a more traditional kind of estimation of your open heart, for to love and accept yourself is to place your faith upon holy ground—the ground of your being which is the One Infinite Creator.

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

(Gary channeling)

We are those known to you as the principal of Q'uo, and we greet this circle again through this instrument that we may continue speaking on the rich topic of the often-befuddling workings of the open heart and the third-density environment when communicating with an other-self.

So often, my friends, you find that you are not aligned...not aligned within yourself or within the other-self, and this unalignment, or misalignment, leads to friction, resistance, [and/or] rejection along the energetic pathways within the self and between the self. This friction then restricts the flow of the cosmic prana upward into and through the lower chakras that feed and energize the open heart. So, the self finds that various doors are closed within the self as the self compartmentalizes various aspects of its unintegrated being. Into these compartments one finds thoughts which, from the broadest picture, can be said to be misapprehensions of the One Creator.

First and foremost within these compartments in the self are beliefs about the limitations of self, the needs of the self, and the corresponding defenses that get erected to protect these vulnerable spaces. The first communication, then, of the open heart is practice with the self in examining the thoughts and the sensations that arise in the mind and examining where and how this is felt within the body; and [then] untangling—gently, with compassion—these knots by probing deeper into the thoughts that circulate within the mind concerning how the self is perceived, [or] how a situation or other-self is perceived. These knots which separate can be undone and that stuck energy can be made available to rise upward to power the heart and to be integrated into the being, and to be the self, one step closer toward the lived experience of wholeness.

What a victory it is, my friends, simply to undertake this interior work with the intention to open the heart or to remove that which obstructs the open heart. Without this conscious intention to use and accept catalyst, the self remains unconscious, shall we say, at the mercy of the interior logic of these blockages as they—we correct this instrument—as the blockages have their own momentum that seek their own ends...which involve a sort of self-perpetuation through feeding, energizing the pain-body, defending against exposure, keeping the self's energy locked into tight, separated compartments.

As the self engages the conversation with the self and learns to listen to these voices lovingly, without suppressing or judging them, one increasingly enters one's own heart space and can receive other-selves in this same—we correct this instrument—in the same infinite bounty that the green ray offers. For indeed, as the ones known as Ra said, the quality of love has a melting aspect for the various strands of distortion that greet your senses and your experience which paint a picture of separate entities doing separate things to one another. When brought into the heart, [one may] experience a melting of the boundaries and the borders, so that the truth being hidden by the distortion can become (or rather be made visible) to the awareness of the self. That truth is ever and always the same, that the self and other-self are one.

So it is that the self speaks not from the needs and limitations of a small, separate self—the blames, the accusations, justifications, weaponizing—but instead speaks from a place of compassion and understanding in the light of oneness, seeing in the heart center that whatever distortions may be manifesting in self or other, painful and extremely challenging though they may be, the truth of the situation is love. The more that truth is embodied and implied in the words, in between the words and the gaze, in the energy and tone and the way that other-self is greeted, the more that the surface distortions become transparent to the true nature of the self and all in association with the self.

At this time this instrument asks that we take our leave that we may exercise the other instruments in this circle. We thank this instrument and we now transfer the contact to the one known as Tricia. We are those of Q'uo.

(Trisha channeling)

We are those of Q'uo, and we are now with this instrument. We find that this topic of navigation through catalyst when relating interpersonally with other-self is one that is seemingly more and more important to your people at this time. We have much gratitude for your continued seeking in the direction of finding peace and love and connection through potential moments of disconnection.

We ask that you always remain in your heart during these moments and practice reminding yourself of the truth...that self and other-self are merely illusions. Merely vehicles. Merely pictures we paint to make sense of what is the truth at the bottom of everything. Other-self and self are one and the same. It is so that in this experience you and other-self have decided to create narratives, stories, [and] opinions that you identify with and that at times, [these] may seem to be in conflict. This conflict can be what you've termed catalyst (this egoic injury if you will), this at-times questioning of identity or assault to identity.

You may feel frustration, sadness, [or] anger when this catalyst arises between self and other-self. Again, the most important step is to accept oneself—for if one accepts oneself, one can begin to accept other-self. For is other-self not an extension of self and thereby an extension of every minute aspect of this reality? When one comes—we correct this instrument—when one becomes able to access the heart during this catalyst, one may be able to see other-self not as adversary or enemy or even other-self, but [may] take on a loving, caring, warm disposition, open arms, welcoming this other-self (and we say this meaning this extension of self), viewing this other self with grace and compassion as mother to child, as lover to lover...seeing what you call humanity in this extension of self. It is then that one can move from open heart to open mind and open ears.

Though this catalyst may feel uncomfortable, this discomfort can be a great (for lack of a better word) tool to unlock spiritual evolution. We see this as tremendous opportunities to practice unconditional love both to self and to other-self (and not to mention, to circumstance). Through this, one can begin to truly hear what is being stoked—spoken rather—to see what lies at the heart of other-self's truth. To be able to understand where this truth is born, from where this belief began in this practice, self may be able to begin to see similar truth arise; one may be able to see how this belief or this contradiction could exist within self, perhaps with a different flavor...a different narrative surrounding it.

What beautiful specimens every self is for this experiment—this opportunity to challenge and accept. And that, my friends, is the key: acceptance. Unconditional love erasing the boundaries between self and other-self. Not seeing "I am this; you are that," but saying "We are we; we are one." We see this as such an important practice. Right now, at this

time for you on Earth... what a truly phenomenal gift with such immensely-bountiful rewards.

Fearing that—we correct this instrument—fearing that she has muddied a dialogue, though accepting such mud, if you will, now asks that we take leave of her and transfer our contact to the one known as Austin. We are those of Q'uo.

(Austin channeling)

We are Q'uo, and we are with this instrument. Maintaining an awareness of the illusory nature of this distinction between self and other-self is crucial in reckoning with the question posed for this evening, for it is upon this illusion that the stage is set for your journey into the open heart.

This illusion, as you know, is created and enforced by the veil of forgetting. It is this veil that causes you to lose your innate awareness of your oneness with other-self. Without the veil, the question that you posed this evening could not even be considered, for it holds no logic on the other side of this illusion. Yet we are called to point out that the very act of considering this question from [the] standpoint of the veiled illusion in which you find yourself at this stage of your journey to the Creator is such a powerful act of will that your very being shines a light that serves as a beacon to those unseen allies, friends, and guides who offer their support from the unseen places for you upon your journey. It is with this will from which this question is summoned that you may consider the solution to the conundrum that is posed, for it requires a great amount of will to maintain the desire to live within the open heart in all moments, especially those moments in which self and other-self might clash upon the stage of illusion.

This will to maintain an open heart may serve you best in considering this question, as realizing the necessity to carry this will beyond the immediate moment of the clashing. It is a dedication of one's life to the path of the open heart, and thus asks the self to maintain focus upon this desire within the round of daily activities, and asks the self to make time to hone this will, so that the self may call upon it in moments of need—such as when one finds it difficult to maintain the open heart in communication with another.

We suggest to all contemplating this question that there are central exercises and tools available to the self within your illusion that can help strengthen your desire and ability to maintain this open heart. You may not be surprised to know that these activities include meditation, contemplation, and prayer. We of the Confederation of Planets in Service to the One Infinite Creator do not desire to impose boundaries upon the concepts of meditation, contemplation and prayer, for we have found it beneficial to merely suggest these general exercises and allow the seeker to determine how best to approach these activities. We will share, though, one perspective of these activities that may be applicable to your question this evening.

In considering how meditation may be most relevant to maintaining the open heart during communication with other-self, we suggest that the practice of maintaining the silence of mind and the focus of awareness upon the landscape of one's consciousness, with regular practice, may help you to realize in the midst of any moment (including conversation with other-selves of a difficult nature) one's own emotional landscape, and those triggers and swells of emotion that might rise within the self.

To maintain this awareness of the self in all moments allows one to continuously choose, without ignoring that which arises within, to act in accordance with the will and desire to live and to serve from the open heart. Remembering these reactions observed within, [one] may stash them away for later, if you will, to utilize during one's private practice,

rather than to project them out towards other-self. A regular practice of meditation will aid greatly in this dynamic and will also allow those lessons learned within such catalyst to be seated deep within the self and bring about true transformation within the heart.

When considering the notion of contemplation as it relates to your question this evening, we suggest that one type of contemplation is utilizing the imagination and allowing the gift of abstract thought to be focused towards the conundrum within your question. You may imagine a scenario in which you find it difficult to open your heart, perhaps in remembering a prior engagement, or through simply conjuring that which you know is difficult for you to consider. Through the act of imagination, you can play out various scenarios within your mind and practice the act of bringing your heart to such scenarios. In doing so, you not only create a metaphysical charge and an accumulation of will that may be tapped at any moment when you find yourself within these scenarios, but you also reinforce your desire and your will to live within the open heart, and thus draw to you inspiration for new ways and new considerations on how to approach any given situation. This, like the practice of meditation, may take persistence and patience.

The great tool of imagination may also be used to place yourself within an other-self's shoes, so to speak, and play out the scenario from their side, allowing you to more relate to the other-self and help draw the connection between self and other-self as the Creator.

Finally, when considering prayer and how it relates to your question this evening, we suggest that [by] engaging in prayer and speaking privately to the Creator and to the self as Creator, asking for guidance, asking for grace, and asking that your desire to maintain an open heart in all scenarios [be supported], a metaphysical ripple expands throughout the universe. With each iteration of prayer, the energies of the universe align more and more with your desire, and you will find more and more that guidance, and aid, and grace are more constant companions upon your path. This is the power of prayer and will.

We express great admiration for each who consider this question, for we understand the experience of darkness that each of you has within your illusion. We join you in this great journey of attempting to join all other beings in the universe in unity and in the love of the One Infinite Creator. At this time, we take leave of this instrument and transfer the contact to the one known as Jim to share our closing thoughts for this evening. We are Q'uo.

(Jim channeling)

I am Q'uo, and am once again with this instrument. This evening, each of you have been impressed with thoughts that are our way of communicating as carefully as possible answers to queries that oftentimes surpass one's ability to grasp in their entirety. We understand the limitations of words, especially when dealing with the most-powerful concept of the open heart and its ability to communicate the most fundamental of ideas regarding how to communicate from this great source of inspiration and information.

We are grateful that each of you has been willing to open your own mind and heart this evening as we have spoken upon the topic of how the open heart may aid in any communication and be able to dissolve the disharmony of catalytic activity when it appears within one's experience with an other-self. This is a kind of refinement of one's own being, to be able to access the kind of inspiration and connection with the Creator that naturally flows from the open heart. As you are able to allow your own open heart to function in what you may call an autonomous manner, there is the opportunity to access deeper levels of your own being in this process.

We feel that we have been able to elaborate through each instrument this evening this careful opening of the heart and allowing the message of compassion to always take

precedence over any reactions to catalyst (or fears of communication) that may depend upon the functioning of the open heart. We thank each instrument for being open in heart and mind as we make our message a kind of vivification of the experience of communication.

We would at this time take our leave of this instrument and of this group, as we feel that we have accomplished the goal of the evening to utilize each instrument for the expressing of a specific message. You have been most patient and willing instruments and we are grateful for your conscientiousness in pursuing the path of serving as instruments for our words and thoughts in the more abstruse vibrations of the One Creator that accompany all such communications, for the One who is in all is a resonant co-communicator in all our contacts with you. We are those of Q'uo, and we leave you, rejoicing in love and in light; in peace and in power. Go forth my friends in this love and light forevermore. Adonai, vasu borragus.

2021

Practice Channeling Circle: January 13, 2021

Practice Channeling Circle

January 13, 2021

Group question: Q'uo, can you please talk about the experience of losing a loved one, and how we can heal and find wholeness from that experience?

(Jim channeling)

I am Q'uo and greet each of you in the love and in the light of the One Infinite Creator. It is such an honor for us to be with you tonight, and we thank you for inviting us to join your group.

Before we communicate and address the query for the evening, as always, we would ask the favor that you look upon our words as those which are offered in the hope of being a service that which do not come from an authority figure, so that you may feel free to discard any to do not serve you well. If you would do us this favor, you will help us to speak clearly and in the most knowledgeable way that we have available to us. Our knowledge comes from our experience of seeking and serving the One Creator in all beings. And in this gathering of information, we are privileged to be able to present somewhat of an overview for most of the queries of entities within the third density which are operating behind the veil of forgetting, which hides so much of the truth of the nature of your being and the reason for your being on the earth at this time within its third-density experience.

Each of you, and all of those who are dear to you, and all of the rest of the entities on this planet (for the most part), have come to try in every aspect of their being to discover more of the nature of their own being and its connection to the One Creator. Each entity before the incarnation is able to plan the experience to come with others of its spiritual family, as you may call it. These plans are most interlocked and harmonious in the desire to help each entity within the spiritual family to realize various aspects of their chakra system that allows them to express some feature of the One Creator that will allow the learning of

identity, expression, and service in various ways. Each has a role to play in the overall experience that is shared with many other entities within the illusion. However, those within a certain spiritual family have roles that begin within the earthly family and many other associated types of groupings, such as the schools, the churches, the society, that will also aid in the realization of the choices that are made previous to the incarnation.

Each finds an unique way to proceed in the interrelationships so that there are goals that are hoped for and planned for that will manifest in some fashion at various times during the incarnation. The interaction between entities within the incarnation begins in what you would call a kind of sleep and forgetting, so that there is the subconscious memory of these plans and interactions and relationships that will allow the entity within the incarnation to be able to make certain commitments and realize certain experiences in relationship to other of the entities within the spiritual family. The bonding of the earthly family, then, becomes a kind of foundation upon which each incarnation shall proceed. In this bonding, there is the ability and desire to open the heart in loving acceptance, in most cases, so that there may be a mutual exchange of information and emotional reactions to the type of experience that each shares within the incarnation.

The overall goal, of course, for most third-density entities is the sharing of the lower energy centers—the red, the orange, and the yellow—in such a manner that there is the opportunity to open the heart center so that which you call unconditional love may be experienced by various members of the spiritual family and the earthly family. This type of opening of the heart begins at an early age so that there is the experience of loving acceptance that becomes the most notable feature of most of the entities within the earthly family. This type of opening to the heart of love then allows an energizing of individual precession through the illusion so that other goals may also be recognized and achieved upon the individual level. There are the opportunities to study certain areas of inquiry, to become able to proceed into the work-a-day world, shall we say, always remembering that there is this bond that binds each to the other, as the experiences continue to go through the educational system, the social system, and the working system of earning a living, shall we say.

This type of an experience is most common to the general population of the planet. And each type of earthly family, then, may be able to send its various members out into the world to explore new horizons that allow self-realization in an emotional way, in an intellectual way, and in a spiritual way, in varying degrees for each of the members of the family. These types of explorations—to expand the personality and the spiritual qualities of the personality—are hoped to produce a type of acceptance within each entity that will allow each to proceed with the group energies as the way of sharing the learnings within the outer experience of the entity that proceeds in its own path to find the meaning of the life experience, to be able to share it whenever possible with others in the spiritual family and the earthly family.

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

(Kathy channeling)

I am Q'uo, and we hear your query. We feel your query is a matter of the opening of the heart—the heart center. The experience of losing a loved one on your Earth plane touches the heart deeply and is cause to help open heart—we correct this instrument—open the heart more as a result of the loss. For through such a loss will come many emotions including sadness and pain and grief. Also come through many emotions such as gladness

for having had that loved one in one's life, remembrance of the happy and wonderful times shared that also open the heart.

This shared experience throughout whatever length of the lifetime bring[s] much beauty into the heart and mind of the one that leaves the Earth plane and the ones that shared the life with them who are so-called left behind. But we wish to illustrate that there is an everlasting heart connection with all those who have gone to the higher plane above Earth and those who remain on the earth plane. That heart connection is everlasting. For all the times that the hearts were singing together in the earth experience—heart singing with joy at knowing one another, the laughter—send out vibrations into your time and space and into your own heart that reside forever.

These vibrations of love shared are the beauty of your earth experience and are never forgotten, always felt, and are everlasting. These vibrations of pure love shared remain with the entity who leaves and the entity who stays. And indeed, such vibrations flow outward toward all and enrich the earth-plane experience for all who dwell in Earth. Every moment of love shared between entities raises up the earth-plane existence higher, [and] indeed helps all who dwell in Earth. No moment of love is ever wasted; it is something of substance that lives on.

There is an upswelling at this time on your Earth plane of much love shared and much remembrance of love shared, as those who are leaving the earth plane depart, taking with them their love and leaving behind much love. Though the veil separates those who are experiencing this loss, there is an energy in earth that is benefiting from this love shared that is helping the earth; helping all who dwell in Earth right now. Even through the pain of the loss.

We are those of Q'uo, and we now pass the contact to the one known as Austin.

(Austin channeling)

We are Q'uo, and we are with this instrument. We offer this context of the planning of incarnations, of the purpose of life and death, of the effects of seeming loss and the love found therein as it ripples out to your planet and to the entire creation because such context can help an entity reeling with the sense of loss to find orientation, to stabilize the sense of immense pain felt when encountering such a loss within your illusion.

But as we offer this context, we encourage any entity grappling with this deepest of questions to not allow such context to cover up the experience of the loss and the pain and sorrow and grief that are felt. For these experiences are unique to your illusion, in which the veil of forgetting hinders your ability to perceive the larger truth: that any seeming death or loss upon your plane is simply a transformation and movement to another plane. That illusion is indeed part of a larger truth. Your veiled illusion is not an illusion in the sense that it is a lie or a deception or falsity. It is simply an illusion in the sense that it is a small part of a much larger truth.

And there is a purpose for your experiencing this very constricted view of the larger truth. You may engage this purpose by *allowing* all experience—both joy and sorrow, and particularly the deep sense of loss and pain that you may experience upon encountering the loss of one dear to you. We encourage entities who find themselves experiencing this catalyst to treat this grief and sorrow as friends coming to visit and asking for your attention. For they are friends who have a truth to speak to you. And though you may not understand what they are attempting to share with you at first, if you try and try and continue to listen to these friends, the truth that they speak may become clearer. And we believe that you will find the truth being offered to you—through this sense of loss and

immense pain—is the truth of the unifying connection you shared with the one so dear to you.

Such connection within the illusion is your primary opportunity to experience the Creator and the love that flows forth from the Creator. Each connection you make through love is a window that allows the Creator's light to shine ever brighter into your illusion.

We understand that from your perspective, death seems to close this window and hinder this connection. Yet in tending gently to your grief, with patience and acceptance, you may discover that this window never shuts; you only lose sight due to the drastic change in the configuration of your personal illusion. Yet the window will remain open so long as you continue to seek and have faith that the connection you shared is real and is significant, and that this connection is the Creator manifest in your illusion.

We understand the difficulty that the illusion of third density imposes in finding such perspective while in the midst of such intense catalyst. We do not wish to diminish such experiences by offering our words of hope. And we understand that such words may do little to soothe in a given moment. Yet we continue to offer more than words—our love and our light—for such pain in an individual creates a calling that reverberates throughout the creation. The sorrow you feel is as a beacon to us, the Brothers and Sisters of Sorrow, and we respond with the entirety of our being in offering you and all others who are calling our deepest love.

And it is our hope that any individual contributing to this calling upon your planet makes the conscious effort, through thought or prayer or meditation, to open themselves to this love and allow us the great honor of cultivating healing and wholeness as you seek it.

We are not simply here to share words and thoughts and philosophy, but to share our entire being. And we are enriched by the sharing, as you may be enriched.

At this time, we take leave of this instrument and transfer the contact to the one known as Jim to share our final thoughts for this meeting. We are Q'uo.

(Jim channeling)

I am Q'uo, and I am again with this instrument. The incarnations that you live upon your Earth plane are but brief moments in eternity that have within them the opportunity to share the love and the light of the One Creator with all about one, starting with those members that you have incarnated with, from the spiritual realms, from your true home, that have come with you to help you and to be helped by you, to seek and serve the One in all things. This is a grand journey each of you is upon. It is one which is planned to enhance the knowledge of the Creator, your knowledge, and the opening of the heart for each entity within the spiritual family incarnated within the earthly family. These experiences are treasures that will proceed with you as you leave the incarnation as well and reunite with those who have left before you. This is a process [which] has been going on for a great period of what you would call time, so that the lessons of love of others and service to others might be mastered to the degree that will allow the movement into the fourth density of love and understanding. This is a cooperative effort. And many times in this effort, there are the multiple types of emotions that are experienced to help bring learning more firmly into the heart, the mind, and the spirit.

Your emotional body is one which can help you to seat these lessons within, so that when you feel the sorrow of loss, that sorrow may find its balance in the love for the entity that is gone. The entity that is supposedly gone is back in its true spiritual home and has an ability to remain, shall we say, nearby or within the inner plains that interpenetrate your third-density illusion. There is the opportunity, from time to time, for the sharing of

information and the vibrations of love that one may notice when thinking of the entity that is gone. Meditating upon these times and the entity that is gone oftentimes can result in a feeling of comfort and inspiration that comes from knowing there is no true death; there is only life eternal, the larger life that is realized when the third-density illusion is exited. This larger life is that which you truly exist in. See then yourselves in that true home, that you also have come from and shall return to when you drop the veil of forgetting and your third-density body to move into the light and return to the more rarefied and inspirational realms of experience where the One Creator is so obviously experienced by all therein existing.

Be comforted by the knowledge that the departed loved one is now basking in this infinite love and light at the location in time/space—or the heaven realms—that is the true home. You shall meet again. There is no end to life, there is only an end to illusion.

We thank each of you for being a part of this grand illusion, in which everyone has a role to play and which will provide to each the lessons desired, the ability to open the heart in unconditional love, and to make a mark upon the world shall we say, that is indelible, that this particular entity has been in this world and has danced the dance of sharing love, of being one, of inspiring with words and deeds, and the very being of the entity. That this is a portion of a shared experience that shall never disappear, never be forgotten, and always be with the ones that love together.

We are those of Q'uo. We will now take a leave of this instrument in this group, thanking you once again for inviting our presence. We are honored to have been with you this evening. We look forward to future shared experience. We leave you in the love in the light of the One Infinite Creator. We are known to you as those who Q'uo. Adonai, vasu borragus.

Practice Channeling Circle: January 29, 2021

Practice Channeling Circle

January 29, 2021

(Jim channeling)

Q'uo: I am Q'uo, and greet each in love and in light. We are most honored to be asked to join your circle of seeking this day. We are aware that you have a number of questions for us, and we are most happy to address them to the best of our ability. We would, as always, remind you that we are not what you would call ultimate authorities. Therefore, we beg of you that you use your own personal discrimination in assessing the value of our words and thoughts. For each person who has sent in these questions, we assure you that we are akin to your brothers and sisters who seek with you the same Creator that is within each entity and within all things. And we have had a great deal of time, as you would call it, and experience on this journey, moving perhaps a bit further than have you upon it. And yet, we are not that type of being who gives you the ultimate answers. So, if you could do us the favor of using what is helpful to you and setting aside what is not, then we will be free to speak that which is within our hearts and minds and souls in answer to your queries.

At this time and for this purpose, we shall now transfer this contact to the one known as Austin, that he may begin the process of speaking to the queries offered to this group and to us. We are those of Q'uo.

(Austin channeling)

Q'uo: We are Q'uo, and we are with this instrument. We are honored and joyed by the opportunity to address your queries through this instrument and the instruments in this circle. For in offering ourselves, we also learn from you, and the opportunity to offer our light to you is more meaningful than simply offering information. And so as query and answer are evaluated, we encourage each who perceives these words to look to the vibrational quality of both question and answer.

At this time may we ask if there are any queries which we may address?

Gary: Q'uo, we have some questions from readers, but I'd first like to invite anyone in the circle?

Q'uo, there's a series of questions that come from J1. Looks like on the theme of sexual energy transfer. And I will start with... J1 asks:

"When a sexual experience is shared between people through the internet, phone conversation, or in a video communication, is there still an exchange of energies as described by Ra and the Law of One books? Does any form of technology or distance hinder, block, or diminish this sacred energy exchange?"

Q'uo: I am Q'uo, and I'm aware of the query, my brother. We may start to address this query by examining what you may call the metaphysical properties and principles of space/time and time/space. For in our understanding, the distance within your physical realm of space/time is, in essence, an illusion. Thus, such distance between two entities, in theory, should not hinder the exchange of energies, sexual or otherwise.

Yet we encourage you to consider the ways in which you seem bound by the laws of this illusion. There is a physics that, you are aware, nearly all entities within your realm upon your planet must adhere to. It is similar with this principle of the exchange of energies. Though the distance between two entities is illusory, the proximity and, most importantly, physical connection aid greatly in the ability of two entities to exchange energies, particularly sexual energy exchange.

However, while the physical closeness and intimate touch are of great aid, the technologies given as example do indeed help to bridge the gap and bring two entities closer to the efficiency of energy exchange that can be had when in literal close proximity. And as two or more entities continue to connect from a distance, each refining their desire and their will to share their energies, the distance between the two entities plays less of a role, and the exchange of energies may happen more and more easily and with more and more efficiency.

So while you may say there is great benefit in close proximity as opposed to a greater distance, this is not a full hindrance. And continued to practice and refinement of the desire between entities may offer similarly grand and meaningful exchange of the magical qualities of sexual energy in your realm.

Is there a further query, my brother?

Gary: Thank you, Q'uo. I imagine that's pertinent to many in our illusion now in the experience of the pandemic.

Yes, another question from J1 is: "What is the cause of the emptiness that some people feel post-coital? Is there a spiritual component to feeling empty and, in some cases, apathetic?"

Q'uo: I am Q'uo, and I'm aware of the query, my brother. In addressing a query which asks about an individual experience, it is difficult to diagnose, if you will, a specific cause of such a state. However, we may offer insight into potential sources of such catalyst and methods for determining for the self the source and how to balance this catalyst.

In general, entities sharing sexual energies with clear energetic pathways to the green ray chakra of universal love will experience an immense feeling of both giving and receiving upon the completion of the physical energy exchange. Thus, it would imply that a feeling of emptiness in such a state points to blockage within the entities energy system in some energy center preceding the green ray chakra.

The description of a loneliness and an emptiness may suggest that this blockage is within the orange ray chakra, that of personal identity. And the blockage that exists within this chakra then expressing itself as unworthy of receiving a positive exchange—having the initial sexual desire and being satisfied, the energy cannot express itself in a more spiritual sense because this very fundamental energy center is unable to receive these sexual energies.

For an entity who experiences this catalyst, we would suggest that attempting to explore this distortion, whether it is as we have described or otherwise, is beneficial prior to continuing to engage in sexual activities and attempting to offer or receive sexual energy transfer. For when an entity experiences such personal blockage and then attempts to exchange energy upon this level, the potential for this blockage to create further distortion within the self or within other self increases.

We suggest that this catalyst of blockage be explored in a sexual sense only with another entity who shares a meaningful spiritual connection of trust and love in all other aspects of life so that these entities may create a space where these distortions may be explored. Otherwise, for the individual entity experiencing blockage, looking inward in meditation and calling for the love and light of the Creator to offer them insight and healing is highly suggested.

Is there a further query, my brother?

Gary: Yes, thank you, Q'uo. J1 asks: "Why has there been so much sexual violence throughout history, and what is the best way to heal from it?" And then adds: "I know unconditional love and unconditional forgiveness is critical. However, so many people are so far from and removed by this violence that the idea of forgiveness is insulting to them."

Q'uo: I am Q'uo, and I am aware of the query, my brother. This particular query extends deep into the depths of distortion among your social complex. And indeed, those distortions are so deep and tangled that they may not be adequately addressed in a setting such as this. But we will offer what we can in an attempt to shed light on this greatest of distortions among your peoples.

If you examine closely in an individual scenario the origin of the impulse to commit sexual violence, you will often find that such an impulse is born itself from violent trauma, whether inflicted upon the perpetrator at an earlier age or absorbed generally from the collective consciousness of your people. The use of sexuality to impose control and harm upon another may seem [to] have its origins from your planet's second-density evolution. One may look upon how the entities within your so-called animal kingdom behave and might perceive that force and harm originate from the so-called animal instinct within the human nature.

Yet from our perspective, this original impulse of control and harm through sexuality is only tenuously related to those animal instincts and, instead, was originally introduced as a

simple aspect of free will among your peoples to explore the depths of the darkness offered by the veil of forgetting. And upon that initial impulse of an entity inspired to commit such acts, these impulses were able to be energized and triggered by both service-to-self-oriented entities hoping to impose certain distortions upon your social complex, and thought-forms born of the social complex itself finding a most efficient outlet to express control and domination through sexual activity.

This impulse, as you are well aware, has been energized to an intense magnitude and offers to your planet as a whole at this time one of the greatest catalysts that your social complex has to, you may say, contend with as it evolves further towards the fourth density.

We suggest that [healing] such an intense distortion among your peoples requires a similar amount of patience on behalf of those who are able to find it; though the expectation, placed upon what you would call a victim, of patience and forgiveness, if placed upon the entity from another self may tend to increase distortion and cause further harm.

And so, we suggest that as your society begins to become aware of its need to address the various distortions within your social complex, that individuals, whether those who have experienced and have been a victim of sexual violence or those who care for such individuals, or even perpetrators, as you would call them, who have turned towards the light of the Creator's love and recognize the harm that they have caused.

Such healing as needs to take place will take place through such individuals who dedicate themselves in an intense way within their lifetimes to bringing healing through many avenues, but, perhaps most importantly, extending those harmed by sexual violence their patience and love; and creating spaces carefully curated in which those with such wounds may express themselves freely and be received with total acceptance, and offered a light touch of encouragement and love as they are able to find their ability to heal the self of all wounds.

For a casual seeker, not yet ready to dedicate their lives to this healing, we do suggest a deference to those with experience and have demonstrated within their lifetime the dedication needed to approach this type of healing responsibly and with care.

We find that we have exercised this instrument adequately and now wish to transfer this contact to the one known as Gary. We are Q'uo.

(Gary channeling)

Q'uo: We are those known to you as Q'uo. And we greet this circle through this instrument who has some uncertainty about his fidelity to be able to transmit our words. But we encourage the proceeding, for practice is practice. And even if, as the instrument would call it, missteps are made or the transmission is limited, it offers the instrument and the circle a learning experience.

We thank the instrument for the fastidiousness of the challenge and the repeated attempts toward the centering of the attention in a chemically fatigued and excited body complex. At this time, we would offer ourselves to any questions that may reside in the circle. We are those of Q'uo.

Austin: I've got some here, so long as there's none in the other... the rest of the circle?

I have one myself. I'm curious about how the positive path can relate to the feelings of joy or fulfillment from companionship. Ra said that it is to be noted that "an adept is one which has freed itself more and more from the constraints of the thoughts, opinions, and bonds of other selves, whether this is done for service to others or service to self, it is a necessary part of the awakening of the adept." [\[1\]](#) So then, would a positive adept rely only on the

self for joy and fulfillment? Or is there more nuance to this statement in how a positive entity relates to their companions?

Q'uo: We are those of Q'uo, and we appreciate this complex and nuanced and rich question about the ultimate independence of the self as [its own] source of catalyst, experience, and the resulting fruit of joy or sorrow; and the relationship of such a self with other seeming selves, whether in free exchange or in some degree of entrapment, enslavement, bonding, or codependence, as this instrument might describe it.

Indeed, the positive entity, having yet to discover its true power, authority, and agency, may be reliant upon other selves—their opinions, their evaluations of the self, their beliefs about the nature of reality—as a secondary source of understanding the self's own reality. And it is... we give this instrument the image of being upon the waters which are outside of the control or direction of the self. To be so reliant or dependent upon the thoughts, bonds, and opinions of other selves is to be in, shall we say, waters outside of the self's own being. This may bring one a great and infinite variety of experiences, from the proximate sense of sunshine in the light of approval of others, to the darkened and imprisoned and cast away sense of disapproval in the light of others' eyes, but so long as one is upon those waters of the other selves' thoughts and experiences, one is so moved therein.

Now, the independence toward which your question points, and the connection between the independence and the joy of companionship, is a line of inquiry that can be explored further with significant fruit; for joy is sourced or located most truly in the individual and finite self's connection with the all self, the infinite self. It is there in that mysterious communion, connected through the bridge of faith and a one-pointed will surrendered to the One, that joy does not necessarily result, but already exists—not as a byproduct, but as a facet or aspect of the nature of the self. The true beingness is, by definition, one of joy. The deeper the realization of the self as the Creator, the deeper the discovery of who and what the self truly is, the greater the depth [of the] visceral lived, felt, embodied experience of joy that self will enjoy and become a transparent vessel for.

The surrendered finite self plugged into the all-self becomes a conduit of joy—the joy of existence, the joy of participating with the Creator in the creation of this magnificent experience of the Creator knowing Itself. And that joy is not reserved for the self alone in isolation, though the self may know boundless joy without contact with others; that joy yearns to be shared and yearns to be unlocked in the contact with other selves; for the self recognizes, upon the positive path, the Creator not only as the self, but as other selves, and as the creation about one.

Thus, does the self gaze outwardly and see infinite sources of joy, whatever their mental states or various distortions thereby. And this self may, regardless of the thoughts, opinions, bonds of other selves, remain in the state of joy and share this state of joy, even and including when experiencing the sorrows inherent to the third-density experience—the deprivations and sufferings and hardships that your entities know [well].

Nonetheless, such an entity from such an altitude can see the Creator moving about in all other selves, and enter into companionship with others, whereby that self-sourced joy is both shared and even intensified and increased, depending upon the dance with the other self, to the degree that the other self is operating from an open heart and its energy system capable of a free and mutual exchange of energy in teach/ learn, in speaking/listening, in sexual energy, as the case may be. So that joy can not only be shared but reciprocated and lifted higher and higher into new and more beautiful and bountiful expression of the One experiencing the One.

Joy has an infinite landscape upon which to play and express in exquisite depth and variety. And this instrument asks that we conclude, at least for the moment, this thought and ask if there is a follow up or another query at this time.

Austin: Thank you, Q'uo. That was very beautiful.

We have one from A, who asks: "Please talk about how our beliefs create reality. How important are our beliefs? Are there any beliefs that generally could serve for our and the universe's well being?"

Q'uo: We are those known to you as Q'uo. And we finish answering this instrument's challenge, as he spoke prior to our response [to that challenge], and do indeed affirm that we come in the name of unconditional love. And we would reply to A's question, the one known as, and affirm to our brother that, indeed, beliefs are rightly assigned a classification of importance.

Beliefs are the programming of the self's perception of the self's experience of the self and other self, of the self's experience of reality itself. Indeed, without belief... and we caveat that word in the indication that, while the term belief will suffice, it is not completely adequate to the task... we continue by resuming our response that, indeed, without belief, there would be only awareness of the all.

It is the beliefs that shape a unique experience into existence to be distorted further by associated and consequent beliefs. For example, if one believes that they are not worthy of love, they will have a corresponding experience, particularly if that belief is deeply rooted and unconscious to the conscious mind. Such an entity will relate to others according to this belief and attract to themselves further experiences mirroring to them this belief which may then precipitate the opportunity for additional or associated beliefs, and on and on, this cascade of processes may transpire.

Indeed, on the preincarnational level, the self will program for specific beliefs about the identity of the self. For example, "I will believe" says the entity on the pre-incarnational level, "that I will..." We correct this instrument. "...That anger is an appropriate response to situations which cannot be controlled." Or, "I," says the entity preincarnationally, "will carry confused beliefs about my gender orientation or about my exercise of personal power or about my place and society," and so forth. And these are codes of instruction that, as we have said, will shape the entity's experience and generate the catalyst that will help the entity to learn its intended lessons.

And to move forward into the question about helpful or positive beliefs, we would again affirm the fruit of this line of inquiry by indicating that, indeed, beliefs are not created equal and may, shall we say, move an entity along in various directions. Beliefs may isolate and limit and deny and negate the self insofar as they are unexamined and believed to be true and left to their operations in the shadows. Conversely, beliefs may liberate the self from belief itself. Or beliefs may prompt one to the care and serving of others to the expansion and free-giving of self.

Indeed, as beliefs move upward in the chakras, and the self believes that it is appropriate and right to freely give love without expectation of return, such a belief then helps to activate, open, and crystallize, eventually, the heart chakra. Eventually, the scattered and often tangled beliefs that form blockages, open and organize and synthesize into a unified self that is increasingly one-pointed, which reaches the apex of belief, which moves beyond belief into the gnosis or lived experience that the self is infinite, that all is infinite, that all is the Creator, and the various other expressions that give pointers to the state

where the individual self, full of its beliefs and stories, is dissolved and or made transparent to the One.

And we would conclude this question with the instrument's awareness of having channeled at length, and ask if there is a short or brief query before we transfer this contact to the one known as Jim.

Austin: I've got a relatively short one from J2, who asks: "Upon their death, do pets go through anything like a life review, where they get to experience the joy they brought to their people?"

Q'uo: We are those of Q'uo, and we thank you for this query at this time. The process which those of the advanced second-density move through upon the cessation of their orange-ray complex physical vehicle is different than that which the mind/body/spirit complex of the yellow ray moves through.

The evolutionary lessons for the second-density entities are, shall we say, less complex, more rapid, and have to do with the awakening of the spirit complex, and the growing awareness of the second-density entity as an individual entity. As it moves through the gateway of its own death, there is indeed some assimilation of experience of the just lived incarnation and a moving forward with the momentum and upon the trajectory set by its lived experience and its choices therein. But we give this instrument the sense that it lacks the planning and coordination that the third-density entity experiences.

And we would ask for a repeat of that portion of the query about sharing love with the owner.

Austin: J2 asked: "Within that life review, they get to experience the joy they brought to their people?"

Q'uo: We are those of Q'uo and appreciate the repetition of that portion of the query. And, indeed, we can affirm the rightness of this supposition by stating that in the inner planes of the second density, the recently deceased second-density entity may experience and see, as it were, the love shared and the bond experienced with its second... we correct this instrument... with its third-density companions. It is a treasured portion of the second-density entity's experience, and it will have significant effect, not only on the second density entity's awakening to individual identity, but its future course, both through the conclusion of second density and into third density.

We thank the one known as Austin for sharing these questions from other readers. And at this time, we would transfer the contact to the one known as Jim with gratitude to this instrument and to the circle. We are those known to you as Q'uo.

(Jim channeling)

Q'uo: I am Q'uo, and I am once again with this instrument. We are aware that there are queries that are to be asked of this instrument, and we feel that this instrument is ready to proceed. We would ask then for the first query.

Trisha: Yes. Q'uo, we have a dear friend who today is moving into hospice care and is looking in her immediate future to a transition into the larger life. I would just ask if there are any words of support that you could give this entity and/or any words of support you could give those of us who have established relationship with an entity who is about to embark on transition.

Q'uo: I am Q'uo and am aware of your query, my sister, and the great degree of love and concern in which it is asked. We are aware that transitions from your third-density illusion

into the life between lives is a kind of venturing forth into the unknown, for the most part, for all concerned.

The journey of the life experience is one which has included many who have loved and been loved by this entity called L. This love is that feature of this illusion that is most desirable. For to open the heart in unconditional love to those about one, and to feel that love returned, is a situation in which the purpose of the incarnation for all has been achieved.

To love is to know that each is one with the other, whether the other is within the incarnation or has transitioned through to the light that remains ever the destination for the one making the transition. The light is that which is the gateway to the true home within what you would call the heaven realms or the inner planes. This is where each entity within the third density comes from in order to partake in the opportunity of opening the heart in unconditional love and choosing a path of service to others that exemplifies this choice.

There are those within the spiritual family of such an entity on both sides of the illusion. Those within the third density illusion - the immediate family, the friends, and coworkers - are those who have most likely been involved with this entity many times before this particular incarnation and have shared with this entity many experiences of seeking and serving the one in all. These experiences are a kind of bond that cannot be broken.

These loving experiences from past and previous incarnations, along with the present incarnation, are those which connect heart to heart, soul to soul. And though the transition seems to remove one entity from the illusion and the family about it, it reconnects this entity with other members of that same family, so that eventually all will realize that the life now seeming to end is but a brief paragraph in a great story of creation.

It is a story that all share. It is a story that all experience. It is a story that will never end, even though the life seems to end in this illusion. It goes on and on and on. And all eventually will be reunited in the true life and the true home that exists on the other side of the veil of forgetting which will be penetrated by the light of the love of the entity leaving the incarnation.

We suggest to all involved in this experience that though there will be sorrow at the absence of the one known as L, there shall also be rejoicing in the knowledge that she goes to her true home. And then one day soon, all shall join her there. Where there is no illusion. Where all is known and seen as the One Creator - the living love that has created the universe and all that is within it.

We bless the one known as L, her friends, and family, and encourage them to rejoice at her life and to experience the love that they have felt from her and for her as that bond wish shall exist forever. [2]

Is there another query at this time?

Austin: Q'uo, I have one from K, who writes: "Some families have both service-to-self and service-to-other members. While it is well to think we are all one, should service-to-other entities keep a relationship with a service-to-self family member who is willing to cause harm to other selves? Should service-to-others entities keep a relationship with a service-to-self family member when this relationship results to ongoing struggle between the subjugation and rejection of subjugation? I suppose there must be a metaphysical reason for both service-to-other and service-to-self being born in the same family unit."

Q'uo: I am Q'uo, and I am aware of your query, my brother. This is a situation in which there is no clear distinction between the service-to-self and service-to-other entities as

regards the family of origin. It must be remembered that this is an illusion in which we all live as individual mind/body/spirit complexes which have come to learn certain lessons. And these lessons oftentimes seem to be quite damaging in the short run for some of the members of the family unit. The damage that is done is when there is no understanding or compassion that is shared in a concrete sense from one member to another, and instead, there is that which seeks harm and damage, be it of the mind, the body, or the spirit of another member of the family. This provides a great challenge for the positively oriented entity. For to remain in such a relationship is to encourage further harm from the entity that seems to be bent on offering only harm and seems to be of a negative nature.

In such a situation, it is often that the one who is the service-to-others entity must make a choice as to how to experience the relationship with the seeming negative entity. The service-to-others entity who has made the choice of positive polarity knows that, at the base of all being, are all one. However, this unity may be expressed in a way in which there are challenges that are too great to continue - being so damaging as to distort the incarnational patterns.

In such a situation, it would be our recommendation, which we suggest be considered carefully, that there would be a mutual agreement that each should go its own way and sever the ties that not only bind, but tend to break the service-to-others entity. It is further recommended that the service-to-others entity meditate within its private times to see the nature of the service-to-others^[4] family member as being that which needs to be severed, while remaining in love with the entity at the level of the soul where the entity is the Creator without negative polarity interfering with the relationship between the two.

As this type of an experience is had and evolves into the separation of the two, it is hoped that only the negative entity shall see the situation as true separation. It is hoped that the positive entity can see that, though there shall no longer be the physical presence of one with the other, that in truth, both are still united in the nature of a unified creation, so that there may be a free expression of each entities polarity without affecting the other.

Is there a further query, my brother?

Austin: I have one. I unfortunately don't have the name of the seeker. They write: "When an individual is in a vegetative state due to an accident or injury, what is the condition of their soul or their being? Is it unable to leave the vessel until physical death? And what can we do to assist such a person's soul?"

Q'uo: I am Q'uo, and I'm aware of your query, my brother. When the life pattern for such an entity brings it to the point that its consciousness is no longer functioning in the third-density reality, then it is that there is the possibility of choice being made at the level of the soul for the third-density entity that is in what you would call the vegetative state. Sometimes, there is a crisis point in such an entity's life in which the challenges of continuing the incarnation are considered to perhaps be too great to undertake, that there needs to be a time during which the soul of the entity has the opportunity to either enhance and inspire the dedication of the entity in the vegetative state to continue its life pattern, or to allow the entity to leave the incarnation so that it may heal and review that which has been most challenging and which has caused its current condition of being unconscious or in the vegetative state.

Entities within this entity's circle of friends and family may aid such progress or decision-making by meditating and sending their love, light, and healing energies to surround and imbue the unconscious entity so that it knows that, should a desire to remain within the incarnation, there are those about it who would be more than willing to help the entity make an attempt to deal with the challenges that have caused its current situation. This

type of meditation is that which is most helpful in that it allows the one who is unconscious to be imbued with an energizing force that it can translate into an enhanced desire to remain within the incarnation.

However, if this unconscious entity has a strong enough will to leave the incarnation, and does so, it is suggested that those friends and family around it wish it well as they meditate and send their blessings, their love, and their hoped-for enhancement of the next incarnation for the unconscious entity.

In each instance, the friends and family may provide a kind of support that can be used by the free will exercised by the unconscious entity, and help it to make the most salubrious choice, shall we say, in the overall sense of the life pattern and its continuation into the next life in third density.

Is there a final query at this time?

Gary: Q'uo, there's a query from our friend T, who asks: "Why is it inherently difficult when the threshold is crossed between days 9 through 10 in the 18-day adept cycle described by Ra?" [\[4\]](#)

Q'uo: I am Q'uo, and I'm aware of your query, my brother. The adept cycle is one which is closely associated with the various instreamings of cosmic energy that are surrounding and imbuing Planet Earth at this time. It is a cycle which has certain resonances or periods of expression of this energy that are greater than other times. It is as though the long-distance runner has a period or place in the run at which there are liquids and foods offered to help it continue the race.

The instreamings from the various locations throughout the galaxy that comprise the cycle of the adept are in what you call a resonating or modulating mode of the sine wave which takes advantage of various portions of the instreamings and utilizes them in the mind, the body, and the spirit. There are certain times when some of these offerings of this cosmic instreaming energy are blended one with another in a rhythmic pattern, so that the adept may be more or less effective, depending upon the blending of these energies.

These energies tend to repeat, more or less, in the same pattern with slight variations, so that there is a continuing balance that may be maintained, even though the energies instreaming from the galaxy are of a somewhat enhanced power or expression of energy depending upon the resolution of your sun, the moon, and the various planetary entities within your solar system.

This is a very intricate and complex expression of energies that do work together and aid the adept in being able to express its energies in an useful matter depending upon the period of the cycle.

At this time, we shall take our leave of this instrument and this group, thanking each for inviting our presence. You have been an inspiration to us as you venture out into new territory, shall we say, that is more intense in your study of the channeling process. We applaud your efforts and would note that each has done a fine job, shall we say, of making the opening within the mind/body/spirit complex to receive the words and concepts which we project to you through the opening of your beingness and the exercising of your channels.

You have done a yeoman's job this day. We leave each in the love and the light of the One Infinite Creator. We are known to you as those of Q'uo, my friends. Adonai vasu borragus.

[1] Ra: It is also to be noted that an adept is one which has freed itself more and more from the constraints of the thoughts, opinions, and bonds of other-selves. Whether this is done for service to others or service to self, it is a necessary part of the awakening of the adept. This freedom is seen by those not free as what you would call evil or black. The magic is recognized; the nature is often not. – 80.10

[2] L is Laura, she who for the past year has been responsible for producing a transcript of L/L's channeled sessions from the audio recordings. Before that service, Laura volunteered as a correspondent for the prison ministry for three years. Laura is a radiant soul whose energetic imprint will live on in the full-hearted service she gave to L/L and the readership.

[3] It seems likely that Q'uo intended to say "service-to-self" here.

[4] Ra: The mind/body/spirit complex is born under a series of influences, both lunar, planetary, cosmic, and in some cases, karmic. The moment of the birthing into this illusion begins the cycles we have mentioned.

The spiritual, or adept's, cycle is an eighteen-day cycle and operates with the qualities of the sine wave. Thus there are a few excellent days on the positive side of the curve, that being the first nine days of the cycle—precisely the fourth, the fifth, and the sixth—when workings are most appropriately undertaken, given that the entity is still without total conscious control of its mind/body/spirit distortion/reality.

The most interesting portion of this information, like that of each cycle, is the noting of the critical point wherein, passing from the ninth to the tenth and from the eighteenth to the first days, the adept will experience some difficulty, especially when there is a transition occurring in another cycle at the same time.

At the nadir of each cycle the adept will be at its least powerful but will not be open to difficulties in nearly the degree that it experiences at critical times. – 64.10

February 19, 2021, Intermediate Channeling Circle

Intermediate Channeling Circle

February 21, 2021

Group question: Q'uo, this question comes from our friend, Fox, who writes:

"There is a school of thought that suggests that a way to peace and happiness is to surrender to and accept the reality that exists in each present moment without judgment or preference. One way of saying this is that what is best for all is what actually happens—to want whatever you have. On the other hand, there is the school of thought that [states that] by forming intentions and affirmations, one can influence what arises in each present moment; and that this process helps to co-create and essentially have some control over what appears in our lives. Another way of saying this might be that one can manifest positive or negative thoughts as reality—one can have what one wants. These views seem at odds. Please, Q'uo, help us to understand how these two schools of thought pertain to our lives here and third density."

(Jim channeling)

I am Q'uo, and am with this instrument at this time. We greet each of you in the love and in the light of the One Infinite Creator, of which we are all a part. We thank you for your invitation today to join your circle of seeking. We are happy to lend our opinions to your query for the day, if you will do us that favor that we always ask: and that is to use your own discrimination as to what words or concepts have meaning to you, and to leave behind any that do not. In this way, you give us greater freedom to speak our thoughts through you this day as you practice the channeling service.

Your query for the day is one that is very interesting to us, for it is a representation of the conscious seeker of truth in pursuing the path of service to others. The question has been posed: Is it more effective for the seeker to simply work with the catalyst of the day—those interactions with others that naturally are part of each seeker's day, so that each seeker simply utilizes the opportunities of the moment in whatever way they have to process the experience and gain from it information to enhance the spiritual journey and to be a service to others? Or is it more effective to create what one may call intentions or visualizations or the type of affirmation that is designed to structure the experience of the seeker in a fashion that will be more effective in doing the work of the seeker to learn and to serve?

We would suggest that, when you look at the first technique of accepting what is in your, you may say, *destiny for the day*, that you are being a receptacle or an individual expression of your preincarnative choices that allow you to proceed in a fashion which has its own internal rhythm so that you may utilize this choice of what lesson to learn in this illusion that has come to you through your subconscious perception of the moment. This is the means by which most spiritual seekers are able to utilize what you may call the mirroring effect, where those that are part of the seeker's day show to the seeker some aspect of the seeker's preincarnative choices that will enhance the seeker's journey through the third density illusion. Each of you mirrors to the other that which the other has made a plan for expansion of its own consciousness due to the processing of the catalyst that comes from the mirroring effect. This is the means by which the great majority of spiritual seekers have access to enhancing their own understanding, shall we say, of their life's path and purpose.

On the other hand, any seeker may at any time become aware of certain desires that yet itself feels are of an helpful nature if they are brought into the experiential nature of each day. To visualize or describe a certain affirmation is to make a particular kind of experience more liable to occur than the random or seeming-random experience that does not use the affirmation or visualization. In this sense, you may see the possibility for giving the self a kind of alternative to the preincarnative choice. However, we would also suggest that as the affirmation is created, oftentimes the inspiration for such affirmation is that which is also preincarnatively chosen. Thus, there is the blending of that which is the conscious choice and that which has been determined before the incarnation to be the most helpful or appropriate path for the seeker to travel. At this time, we shall transfer this contact to the one known as Austin. We are those known to you as Q'uo.

(Austin Channeling)

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

And so these two varying approaches to the spiritual path and to approaching one's life may seemingly be at odds, but upon a closer examination you may find that they are more compatible and intertwined than one may initially perceive. We find that this is often the case when a seeker within the third density discovers upon their path a seeming paradox.

The limited view available within your illusion often hides the underlying unifying metaphysical reality that allows all paradoxes to be resolved.

This limitation is one reason why we often offer what you call a disclaimer before we address queries and speak our thoughts through instruments within your channeling circle. We understand that when presenting such concepts from a point of view removed from the third density, there may sometimes seem to be puzzles or what appear to be contradictions in what could be called metaphysical logic. We encourage seekers to take with them that which resonates, for we find that this encouragement, if accepted by those who hear or read our words, often delivers to the seeker a simpler and more applicable truth without the need to resolve all paradoxes or reconcile all information that we share with you. And so, in this instance with the query that has been presented, we encourage the seeker to contemplate the underlying manner in which these two seemingly different approaches to the spiritual path may be applicable individually in varying situations and to different seekers.

We find that so often, the stumbling blocks upon the spiritual path include the internal distortion of resistance to that which is—and this resistance can become a perpetuating cycle as the seeker is met with a difficult situation, a persisting theme, or a general unpleasant experience in their lives, and aversion causes the seeker to fight against this experience in order to vanquish it. And yet, we find this approach, when lacking the love of acceptance, generates a metaphysical charge that will, in many cases, perpetuate and even increase the intensity of the catalyst which is fought. So the first approach described within the query—that of surrendering—may, in a moment, be that which the seeker needs the most and, in that moment, is the extent of a spiritual approach that can be taken to then release the charge of perpetuating catalyst, thus allowing the seeker to accept the catalyst and utilize it for their spiritual growth.

But when this approach is applied to the entirety of one's life within the third density, we believe the nuanced perspective that accounts for both approaches described in the larger spiritual journey of the seeker becomes necessary. To surrender to each and every moment without preference, without desire, would be, in our opinion, to completely miss the point, if you will, of the third density.

Your journeys up to the point of third density have been carefully designed to imprint upon you very fundamental energies, causing you to take upon yourself certain distortions of preference and desire. In the first density, entities learn to be moved and to move and to shape and to be shaped. And as this dynamic persists into the evolution of second density, there is an ever-increasing complexity of influences upon the entity, creating a pattern of preference and desire that is then carried into the third density. And it is this ever-important imprinting that generates the true benefit of the illusion accepted by the entity within third density. [In] exploring these preferences and these desires while the perception is veiled to the so-called larger picture, thus is polarization towards the service to others or the service to self possible.

So we find the advice to completely surrender and let go of all desire and all preference to be, in one sense, inadequate to address the full necessity of the third density seeker's journey to the Creator.

At this time, we leave this instrument and transfer the content to the one known as Trish. We are Q'uo.

(Trisha channeling)

We are those of Q'uo, and we are now with this instrument.

As has been previously spoken to, the general and over-sweeping acceptance of circumstance in this density, while admirable, is deficient, may we say, in its allowance for the fullest experience and expression of the individual aspect of the Creator in this density. As we see it, the acceptance of circumstance is a portion of that yin and yang symbol that many on your planet are aware of. Without the specific connotations of that symbol, we see the tactic of full acceptance [while] having relationship with acts of intention setting, visualization, and affirmation to be a creation of something that is more whole, if you will. Like two puzzle pieces that fit together to create a fuller picture, the information from one tie in seamlessly with the information from another to form a full expression.

That being said, each seeker will inherently be a unique aspect of the kaleidoscope that is the Creator. Each seeker may depend upon acceptance more than the setting of intention, while their brother or sister may operate oppositely. We must stress that there is no true wrong, if you will, way of using or employing these tactics, for all is one and a great experience in this illusion—bountiful with opportunity for growth, learning and experience. Both tactics require, on the seeker's behalf, a sense of faith: which is, in itself, a powerful tool towards spiritual evolution. It is finding that balance that each seeker may feel a need to experiment with and discover.

Again, we send this instrument the notion of faith that, with these two tactics under one's employ, they both require a sense of knowing the truth that all is well. For in the first tactic of acceptance, you are met with situations that one may define as negative or positive, helpful or not helpful, painful or pleasurable. But the acceptance of them, however you describe them, takes a leap of faith to recognize that they are valid and important. And that you are meant to, if you will, experience these situations, that it is part of your journey, part of your story.

The other tactic, being the setting of intentions, the affirming thoughts, the visualizations of what one desires, requires faith in that there is the knowledge that you are putting your energy/your light out into the universe and hoping and asking without necessary return of the desired outcome. And to continue doing that takes a great amount of faith.

Now, we must point out that one may not be able truly to incorporate just one tactic without even a taste of the other tactic. For we see that [in] setting an intention and not having what one desires to become reality in your illusion, one will likely have to at least faith—we correct this instrument—face the fact that that the non-desired outcome will either require acceptance or denial. Even just facing that choice is, in some part, a realization that acceptance must happen, even if you accept to not accept, if you will. And if one just goes through life accepting everything as it makes itself a participant in your reality, the experiencer must—we correct this instrument—the experiencer will likely require at least some form of an intention setting, even unconsciously or subconsciously, to keep the path—we correct this instrument—to keep those footsteps moving forward along the path. For without desire and with only pure acceptance, one may find themselves completely stationary, without one foot moving towards a hoped [for] outcome.

So again, we stress that we see a need for a special balance between these two methods for making sense, if you will, of your outlook on your incarnation. When used together in that perfect balance—which again is unique to each seeker, as each seeker is a unique expression of the kaleidoscope that is the Creator—the combined use of these tools in their perfect balance is—we correct this instrument—combination of the use of these two methods is far stronger than one without the other.

This instrument, feeling like she is struggling to hold on to the many threads that are appearing in her mind as she channels, and having difficulty putting words to what she is

receiving at this time, will elect to discontinue this contact and transfer the channel to the one known as Gary. We are those of Q'uo.

(Gary channeling)

We are those known to you as Q'uo, and we would speak now through this instrument, who always tends to feel a moment of trepidation at the beginning of our transmission as it is something of a leaping off of a cliff—not knowing how it shall commence and where it shall go, especially on a topic as endlessly rich as that which is broached by the questioner.

What is the right use of will? My friends, this is a question which will be with you for a long time to come, well beyond your present lifetime and, indeed, this present density. For the will is, as Ra described it, the "great conduit to the Creator." In the experiment, shall we say, that is the creation, each of the Creator's parts are endowed with this will. This will is baked into the design of your beingness. It is that primal mechanism whereby you will choose your method of self-discovery; choose among an infinite variety of choices, your pathway to the Creator; choose your manner of beingness and expression and the duration and extent and entanglement of confusion as you teeter between that primal balance of acceptance and resistance.

Aiming the will towards acceptance is, we would say, a skillful use of will, for each act of acceptance smooths the journey and aligns one's self with, you might say, a more organic evolutionary path. This is not to say that there are wrong choices, per se, or that there are mistakes. In the macrocosmic sense, every use of will is a right use of will, for even in confusion, even in resistance and negation, the self will be meeting the self. Even if what is met is resisted or run from, that, too, teaches—and, once consciously embraced, will reveal self to self.

These seemingly dual or paradoxical uses of will, wherein one seeks a goal versus accepts what is presented, may be framed and approached in a variety of ways—one of which we would submit for your consideration is as something of a continuum, whereby one mode transitions into the other by that faculty made possible through acceptance, which is perhaps taken to an even higher level, which you might call trust or faith.

For in the personal use of will, which the Creator hopes that you will exercise in your choice-making journey, the more that you can set the will to the vibration and practice of acceptance, the more that your own will blends with the one will. And [if] trust [is exercised] that that which you are experiencing is the fruit of your personal will, then that which is reflected back to you—particularly and especially the difficult and challenging catalyst, the limitations, and the pain—is, shall we say, [understood to be] the universe working for you. [It is] the intelligent, responsive, adaptive illusion providing you the material that you wanted; on a fundamental level, material that is shaped by preincarnational bias and imprinting, and then continued with the exercise of the incarnate will.

This trust is a key to the discovery of that which the questioner presumably seeks when they speak of surrender. That being the quality of peace—to be less in-conflict with their own beingness, to be less tormented or in states of suffering and pain as expectations invariably remain unmet or hopes unrealized. The keen student of spiritual evolution perceives that surrender must surely be a doorway to that equanimity and peace, that relative freedom from suffering, and to that holy grail, which is sought but so dimly understood: that being the communion with the One Creator.

These often seem as different uses of will because, as we were describing earlier through another instrument, the resistance that is often inherent in the personal use of will. In that

personal use, the self is often quite inadvertently running away from one's catalyst—either surrounding oneself in a defense mechanism or suppressing, rejecting, ignoring. And in this exercise of will, additional catalyst will be procured by the self to give the self ever new opportunities to come to the place of acceptance within the self.

The will vibrates within you and asks of you for its use. It must be exercised. It is not only your sacred right, but *duty* to so engage this engine of evolution and this compass setting within your being. You are called to make choices—fundamentally, in your density, the choice to serve others or self. And that will is, you might say, the Creator operating through you and awakening in you. Do not doubt this will and its promptings—but do question that what you desire; do analyze what it is you seek; do identify your motivations and intentions; and do bring those into meditation that they may be clarified. For many things which are sought are for, shall we say, more shallow needs within the being, for sources of satisfaction or the compensation of deficiency within the self—particularly, the seeking of love from sources external to the self, or the shoring up of self-identity in some way.

In understanding these, we correct this instrument, this class of the use of will, and in distilling the fruit of love/light from these particular uses of will, one—very slowly through each release of distortion, resistance, and defense— moves closer and closer to that which one ultimately and truly desires, that is, the original desire: the desire to seek and become one.

In the panoply of desires, at the heart of the tree of desire is that original desire within every being. Often, the daily exercise of the will is near the branches—perhaps some of the primary branches, perhaps near the smaller fragments of offshoots and twigs at the extremities of the branches as the self looks out to the illusion for various experiences. And all those outwardly desired things are valid in and of themselves. But as the self traces this multiplicity of desire, which makes use of the will, back to the center, as these out branching desires funnel backward, shall we say, into the heart of this tree; one again finds that the will and all of its strength and power is being recollected back into the primary conduit of seeking and serving the One.

And thus, the will opens the space for deepened surrender as the vision begins to glimpse beyond the story of the illusion and into the true nature of this and all moments in eternity, that being that this moment is whole, it is complete, and it is perfect. However it may appear to be manifesting within the illusion and upon the surface of life, it is divine and perfect, precisely as it is. It is, as we spoke through a previous instrument, a perfect, kaleidoscopic, ephemeral experience of the Creator.

At this time, we would transfer our contact to the one known as Jim. We thank this circle. Adonai, my friends.

(Jim channeling)

I am Q'uo and am again with this instrument. It has been quite an adventure for us to see how each of you are able to expand upon the questions that we were presented this morning. It is quite inspiring to us to realize that you are able to perceive the finest of discriminations that we offer you that elucidate the basic principles that we have been able to channel through each—how each may see the catalyst of the day, how each may process that catalyst in a fashion which is unique to each and which may be enhanced by the visualizations and the creations of images of intuition of beingness, of affirmations that are an enhancement to your spiritual path.

We thank each for your desire to be of service and your conscientiousness in so doing. We shall, at this time, take our leave of this group. We leave you in the love and the light of the

One Creator, which is all that there is. And we remind you that we are with you in your meditations when asked to help deepen them and allow more inspiration from the One to flow through to you. We are known to you as those of Q'uo. We leave each in that love and light. Adonai vasu borragus.

March 10, 2021, Intermediate Channeling Circle

Intermediate Channeling Circle

March 10, 2021

(Jim Channeling)

Q'uo: I am Q'uo, and we greet you in love and in light. We are pleased to be called to your circle again today. We were amused that this instrument was waiting for us to speak through another instrument as this instrument was somewhat perplexed itself. We appreciate the service to others aspects of waiting for another to speak. However, in this instance, it would be more helpful if this instrument had more awareness of our presence. We do not walk with heavy feet. So, we need to be invited. And we thank each of you for the invitation this day, that we may be with you as you seek to be of service as instruments of what you have called Confederation philosophy—the philosophy of unity in which there is One Creator that has made all that there is, and all that there is seeks to return in some fashion, eventually, to be One. Today we are happy to be able to utilize each instrument, and at this time in this process of practicing the art of channeling, we would seek to practice through the one known as Austin. We transfer this contact, therefore, to this instrument. We are those of Q'uo.

(Austin channeling)

Q'uo: We are Q'uo, and we are with this instrument. We appreciate the fluid nature of how your group navigates the strangeness and confusion of the channeling process. And we ourselves find much comfort in the dedication and intention shown by this group and all aspects of approaching this service that we perform with you. As such, we offer our typical request that all who may hear or read these words spoken through these instruments trust their inner heart most of all, for no thought or notion, offered by us, may override that which you know in your deepest self to be true.

We offer our thoughts without attachment and ask that if you find any to be a hindrance upon your path to—as best you can—set them aside, and in doing so, you will allow us to speak more freely and participate in this sharing more as equals with us.

At this time we ask if there are any questions among this group to which we may speak?

Gary: Q'uo, thanks to receiving a Kindle as a gift recently, I've rediscovered the joy of reading fiction. And in fact, I've read 2,200 pages over the course of 30 days by reading just before sleep each night, often cutting into sleep. It has been bliss. In the immersive experience of story, I find a place of rest, a quelling of anxiety, a balm for the soul, and an engagement for other or deeper parts of myself.

My question is, why is story so compelling? Most of the reading I mentioned has been an epic fantasy series. I know that I am reading fictional characters in an entirely fictional world, yet I come to know these characters, I come to see their world, and my emotions rise and fall with their fates. What power does storytelling hold on human consciousness?

Q'uo: We are Q'uo, and we are aware of the query, my brother.

We appreciate the joy and passion with which this question is asked and suggest that this underlying magnetism that compels the joy behind this question be seen as one of the uniting threads that binds the individual to what you may call the imaginary realms in which these stories take place.

When engaging with a so-called fictional story, one in which it is made explicit that the world, the character, and the situation are indeed derived from the imagination, there is a certain release of attachment from what you may somewhat mistakenly call the “real world.”

If you look out upon what appears to be your objective realities, you will see many stories containing many highs and many lows. You will see a cast of characters that no imagination could come close to conjuring. Yet all of these aspects that weave together to form the story of the so-called real world are so innately complex, their energies so bound by the illusion that you experience, that the effect that they have on consciousness, more often than not, is one of burden. For it is by design that your third-density illusion carries a certain weight within your consciousness. What you call the real world is indeed intended to feel more significant than those realms imagined in the stories that you reference.

This significance—or weight—has a purpose, for it is necessary to generate what you might call the metaphysical friction necessary to move your consciousness in a way that polarizes it towards what has been called service to others or service to self.

Yet, this weight also obscures and hides the more essential nature of the underlying energies playing out upon the stage of the real world.

An entity within the third density, understandably, may become predisposed to seeing the characters and the worlds and the scenarios that play out in this story as requiring more consideration and more attention than those in imagined stories. We reiterate that this is by intention.

Yet, when one is able to remove the weight of these real-world stories by engaging in what you might call an imagined world, the energies that these two worlds have in common become clearer. You are more easily able to perceive that which moves you and moves those about you, because the weight of significance has been alleviated.

We assure you that these energies that you perceive, that draw you in, are indeed very real. And story allows you to engage with them in a way that evokes a much more direct connection, unburdened by the tangle of complexity of the story of the real world.

In creating this seeming dichotomy, we do not intend to place significance upon one over the other.

It is indeed also by design that you as beings, veiled within the third density, are blessed with the capacity to imagine, to create worlds, to share all manner of fantasy, of emotion, of joy, of despair, and of the entire spectrum of your experience separated from the shared objective reality around you; thus creating a dynamic in which one may feed the other. By engaging in story and the energies more readily perceivable therein, you may imbue your orientation to the seemingly more real world with that connection; and by engaging with this real world in more and more organized and light-filled ways, the limits of imagination available to you as a storyteller yourself, or to others about you as storytellers, expands, and more of that essential energy of the Creator in more and more distilled form become available to share through this inspiration and imagination.

Is there a further query, my brother?

Gary: In a similar vein—and that was outstanding Q'uo, thank you—for those who do tell stories, wherefrom in the being or in the creation do they come? Which is probably similar to asking: where does creativity and imagination itself come from, but specifically with regard to story and seemingly invented worlds and invented scenarios. Is it possible to speak to the source of these creative undertakings?

Q'uo: We are Q'uo, and are aware of the query, my brother.

It is impossible to speak directly to the sources of inspiration, for doing so is to speak to the nature of infinity. Yet we understand the more basic intention of your question and may offer examples of the pathways of inspiration that inform the imaginative storytelling. At the most basic and primal level of creation in this octave of experience, the energy available to the inspiration is that which has been harvested from the previous octaves. All subsequent manifestations of energy—those that are found by the individual's inspirations—have been increasingly reiterative examples of this original energy.

And as this plays out within this octave, what you recognize as basic archetypal energies, recognizable in your world as consistent themes among mythology and the old stories of your peoples, these energies become more and more complex and reflect more and more of the evolution of the Creator as it is seen from your perspective through the octave.

And so, you may see a direct line within all inspiration to that seed at the beginning of your octave, for the energy of that initial harvest is present in all aspects of creation on an even more relevant level for you in your third density. Such inspiration may have many sources in terms of previous experience harvested by the individual or by the collective to which the individual belongs. When a storyteller depicts any aspect of an imaginary realm, this is a reiteration, a retelling, and an outgrowth from a previous iteration of archetypal energies. With each iteration, some energies may be woven in more complex ways, and some may be unraveled to reveal more easily recognizable patterns within those energies.

Yet we reiterate that within all is the energy upon which this octave was born, and even deeper, the love and the light of the Infinite Creator from which every octave unfolds.

Is there a further query, my brother?

Gary: Excellent, thank you so much Q'uo, and one more in a similar vein. And a quick comment to say that your previous answer regarding the reiterative nature of inspiration having a direct line to the Original Thought, as I interpret it, reminds me as well of the sub-Logic nature of all of creation.

Now, to my similar question: I was contemplating how Ra calls the fourth density the density of “love and understanding,” [\[1\]](#) and I was considering the interrelated, if not synonymous, nature of the terms “love” and “understanding.” And I was thinking about how storytelling may give some insight into how fourth density, or rather into how love and understanding relate. Because in a story, one may gain a fuller window into an other-self than [one] may be able to in the illusion of the real world. Thanks to the window that the author offers, you may be able to be in the thoughts of the character, to see their motivations, to see the circumstances that helped form them, to understand their intentions. And in the light of understanding, one has compassion for the character, even if, or regardless of, their misdeeds and the way they may hurt others. Now I'm wondering if this authorial window into a character sheds light on what Ra means by “understanding” being related to love in fourth density.

Q'uo: We are Q'uo, and are aware of your query, my brother.

We appreciate the insight offered through the question and can confirm that the relationship between the fourth density and what is called in this question "understanding" may be explored in the analogy of the author and the story and the reader.

As we spoke earlier, the weight of your third-density illusion can create certain barriers in the perception of other self and of the environment around oneself. On a most basic level, you may see this barrier as a barrier to understanding, as you have described within your thoughtful query.

It is very common, even among those exploring the energies of the green-ray chakra, to look out upon your world and evaluate action as it appears to play out upon the surface, if you will, of your reality. It is less common to imbue this perception of action with the understanding of intention, or those energies that underlie such actions. As you have described, in gaining insight into an imaginary world authored by an individual who chooses to give the reader the benefit of various perspectives typically unavailable to the third-density entity within their everyday life, a reader may take in a more holistic view of such energies, seeing how there is much more to what one perceives than the direct actions and consequences upon the surface level.

In the fourth density of love and understanding, the perspective that an entity has is much more of the reader of a story. As the veil falls away, the underlying actions—we correct this instrument—the underlying *energies* that contribute to those actions and consequences that play out upon a surface level become immediately apparent so that the two are seen as inextricably linked.

And furthermore, the authorial nature of every entity and every scenario is made quite apparent to the fourth-density entity. And that is, that no matter what is playing out in the story witnessed by the fourth-density entity, it is always understood that the author of this story is the One Infinite Creator, and the story is made of the love and the light offered by the Creator to its creation.

We thank you for these thoughtful questions my brother.

At this time, we take leave of this instrument and we transfer the contact to the one known as Trish. We are Q'uo.

(Trisha channeling)

Q'uo: We are those of Q'uo, and we are now with this instrument. We would like to begin by providing some encouragement within this instrument to relax a bit deeper into acceptance and allow us to speak more clearly to her. With this instrument now, feeling as though she has strengthened and widened her connection with and through us, we will ask if there is a query at this time?

Gary: Yes Q'uo, in descriptions of the positive path, there seems to be a necessity placed on loving the self. And I'm wondering if you can elaborate on what the key is to loving the self, supporting the self, trusting the self, allowing the self to fail, etc.?

Q'uo: We are those Q'uo, and we understand the query.

We apologetically, perhaps, feel a desire to smirk or chuckle, perhaps, on behalf of this instrument and this question, knowing full well that this has been a life-long lesson for this instrument to learn. However, we are very appreciative to speak through her on this topic.

In terms of the positive path, and the key of loving oneself, we present this instrument with the image of a vessel, and how in the positive path, being one of service to others, the entity strives to gift other selves in need, or not in need, with portions of that which they

keep in this beloved vessel of their heart and soul. What is within this vessel is love and compassion; and what a noble task to take upon oneself to gift the love and compassion [which] one keeps [with] their heart and soul [in the], shall we say, illusionary vessel within them.

However, this vessel being used so frequently in service to others requires replenishing if not taken upon the self to mind its quantities, if you will. And herein lies the moment when the love and compassion of self make an entrance into the positive path and the service to others journey.

For you see, your vessel of love and compassion from the heart and soul is built 10-fold, 100-fold, 1,000-fold with each experience and treasured opportunity the self has to see the self as Creator and love the self and accept the self. For you see when one is able to see the true nature of the self being one with all, one is able to release the inhibitions or bars one keeps around one loving oneself.

To view the self with the eyes of a beloved parent witnessing the growth and learning of the child, one can begin to see how the gentle and forgiving and accepting perspective and disposition are far more nurturing, and, for lack of a better word, influential to one's ability to continue on this trajectory of growth.

It is also worthy of being noted that as a minute grain of sand within your illusion of the vast—we correct this instrument—of the *vastness* of experience the Creator is offering moment by moment within this illusion, one can see how moments of perhaps mis-forecasted or unexpected or even unfavorable outcomes are simply moments of opportunity to take on the responsibility, if you will, of allowing the experience for the creatorship that is all.

We know that it can be difficult in moments of pain or confusion to accept outcomes, especially when the self may perhaps feel at fault, for lack of a better word, for the outcome. But we stress that this is but a moment within a greater play, a greater cosmic tapestry, and you are but one small thread in each experience or knot.

We hope that we are conveying through this instrument that the kind and gentle hand that extends to the self within oneself creates the environment or conditions wherein the self can grow and learn and open one's heart fuller and move along that positive path. And with each moment of acceptance and loving the self and seeing the Creator in oneself, accepting everything that may be seen as folly or misstep, with gentle eyes, one's vessel becomes larger, and more love and acceptance and compassion for others can be held within to gift outwardly.

So, we ask that each seeker who may struggle with moments of self-criticism and self-doubt imagine the warmth of a tight hug, a kind warm hand upon the face to wipe away the tears and see yourself for the beautiful, unique, yet completely encapsulating-of-all-that-there-is self that you are the portion, we correct this instrument, not the portion, but the all, the Creator that you are.

We feel that this instrument is saying that she has milked that cow dry. We will attempt another query if there is one.

Gary: Thank you so much, Q'uo, that was excellent. And I don't think that cow is dry but it was a very beautiful and full answer. And another question that is related to, if not an extension of, the previous question, this one comes from Spencer, who asks, "How do we rise from the ashes of a mistake that we feel is irredeemable?"

Q'uo: We are those of Q'uo and we are again with this instrument and appreciate the follow-up query. And we see that indeed, this instrument has not milked this cow dry, and I appreciate this opportunity for humility. To begin through this instrument to speak through, or rather, we correct this instrument, to the question put forth by the one known as Spencer, the instrument feels heartache and familiarity with this specific experience.

And we of Q'uo sense that deep pain that many on your planet experience related to this perspective many of you take. We understand that you and every other seeker in this illusion dance within this sea of identification and relationship and compartmentalization, if you will, of seeing oneself as separate from other, or perhaps separate from outcome while simultaneously being a full participant with responsibility for one's actions in your incarnation. However, we stress that there are truly no mistakes.

What feels like an action or a thought that is irredeemable is rather a spotlight upon the self where the self can pour love upon. With this we mean that the sensation of having done upon another self or a situation or oneself a great injustice, is something to sit with and find the truth behind that sensation. Ask yourself, what is this telling me? Where do I need to send my love and learn to accept my actions with gentleness and a zest for growth and learning?

As has been said previously within the many generations of this particular circle, we are all but bozos on the bus, and moments like this are opportunities to take a small step back and see the self with loving and kind eyes, knowing that the experience itself is an opportunity rife with potential. The...

We pause to try to deepen the contact with this instrument.

We ask that a seeker dealing with guilt, and perhaps devaluing thoughts of oneself because of actions or thoughts previously experienced, that one remember that you are divine, that you are a participant in this chaotic, but perfectly formulated, almost cosmic reaction of various components. And we remind the seeker just as we are reminding this instrument that all is well and that a path of service to others and love and acceptance of oneself may not always be easy or confidence-boosting, but is fruitful and righteous.

Feeling that she is fatiguing and potentially making up new words in the English language, this instrument will now release our contact and transfer to the one known as Gary. We are those of Q'uo.

(Gary channeling)

Q'uo: We are those known to you as Q'uo and we greet this circle again through this instrument. And we would ask if there is a query to which we may respond?

Austin: Yes, Q'uo. The first one comes from an unnamed seeker. There are several kind of smaller questions about the same topic in this. They write, "Ra has said that some of their complex have served as far wanders to those of another Logos, and the experience has been one which staggers the intellectual and intuitive capacities. With this in mind, how varied is the experience of entities across the universe, that others of our sun have elementary schools and traffic and banks, and then the entities outside of our Logos have staggeringly different cultures. Does the One Infinite Creator benefit from the same way of each experience? Is an infinite continuation of the exploration of manyness infinitely satisfying? And how can we as individuals celebrate our differences and seek to understand, not to *be* understood?"

Q'uo: We are those known to you as Q'uo, and we appreciate the variety of questions packed into that one. And we would speak first to that which caught the attention—that

being the variation and the diversity on an infinite creation such that an entity built within one seeming paradigm might find their capacities for comprehension staggered when entering another paradigm which may have a cosmic location elsewhere in the universe. And indeed, we can confirm that this is so, for our perception is molded of the rules, the physics, the boundaries of the environment within which the self gains self-awareness and learns about itself within such a container. Indeed, the identity of the self consists of these aspects of their native paradigm, for identity itself is an identification with the contents of consciousness, the contents of experience and one's environment.

For example, if one were to breathe a combination of gases into their lungs, to respire their body and bring vital life and energy and supply into themselves, then an identity will be shaped in that regard, a mythology will evolve, which includes air as you call it, in this manner. And this breathing of air will permeate the foundations of that entity's collective such that, were an identity so set-in-stone, shall we say, to experience a completely, seemingly different, environment, say one which takes in a liquid form for its energy supply and manifested beingness in the space/time illusion, [then] this, in simplistic example may be confounding to the archetypal roots of such an entity. However, we emphasize that this is but a simplistic example for we cannot speak beyond the creative imaginings of this instrument to describe accurately just how staggering and wondrous are the differences between Logoi systems in our octave. We would add that while these differences are befuddling, the infinite adaptive and creative capacity, and indeed fluidity, of mind/body/spirit complexes is capable of calibrating to new environments, though it does test and challenge the self and is only undertaken by, shall we say, specialists.

Is this diversity satisfying to the Creator? The quality of satisfaction, as any named quality, has in your experience personification. That is to say, named emotions are known to you through the limited containers of human experience. To speak to that which the One experiences on its level is nigh impossible through the limitations of your language, but we can point to a certain, for lack of a better term, fulfillment in the Creator's experience of Itself across infinite octaves, infinite entities and scenarios.

If it could be said to be called a hunger or a need, it might be appropriate to say that the Creator has such a desire to know Itself in every possible capacity, and to give Itself, again to speak only in metaphor, the thrill of discovery through novelty. And it has been impressed upon us that this shall continue without [end] and cyclically into the eternal present moment.

And if there are aspects of this question to which we have not spoken, or if there is another query, we open the floor again. We are those of Q'uo.

Austin: I've got a related follow-up to the last topic that you were just talking about, in regards to the variety of experience that the Creator, you said, has a desire to experience. But then, within our octave, and within our experience, and from what the Confederation has told us, there is also a desire for *efficiency of polarization*, as the Logoi continuously revise their experiments to help entities polarize. So I'm wondering where does this desire for efficiency and polarization come from? Does it come from the Creator or is there something else that is causing that desire?

Q'uo: We are those known to you as Q'uo and we appreciate this perceptive question, for indeed, the characters on the Creator's stage, the agents of the Creator enacting the great story of the Creator knowing Itself bend their efforts toward increasing this efficiency or aligning with efficiency; and if evolutionary processes unfold which are, or shall we say, [which] deviate from efficiency, lag behind—fail, you might say—in their purpose, or otherwise do not complete the task or fulfill the design before them, then the gears are put

into motion to assist such entities to help, if possible, encourage them forward in their task and their mission.

And at the high level, shall we say, there is a constant review of the experiment itself: the design, the inputs, that which contributes to efficient or inefficient use of catalyst and experience. Wherefrom does this desire for efficiency arise? We give this instrument the notion that it is an expression of the Original Desire, which is for entities to seek and to become one. [2]

At the heart of all Creation, even in those things which seem inanimate and inert to you, lives this desire, for all things are alive expressions of the One, and all things in their manifest illusionary state seek to return to the One. Indeed, they have a, we correct this instrument, they have an inbuilt trajectory, which in blueprint pattern is embedded into their beings to help carry them on their journey such that a—and we use this word without judgment or a pejorative connotation—failure to complete the tasks appropriate to that level of consciousness does kick into gear that which will help create some counter-balancing mechanism to push or encourage toward efficiency.

The Creator at the earliest, if we may use that misnomer, stage of becoming aware and designing the universe does desire upward movement. It does have a design or impulse, a setting of intention as you might perceive it. It, however, desires that those who journey forth as manifest entities in its game of play of knowing Itself will do so as a function of their free will; and as such, may in a way [have the freedom to] deviate from that Original Desire by blocking it, rejecting it, or retarding its experience. And that too, of course, is part of the design. But it is also, shall we say, akin to blocking the flow of river or blocking that which naturally seeks to move, to reach, to ascend upward such that that blockage will call into play that which seeks to unblock, even though, due to the incarnate free will, this figurative blockage may remain for quite some time as you would perceive it.

May we ask if there is a final smaller query at this time?

Austin: I think this is smaller. Sorry, if it's not. Paul writes, "In 60.16 Ra states 'it is our observation that due to the complexity of influences upon the unmanifested being at this space/time nexus among your planetary peoples, it is best that the progress of the mind/body/spirit complex takes place without as you call them, training aids.' What are these complex influences upon our unmanifest beings at this time?"

Q'uo: We are those known to you as Q'uo, and we appreciate this question from the one known as Paul. We give the instrument the image or idea of a simple existence with fewer inputs and variables versus a complex existence with a greater variety and quantity of inputs and variables, that is considered the, what you would call *primitive*, peoples, or perhaps those early in their experience in self-awareness of third density.

Their day-to-day experience prior to the formation of complex societies, though not without social experience, may center on much fewer considerations than you in your present experience might entertain—the acquisition of food and shelter, the necessity for procreation, protection from danger or threat—perhaps done in consideration of mythology to help them intellectually grasp their situation and the natural processes around them. We encourage the questioner to spend some time considering just how much less stimulation and input and ethical considerations there are for the third-density entity in this situation, and then to contrast that situation to your present experience, which would be impossible to inventory in full; but we may make some headway by asking the one known as Paul to consider the sound or cacophony even that the increasing awareness of voices from around the world create for both the manifested and the unmanifested self. The diversity and range of cultures, archetypal motifs, worldviews, biases, is outstanding and

overwhelming, [producing] a society that has perennial difficulty unifying as a globe, much less as even homogenous cultures unto themselves.

Each day, even on the unmanifest level, is filled with so many more considerations, complications, and difficulties even being with the unmanifested being, as the influences about one tend to occupy the attention fully as they move in rapid succession from one to the other, making it difficult to sustain the attention on the unmanifested being.

The instrument looks to us for slightly more before releasing the contact.

And perhaps we can say that in a simpler society, a more harmonious and unified society, the unmanifested self has, shall we say, greater space for being, greater capacity for a unified, less challenged focus. At this time, we give thanks to the circle and transfer this contact to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and I'm with this instrument at this time. We are now available for the query that this instrument may share our response with those present. Is there a query at this time?

Austin: I do have one myself. We're currently experiencing a changing of the seasons here in the springtime, and it makes me think about how this seasonal nature can relate to our spiritual journeys and different cycles of our spiritual journeys. And I'm wondering if you can talk about the correlation to the changing of the seasons on our planet, and in our environment, and maybe even how we can utilize those to benefit us on our spiritual paths.

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, each entity within all of the creation is affected by the movement of the sun, the moon, the stars, the weather, the light, the dark. All of these cosmic forces are streaming into your environment at all times in various degrees of intensity, so that in one season, such as the winter season which is now ending upon your planet, [3] there is the paucity of light and the majority of darkness that has an effect upon third-density entities. They are more likely to be retiring into rest as the trees and flowers and grasses become dormant in the winter, and find themselves more contemplative, meditative and more able to realize their own limitations as mind/body/spirit complexes in that the weather may require that they remain indoors, find activities of a limited nature to pursue.

Then comes the spring, the light begins to increase, the temperatures begin to rise, the flowers and trees and bushes come to life, and there is the feeling of growth, of expansion, of expression that comes from within the being that is sustained, inspired, supported by the changing of the season, so that there is the feeling of new life, new possibilities, new directions in which to move and expand one's activities to move into the outer atmosphere, the yard and garden, the larger world around one, to move in and out as the rivers of light begin to move within the being as well as without the being.

These are the two more extreme examples of how the weather and times of season change for an entity that is sensitive to such changes. For there are other changes as well that are in the form of the cosmic streamings of intelligent energy that come from distant stars and galaxies that have an effect as well as the seasons upon the planet.

As the galactic clock face has to offer the inspiration of the unity of Creation, the particularization of creation, in various and sundry ways, so that the entity upon your planet has these cosmic rhythms beginning to pulsate within the spirit that then moves into the mind and the body and inspires certain kinds of feelings, and expressions of these feelings, that correspond to the changing of the seasons upon the planet itself. For all are part of the great galactic cosmic oneness of all Creation, and each part has an effect that it

plays upon each other part so that all may make their contribution to the great puzzle and mystery of unity.

Is there another query, my brother?

Austin: I have one somewhat related one, as people are starting their gardens in this area. Ra talked about how a third-density entity can interact with the second-density entity in the form of a pet, and how the pet might benefit from that relationship by being imbued with love and becoming enspirited. I'm wondering if there's a similar relationship between a human and a plant that it cares for, and how these relationships might be same or differ from that between a human and a pet. And then how can we cultivate that with the plant?

Q'uo: I am Q'uo, and am aware of your query, my brother. The second-density creatures of the plants and the animal variety are examples of simple awareness that has the capacity to be imbued with the love of the third-density entity that is either the master or the gardener, shall we say.

This capacity to be able to receive love is that which in both the plant and the animal is then fructifying the ability to give love by these second-density creatures. This interaction between the gardener, the master, the plant, and the animal is one which reflects the larger overview of how each third-density entity is imbued with the love of the One Creator that enlivens each fiber of its being in each day of its incarnation. So that, if the heart is open, and the love moves freely through, then this love may be given wherever it is needed, wherever it is called for.

The animal and the plant are those which, having this simple conscious awareness, call for that which gives them the inner feeling of being imbued with what would be called love and which they see as a kind of food, for their very nature of being—perceived by the animal through the mind and through the beginnings of the heart, by the plant, through the tender care of the gardener, the watering, the fertilizing, the attention, the intention—perceives that which you would call love.

It is a fertilizer for the plant; it helps the plant to grow. In fact, the love is even more efficient than the water, or the fertilizer, for they are very basic in their ability to grow a plant. And yet the love of the gardener is that which imbues the plant with a kind of awareness that it is receiving something more, something greater, something inspiring, something that is so supportive at the very basic level of its being, that it wishes to move towards that gardener and its ability to inspire the plant to grow, to become that which is more than it was, not only turning toward the light, as each plant will do to receive the nourishment of the sunlight, but turning toward the gardener, to receive the nourishment of the love that moves from the heart to the plant.

All are part of the great cosmic dance, wherein one form of life inspires and imbues another with a greater expression of that basic quality of love that has made the creation all about each entity, in which each entity can perceive in a more specific fashion from the pet owner, from the gardener. In this way, all are partaking in the dance of Creation, the movement of consciousness, the expansion of perception, the opening of the heart, in whatever form it may take, so that the infinite love and light of the One Creator moves through all and gives all the greater experience of the One Creator.

At this time, we will ask if there may be any other queries from anyone in the group concerning their experience this day in channeling our words and thoughts?

Gary: Thanks for the opportunity Q'uo. I think I have, but let's see if I can formulate it.

Being so steeped in the philosophy of the Law of One, I have a pretty decent grasp of it. So while I am channeling, there's part of me sometimes that is analyzing what's coming through. And sometimes I find myself dissatisfied with the content being channeled, maybe even concerned at times that it's not quite as accurate or correct even as it could be. So I guess I'll just ask if it's possible to speak to that experience, if you have any advice.

Q'uo: I am Q'uo and am aware of your query, my brother. Each instrument, in fact, each entity within the third density has a witness that is the, shall we say, "critic." Each entity is that which is performing upon the stage; it is that which is watching from the audience; it is that which writes of the performance and the reception by the audience of the performance. You are all things here. In this instance, it is well for the witness or the critic to wait until the performance is complete before offering its insights, for the insights that are offered suggesting what is falling short of the desired performance is that which is likely to become a self-fulfilling prophecy. It is better, then, to wait until the channeling has been completed, and then look back upon it as you see it upon the paper, and perhaps discover that you have performed far better than you realized.

Is there a final query at this time?

Gary: Q'uo, this question comes from Lou who asks, "Dear Q'uo, I would like to know a general overview of how both Mother Earth and its precious inhabitants is faring in the ongoing turbulence as we push our way into higher vibration. Also, from the vantage point of harmony, has there been any notable progress that can be shared at this time?"

Q'uo: I am Q'uo and am aware of your query, my sister. We look out upon the landscape of your third-density illusion and see that there is much disharmony, separation, and confusion that is rampant upon the world stage. We see these elements as being potentially helpful if those entities upon your planetary surface are able to take a larger view and see beyond the personal sense of self that is so engaged in gaining the needs of the self, the desires, the opinions, and the rightness of the self. The catalyst is thick upon the ground, shall we say.

If it can be processed more and more successfully, so that each individual entity takes a larger and larger view—moving beyond the individual self, the family, the community, the nation, the world and begin to see each as an expression of that which is sacred, that which is holy, that which is of the One Creator, that which exists in all entities—then it is possible that the confusion and anger and separation and disillusionment may be melted away in the refining fires of love.

For this is the opportunity at this time for your planetary population. If the catalyst is great, and is faced squarely, there is the possibility of moving further and further into the fourth density of love and understanding, for there is yet a short period of time that remains for this movement to be made. And a great deal of catalyst would have to be processed in order for this movement to be made. And a great deal of catalyst exists in order that such movement can be made, for all knew before the incarnation that this could be the situation and this would be the way in which movement forward could be made for all. It is our great hope that this step will be taken, the dance will be completed, and the fourth density will be reality.

At this time, we shall take our leave of this instrument and this group. We thank each for your conscientious efforts to improve as instruments. Each has made great strides forward. Whatever you think you have done, you have done better. We are known to you as those of Q'uo. We leave you now in the love and the light of the One Infinite Creator. Adonai vasu borragus.

[1] Ra: “As the green-ray cycle or the density of love and understanding begins to take shape the yellow-ray plane or Earth, which you now enjoy in your dance, will cease to be inhabited for some period of your space/time...” – 63.8. See also 20.36 and 26.12.

[2] Ra: “The Original Desire is that entities seek and become one.” – 20.27

[3] For those in the northern hemisphere.

March 31, 2021, Intermediate Channeling Circle

Intermediate Channeling Circle

March 31, 2021

Group question: The question today: Things come not to those who are positively oriented, but through such entities. Why is this the case?

(Jim channeling)

Q’uo: I am Q’uo. And then with this instrument, we greet each of you in the love and in the light of the One Infinite Creator. And we thank you once again today for inviting our presence in your circle of practice channeling. We are honored to be with you. And, as always, we ask you to use your own discrimination in considering the words and concepts that we have to offer so that you take only those that have meaning to you at this time and leave behind any that do not. This frees us to be able to speak freely with you those thoughts and concepts that we hope that you will find helpful as we have found helpful in our own journeys of seeking.

Your question today is one which moves to the heart of every conscious spiritual seeker of truth who wishes to know more about the nature of its own journey back into unity with the One Creator who made all things in this world that you live upon and in all worlds in the infinite creation. This is the desire of all seekers of truth to attempt to know the unknown, to attempt to make sense of what is difficult to understand. The attempt to serve when one wonders how best to serve. The attempt to know the self and ever greater realms of experience. This great desire to reunite with the source of all being is that which is the glue, shall we say, that binds the creation together in all the infinite varieties of intelligence, forms of life, and matters of being. What things are described and referred to in that poignant quote, “things come not to but through”?[1]

These things, my friend, are what we have just expressed to you as the goals of any spiritual seeker of truth. The things of meaning, the things of great value, the things that will propel you and your seeking of service to others in the polarization of your consciousness and in the sharing of the open-hearted love that comes to one who sees the Creator in all things and in all people. These things are those jewels, these gems of great price, that what exercises the will in the faith, the giving of the life completely in order to know to be, to share. This is what you and we have in common at all share with us that are portions of the One Creator, who have become conscious of the nature of their being.

This seemingly endless journey of seeking can be enhanced when one realizes that as you seek and open yourself to that which is the greater truth, then, that truth begins to manifest through your being in whatever manner is unique to you, to share it with others.

For each of you in the infinite creation is a unique manifestation of the One Infinite Creator. Each will have a unique manner in which to express these energies of information and expansion of consciousness that are utilized not only as means a spiritual progression for the seeker, but as ways in which the seeker can reflect to others the gems of wisdom, love and unity that have come through it as food for the spirit, the soul, the One Creator that exists within each that wishes to express itself through each has another level of the experience of unity. At this time, we shall transfer this contact to the one known as Austin. We are those of Q'uo.

(Austin channeling)

Q'uo: We are Q'uo. We are with this instrument. We speak through this instrument and through this circle thanks to an alignment of intentions. This circle of seeking desires and intends to offer the love and the light of the Creator in the form of information and inspiration that might help [other] seekers upon your planet and in doing so, lighten the planetary vibration.

Our own desire and intention aligns very closely with this group's desire and thus our beingness merges with your beingness, allowing it to flow through the circle and be manifest as words spoken in what you call channeling.

And on a deeper level, this shared desire and intention reaches to the heart of the creation, allowing the love and the light of the Creator to flow through us and through this circle and be manifest as this shared service that is offered to the world. This is but one specific example of the passage read in your question for this session playing out within your reality.

The passage as it was presented by those of Ra is intended to hold many meanings and many layers that may apply to various expressions of energy in your third density reality. To examine this dynamic on a more general basis, we point out the distinction between those concepts that might be called space/time and time/space, for within your veiled third density experience, the attention, focus, and awareness is placed far more firmly within space/time; and your ability to perceive that realm called time/space is severely limited.

If you were able to perceive time/space with a similar scope as you are able to perceive your space/time, the meaning of this passage might become more clear, for you would witness that all manifest beings of all types within your space/time-experience are but expressions of deeper more fundamental energies that are perceived on the level of time/space.

To offer a crude image in order to relate what might be viewed upon this time/space dimension, we ask you to see each entity as a collection of swirling energies, and the world about that entity as an even further complex and tangled dance of dynamic energies finding tension and release, manifesting in the infinite array of experiences available to you upon the time—we correct this instrument—upon the space/time level of experience. In referencing the positive being within this passage—those seekers whose heart of desire points them towards the service-to-others polarity—there is an intention to imply a certain arrangement of the swirling energies about the individual. The intention and desire to serve others and to seek the Creator creates more and more as the seeker reinforces this desire, a more intelligent and aligned arrangement of these energies.

When these energies are arranged in a certain direction, or design, the energies of the environment about the seeker begin to align with those energies exhibited by the seeker. In this way, taking the holistic view of both the space/time and the time/space aspects of your reality, you may see that when a positive seeker continuously expresses their desire

and intent, those things manifest upon the space/time level regardless of their apparent surface origin and are indeed made manifest through this alignment of energies within the time/space realm.

We suggest that this dynamic and relationship be given due consideration by all conscious seekers, for it is the heart of the service that you offer to this world that you wish to serve. As the positive seeker continues to develop its consciousness to utilize the catalyst of its daily life, the intentions and desires reinforce themselves and the pathways within the seeker that allow the energies available to the instrument through time/space to manifest into space/time.

This concept may be applied not just to the conscious seeker, but to all beings and all circumstances. For the reality of your experience is indeed in a sense channeled through you much the way this contact is channeled through this instrument. But the consistency and the intelligence of what may be manifest by this dynamic increases as one reiterates their dedication to the path of service to others.

We request that when applying this principle to your own life, let it not be applied in principle to those about you as a way to place undue weight upon another being. We offer these principles as tools for each seeker to evaluate and utilize by their own free will. And we find that such concepts as presented within this passage can be misapplied and indeed cause further distortion if forced upon another prior to the awareness of their own self-made reality for this is an advanced perception of one's own life and service within your reality.

At this time, we take leave of this instrument and transfer the contact to the one known as Gary. We are Q'uo.

(Gary channeling)

Q'uo: We are those known to you as Q'uo and we greet the circle again through this instrument following a fastidiousness set of challenging. We would continue to deepen or at least speak to this notion that things come through the positively oriented being and we might begin through this instrument by looking at those polarized beings who are pulling their power from the darkness.

Those of the negatively oriented path intentionally fortify and defend a personality that is intended to be opaque. Opaque to others, known to itself, but even still opaque in it's wall of separation between itself and others and the unity which holds all things as one.

Such an entity in this condition must needs rely upon the theft, if you will, of the energies of other selves through various means of enslaving the free will of other selves such that they are compelled to do the bidding and to serve and to give their power to the negatively oriented entity. This arrangement seems to be one which is not transparent. That is to say, the negatively oriented entity is not surrendering itself to that which is greater. It is instead seeking to be itself greater, to be perceived as greater by those of its environment, to obscure, as it were, through its opacity, the Source from which all things arise, to stand in the way of the sun. It might be said so that the other self sees only the self and not the true power which is the ground of all being.

Now, we would flip back to the positively oriented seeker and examine this passage as it is applied in contrast. For the positively oriented seeker—as they advance along their path and become increasingly conscious of the connection between and union with self and One Creator—seeks to become transparent to that One.

While this is a principle which is infinitely applied according to the free will perceptions of each self, in general it may be said that such a self... which is not necessarily to eliminate its presence or contribution to any given dynamic but rather [such a self] wishes that it be a vessel through which the infinite intelligence and love and light of the One may pour, a conduit or a bridge between infinite source and its manifest creation. [In this way] said creation may be blessed and transformed by contact with this light, transmuting the phenomena and the form's energies and the shapes and shadows back into that which they are through contact with this light, which is to say, transforming the many back into the One.

This desire of the advanced positively oriented entity stems from a growing certainty that it of itself is not the source per se. One with the source, indeed, and ultimately in its truer form, the source, but insofar as it perceives itself to be unique, distinct, other than a composite of its memories, history, identity, desires and trajectory it is yet but a limited being seeking an infinite source of its own supplies, shall we say, be they knowledge, experience, memory, love itself. They work with large but finite quantities and qualities. Much having been gained along the way, much having been stored even or held, each aspect a gift in the overall bounty of self but limited if perceived to be contained only and sourced only within the self.

It is when these developed facets of the gem that is the self are offered up to the One that they One in its infinite architecting, conducting, directing, intelligence may make use of the self in service to the creation and service to all. Such a self seeking this depth of transparency to the self, we correct this instrument, to the all self, does so not in a pretense of humility or self-negation, but because this is home, this is joyful, this is the true security, the true nourishment; it is the tapping into the rivers who, we correct this instrument, which are sourced in paradise.

And of necessity, because such an entity has an open heart, this joy of union with the Creator discovered within is not sought to be kept privately for the self's benefit or experience, irradiating though it does the self's being, but rather and immediately is sought to be shared knowing that the self as a distinct individual did not create or manufacture this river of joy within but rather is a grateful child, if you will, in its waters. [The self] recognizes that this is the true estate of all beings and wishes only thus to gently alert others to the true estate of their nature first and foremost through the effortless passive radiation of love and light, the free giving of that which is discovered within and—through the opening, clearing, and balancing of the chakras—that which is allowed to flow through, sending out beauty to the world about one. Not a beauty which is, we search for the word, homogenous or infinitely the same or uniform in the creation, though the source is single and one, but a beauty which manifest infinitely, uniquely through the rainbow or kaleidoscope or stained glass of each individual self shining a rainbow of colored light that the more transparent the entity is the more that it undistorts that which is around it.

This state of being and activity points to what in your spiritual literature is referred to as surrender. For in this way of beingness, to put it helpfully, in terms of the chakras, the old impulses and needs, desires, gratification-seekings, defenses, and mindsets of the lower centers (which are of the personality shell and the biographical conditioning) are no longer energized. They in the main are fallen away, laid to rest, healed, loved and made transparent, this being but the barest touching into of what it may mean to surrender the personal will in order to do or to embody the will of the One.

Each is a note in the symphony of the creation, and as each understands that the melody emerges when the self becomes, we correct this instrument, comes into harmony with the One and the harmony with the creation about one, then its note finds its proper place in

the symphony and it makes music. And rest assured that many notes though there are, not one is dispensable in the heart and the mind of the Creator.

So before we would close with this instrument, we would encourage the seeker to find the heart of the self not by fighting against the self but by allowing the full self to be seen in the eyes of the Creator and to know that that self, everything that is tucked away within or judged or labeled as undesirable, is infinitely and perfectly loved just as it is. And paradoxically as this love is understood and experienced and given permission to meet each aspect of the self then the self and these aspects change through processes of transformation and being rendered transparent to that which they were blocking or hiding or obscuring previously.

And with that thought and with gratitude to all, including to the one known as Trisha who has joined this circle in silent support, we now transfer this contact to the one known as Jim. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo and am once again with this instrument. We are pleased that we have been able to exercise the ones known as Austin and Gary in the speaking to the query for the day. We are most pleased with the progress that each continues to make. And we thank you for carefully considering the queries that you wish to have us speak upon for it is most helpful to have those queries such as this one, which are rich in potential and in interpretation and application to each seeker's spiritual journey. We are always glad to be able to join this group and we remind you that we are available to aid in your personal meditations to deepen them without the use of any words, if that would be a service to you.

At this time, we shall take our leave of this group thanking each once again for the conscientious application of spiritual steadfastness, an expression of love to all. We are known to you as those of Q'uo. We leave you now in the love in the light of the One Infinite Creator of which we are all a part. Adonai, vasu borragus.

[\[1\]](#) Ra: The Ra social memory complex offers itself also as a function of its desire to serve. Both the caller and the contact are filled with gratitude at the opportunity of serving others.

We may note that this in no way presupposes that either the callers or those of our group in any way approach a perfection, or purity, such as was described in the bidding process. The calling group may have many distortions and be working with much catalyst, as may those of Ra. The overriding desire to serve others, bonded with the unique harmonics of this group's vibratory complexes, gives us the opportunity to serve as one channel for the One Infinite Creator.

Things come not to those positively oriented, but through such beings. – 55.7

April 14, 2021, Intermediate Channeling Circle

Intermediate Channeling Circle

April 14, 2021

(Jim channeling)

I am Q'uo, and am with this instrument at this time. We greet each of you in love and in light, and we thank you for your invitation to us once again today to join your practice circle of channeling, to aid you in sharing Confederation philosophy that sees the One in all and glorifies that one with all thoughts, words, and deeds. We will exercise each instrument according to the desire of the instrument and the time constraints that each feels appropriate in speaking our words and thoughts. So at this time we would transfer this contact to the one known as Gary. We are those of Q'uo.

(Gary channeling)

We are those known to you as Q'uo and having passed to this instruments challenge we exercise his speaking apparatus that we may respond to any questions within this circle at this time?

Austin: Q'uo this isn't necessarily a new question but it is increasingly relevant and it's worth revisiting, I think. On the spiritual path, there are a lot of disciplines and exercises and various things that take time and require us to spend our time and energy focusing on them, and that is increasingly difficult in very busy lives where it feels like there is more to do than we have time to do it. So I'm wondering if you have any advice for a serious spiritual seeker who wishes to integrate spirituality into their lives, but feels like they are too busy to do so.

Q'uo: Thank you for that for this thoughtful query. We are those known to you as Q'uo. And indeed this is one apt to explore for your particular planetary circumstance, for your societies have found innumerable ways to fill their minutes and their hours and their days with various distractions, obligations, services, and the requirements of operating in a physical vehicle in this plane of awareness.

We would highlight that upon any third-density plane of existence there will be the minimum requirements toward the upkeep and maintenance of the body, the family, the society, the government, the infrastructure, the modes of exchange of communication, and so forth. And the attending of these things will require a certain quanta of the self's energy and bandwidth which may seem to preclude the higher pursuits. It is for this reason in some cases that the monastic vocation is safeguarded and made space for in the society—that some entities may be freed of some of these distractions and even necessary commitments in order that they may focus upon the felt presence of the One Creator.

But you ask not about the monk or the nun, as is known in your Western Christian traditions, but of those in the thick of your society and how they may bring their attention and energy into the seeking of the Creator when so much of that attention and energy is bound up in, or claimed by the demands of the environment and the social commitments and so forth. And we would build upon the mention that we just made of the attention and the energy. While it may indeed seem that the tasks of the day make their claims upon that attention and energy, sapping it from you perhaps, or... this instrument is not satisfied with the next word that we were going to use...

We loop back to say that, while it may seem that these tasks claim the energy and attention, and indeed we can confirm that energy is needed and directed to the completion of these tasks, there is much within the self's domain that remains unclaimed, shall we say. Or perhaps it is better to say that the self, even when conducting these duties, may claim more of the self's attention and awareness such that there is not a sapping of this attention and energy but rather that the self holds the attention such that they self approaches each task with mindfulness. Each task then can become a conscious undertaking wherein the spiritual principles, as you would see them, are applied; wherein a spaciousness is sustained so that the self seeks to penetrate the illusory construct of

the circumstances of the moment in order to see what is really there, which, as we have said once or twice before, is the One Infinite Creator.

At the heart, then, of pursuing the path that your question seeks, would be the collecting of the attention. It is said, as this instrument has read recently from the one you know as Eckhart Tolle, that much of the mental activity is repetitive, is a distraction and perhaps even useless to a degree; and we would say that indeed much of the mental activity is of a compulsive nature. There is much that can be released in order to free up consciousness and present-moment awareness within your being.

And given your busy schedules, it may indeed be quite difficult and problematic to harness that attention and consciousness, which is why we recommend ad infinitum to you through these channels the necessity of daily meditation. This is a recipe given to you as a planetary peoples in particular because of your busyness. It is quite necessary to balance this with a disciplined program wherein the self trains the self to collect and hold the attention, to bring the faculties of will and faith into the conscious direction of the self that the self may not only wield them but strengthen them and not be enslaved to the circumstances and the needs of the day.

It is hard work, my friends, we acknowledge this. It is not easy. And the program alone of meditating daily, of squeezing into one's schedule can be perceived as an uphill struggle. But if you can make time and if you can remain faithful to this practice, you can, we assure you, learn to reclaim your attention and your consciousness even from identification with the contents of consciousness, such that you can move through your days, whatever they may contain, and make a spiritual practice of your life.

May we answer further or another query at this time?

Austin: Thank you Q'uo. I have a new query. This one comes from Garrett and it's reworded a bit but he asks a question about the Hindu concept of Brahmacharya, which can loosely be translated as the path of the ultimate, or to stay and conduct with one's own soul. But it often refers to the idea of sexual celibacy, or celibacy in general. Ra describe describes the hallmark of the service-to-others path as acceptance, and the service-to-self path as control, and that includes control of the self. Garrett asks how one might follow such a spiritual path of abstinence without controlling the self in this context?

Q'uo: We are those known to you as Q'uo, and we appreciate this question from the one known as Garrett as it does plumb very useful inquiry into multiple dynamics, particularly the axis of acceptance and control. And indeed, in general and an overview, we would say that many seemingly positively oriented disciplines can be undertaken with the, we would add, mistakenly undertaken with the service-to-self-type of control and conversely, many seemingly negatively oriented disciplines can also be confused in their application of polarity. Though, we would note that such confusion is more prevalent in the former, whereby the positive aspirant inadvertently applies the negative attempts of controlling the self.

And the fundamental question of one's relationship with one's sexuality is a ripe area for the learning of polarity and the application or misapplication of polarity. One's sexual nature is, as with all things, perhaps even more so, to be accepted as part of the self. There is much, much in the way of distortion that arises within the self and within societies when this fundamental core aspect of the nature of the self is not accepted and is attempted to be controlled or repressed or manipulated in some way.

And indeed, we would say that if celibacy, as you would call it, is undertaken because of a mindset which sees one's sexuality as impure or unworthy of the Creator, or animalistic or

inferior or something which gets in the way of the spiritual path; and thus the self seeks to repress this core aspect and core need of the self, and seeks to control and compartmentalize it, or to cut the self off from this desire and this need; then the positively oriented entity, well intentioned and seeking the Creator with a full heart though it is, may instead be unnecessarily distorting the self. Because, as we have said, sexuality, being a fundamental portion of the self's beingness is the foundation for other hierarchically arranged aspects of the self such that if sexuality is distorted, then subsequent layers of the self will in consequence be distorted.

However, and to near the finish line of this response, we would say that for some entities' experience of their sexual nature, it is appropriate and can be a full embrace and acceptance of their sexuality to consciously undertake celibacy in order to embrace and direct that energy upward towards the seeking of the Creator. Fully acknowledging and loving and cherishing this energy within the self and within all other selves, indeed perhaps even allowing it to flow through nonphysical ways that still produce emotional or mental or other energetic intimacy with other selves, but whereas the physical aspect is reserved for heightened energy in the self's attempt to pierce the veil.

May we ask if there is a final query at this time. We are those known to you as Q'uo.

Austin: Yes. One from DJ, which is also reworded a little bit. DJ asks, in the context of reincarnation, how did the beings of first density die and reincarnate? Were we at one point, first density entities? What path of reincarnation did we take from that density to harvest and to the second density?

Q'uo: We are those known to you as Q'uo and we speak again through this instrument about which he feels some discomfort with in his own being as he receives this question, but we encourage the release of expectation and the lack of analysis. And to this question, we would address this idea of reincarnation in the first density and we run into difficulties of language and the instrument's capacity to navigate, through our transmission, these waters, but we would convey that reincarnation as you consider it from the standpoint of the mind, body spirit complex in the third-density space/time illusion is not quite transferable to the experience of the elemental awareness of first density.

We do not conceive of distinct units of entities which incarnate as consciousness infused into a body complex to undergo lessons over a certain span of time into which they cycle in and out. Instead, as we have said, the first density is one of an awareness that is difficult to describe using your terms. In a sense there is selfhood but it is the selfhood of the air, the selfhood of the water, the selfhood of the fire and the earth, but not yet quite as you know these things. It is the beginning foundation of this awareness, this is the shape and the container of that which is to come as it manifests and takes on other qualities.

In this sense there is some dynamism, some learning as you might perceive it, some journeying through an illusory construct of time and space, as you may see it. But there are not quite successive cycles of birth and death except perhaps in the expanded perspective, which sees that its entrance into first density is a birth of sorts. And perhaps it's graduation into the second density may be seen as a death of the first.

At this time, we would transfer this contact to the one known as Trisha. We are grateful to this instrument and this circle we are those known to you as Q'uo.

(Trisha channeling)

We are those of Q'uo and we are now with this instrument. Is there a query at this time?

Austin: Q'uo, can you discuss the underlying spiritual nature of certain cultures built upon a fascination or interest in the darker elements of our existence here on earth? I'm thinking specifically about the culture that is built up around what's called true crime or serial killers, where there are large communities, podcasts, documentaries, books all centered around exploring this topic. What creates this attraction to this aspect of our reality? And do you have any advice on how it can be engaged mindfully and compassionately?

Q'uo: We are those of Q'uo and we thank you for this question. For we feel that this instrument perhaps fits within this specific population of which you speak. The exploration of what you have termed darker sides of this planet's societal exchanges or processes, that which you might call crime or violence, is one that can be a productive exploration.

We shall say that the undergoing of discovering various flavors or hues of individual reality and experience is a practice that can bear much fruit, not only in this instance. We can see that this could be perhaps determined to be what you may call an unhealthy interest for an entity. However, we would note that this could perhaps be an opportunity for this individualistic expression of the Creator to learn and visit all parts of the creation, seeing that darkness has its place within the light as well, pain has its place among the pleasure, sadness among bliss. Everything has its place in what you call your experience.

We see this variation of experience as a color wheel, if you will, that expands, adopts more hues, more tints, more shades, becoming more varied, more expressive, more close to what you may call whole—though always being perfect and whole in the truth of it—but ever growing deeper with continued exploration of all possible expressions of inter- and intra-personal relationship. We shall say that there is a sense among your people that curiosity in such things like crime or violence or other injustices could be seen as what you would call morbid, and we would balance that by saying that it is still a reflection of a part of the Creator when the entity who engages in its interest to explore topics such as these with an open heart and a service-to-others guidepost for living, then the opportunity for empathy and compassion may too grow, as well as forgiveness and acceptance, as well as motivation to further serve for what you may call the greater good, to try to find ways to respond to civil injustice and interpersonal pain.

We would further say that this specific exploration is similar to one who would, shall we say, study a different way of life to learn more about it or to learn about a new religion or culture or interest outside of their own, to gain an alternative perspective and to what you would call broaden your knowledge.

We would stress again that an entity with an open heart and the desire to serve others can use such interest to grow spiritually, though it may seem to be an uncommon or unlikely path. In regards to how one can interweave their experience with another self who has such interest, we would simply state that one should keep an open heart and open mind. While that interest may not be one that you would like to engage in or follow, you can still be able to see the other self as a reflection of self and of the Creator and perhaps, put oneself into other selves shoes, if you will. You may find that the other self is not merely, for lack of a better word, bathing in a tub of misery and bloodshed but instead is choosing a quirky or not perhaps most accepted path to further understanding other self and the way that experiences of individuals are interwoven into this tapestry we call our illusion.

If one wishes to understand other self's interest, we would suggest simply asking for them to explain to oneself where the interest comes from. Just as one would do if one wanted to find out why other self likes Chinese food. We understand that this seems both to the point, we correct this instrument, we understand that this suggestion may seem simultaneously to the point humorous and also vague and we would just point out that it is

but another dance with an other self with a different flavor, a different tune setting the pace of the dance, setting the mood of the dance.

We would like to end this particular answer by saying that an interest in these types of topics does not necessarily equal a glorification of action of violence or hurt, and that one can be divorced from that interest, oneself can be whole and pure and righteous, for lack of a better word, while maintaining said interest. It is but one tile in the great mosaic of the identity of that person, that other self. And that other stuff has trillions of other tiles as well.

Is there another query at this time?

Austin: Thank you Q'uo. We have one from Spencer, who asks, could you please give some general metaphysical possibilities to the reason behind chronic migraines?

Q'uo: We are those of Q'uo and we are with this instrument and find her reaction to this particular question humorous for she, upon hearing this question internally, felt the need to say "yeah, I would like to know that too."

That which you call physical pain of all kinds is but an opportunity for learning. All of your challenges and catalysts are pregnant with endless paths to greater understanding of the self and greater understanding of greater self. We would state that internal physical issues often provide a spotlight on more emotional or spiritual holdups, if you will, or areas where perhaps the heart and soul needs some tending to.

We would say to this question-asker that sitting in silence and asking one's higher self for insight may provide a few breadcrumbs or a string, if you will, to follow for deeper understanding of what deep inside is causing this pain in the physical. Is one not forgiving of one's past or current actions? Does one treat oneself with harsh or negative or defeatist language? Does one overload oneself with too much responsibility as one tries to serve other selves, leaving oneself to feel stressed or without the strength to lift said burdens? Does one have places within its heart where it feels pain or sadness of any sort? We would suggest to the question-asker that those are questions one may ask of their higher self in times of quiet and stillness, as well as questions one may ask oneself in times of conscious study and full awareness.

We would also like to say that this pain is again a facet or ingredient of the full experience of this individual egoic selfhood and it is difficult, we understand, to have gratitude for such pain. This instrument knows this as well. Therefore, we would finally suggest that the question-asker welcomes that pain with open heart and open mind and open arms and let oneself sit with this pain, experience it, know it's true flavor, accept it and send love to it. Send love to oneself as oneself experiences it.

And we will finish this answer by saying that we would also stress the question-asker to exercise patience and gentleness for oneself as one experiences this physical experience you call migraine: to not be too harsh on oneself, to let oneself be with this pain without expectation of what one must do or should do, and to know that it is a fleeting experience, it is one that will have an end, and [to know] that the question-asker is fully loved and supported by higher self's help and the creation around it, giving it exactly what it needs when it needs it.

Feeling that this instrument is losing her focus, we will at this time transfer to the one known as Austin. And we would also like to thank the circle for this opportunity to move through this instrument. We are those of Q'uo.

(Austin channeling)

I am Q'uo, and I am with this instrument. We thank this instrument and this circle for the diligence of what you have called the challenging process. This repeated process not only generates the protective nature of this contact, but with each iteration of the challenge allows us to more and more align our intentions and our wills with your own, helping to allow for a more fluid and organic channeling process. At this time, we would ask if there are any queries to which we may respond.

Gary: Yes Q'uo, and this question comes from Stephen who asks: "Given the risk that each wanderer accepts in undertaking this service here on planet Earth, would you say that it is important for a wanderer to discover they are a wanderer so that they can focus on trying to understand what it is they're meant to be doing here?"

Q'uo: I am Q'uo, and I'm aware of the query, my brother. We find in examining the population of so-called wanderers upon your planet, that it is a relatively small percentage of these individuals who become aware of their nature as a wanderer, and an even smaller percentage who then are able to utilize this awareness to refine their seeking and their service. However, we find in examining the remaining population of these individuals—those wanderers who remain relatively unaware or perhaps semi-aware of their nature—that indeed, there are many of these individuals who yet are able to serve and offer the love and the light of the Creator to this planet as they had intended prior to incarnation.

We believe that it is not necessary to fully grasp this nature. And indeed, in some ways, it was not expected by the self to fully understand and come to terms with this true nature of the self but instead to awaken to the biases and the distortions brought with the wanderer through the veil of forgetting. For the wanderer who has not awakened to their true nature, they may yet still sense that nature in an indistinct way and still feel called to perform the mission. And in some cases this lack of awakening to the nature of their wandererhood serves to allow them to integrate more fully within your society and your cultures and allow their true nature as the Creator to shine even more brightly.

However, we do believe it is true that for a wanderer to awaken to their true nature, to integrate this knowledge successfully and with humility, and to explore this aspect of their experience, the potential for such a wanderer is immense and rarely tapped by those so-called unawakened wanderers.

Speaking to the questioner's mention of the dangerous aspects of incarnating into the third density as a wanderer, we do find that it is more common for those unaware wanderers to, in their confusion, generate what you might call karma or act in ways that then perpetuate their need to continue incarnating in the third density in order to balance that which was imbalanced. Though, we would like to offer comfort to those who may feel concern for these individuals, for such a journey is not a delay, it is not a sidetrack, but instead is another thread woven into the grand tapestry of that individual's journey from and to the Creator.

We understand that from your perspective within the third density that continuing in such metaphorical darkness might seem as an extension of a form of punishment or imprisonment, but we encourage you to consider the point of view from outside of your veil of forgetting in which experience within the third density is a true gift that may have a great and enduring benefit for the individual on their own spiritual journey.

Is there a further query, my brother?

Gary: Thank you, Q'uo. In that response you mentioned that for the wanderer who does awaken to the nature of their identity in the third-density experience, an "immense

potential” was what you said—can you elaborate on what this immense potential is for the third-density entity who awakens to their wanderer roots?

Q’uo: I am Q’uo, and I am aware of the query, my brother. The description in your understanding of the so-called wanderer contains an innate expanded view of the universe. Such a notion that the universe is alive infinitely, and within this infinite aliveness there is a cycle, and from the perspective of the third-density entity, a pathway for each individual to grow and to learn and to expand their consciousness and awareness of the creation in more and more refined and expansive ways.

This very context opens certain pathways of inspiration to the individual and asks one to consider the creation about one in an entirely new perspective. When a wanderer opens up to this nature and accepts it, they not only recognize the potential of their own beingness, [they also] understand that they have walked far upon the path that they cannot remember, and that they have chosen to forget that path, and that such a drastic decision was made in order to serve and to aid those still upon the path that one has already walked.

When this perspective is taken, it orients oneself in a great way towards service of others and towards a certain faith that allows the wanderer to take in the difficulties of your reality and to look upon the sorrow that drew the wanderer to the service to begin with, and to understand that it is all part of this alive universe functioning in an intelligent way. This understanding that aids faith increases the potential for the wanderer to remain effective within the incarnation, to prevent the wanderer from becoming overwhelmed, and, further, opens up certain pathways of inspiration that allow the wanderer to move with more effectiveness within your third-density illusion.

We note that this is not what you might call “a given” for those wanderers who awaken to their natures. We find that, though this potential is available upon such an awakening, it takes a certain effort of will to tap into this potential; and the circumstances, particularly upon your own third-density planetary experience, challenge even the most stalwart of wanderers to maintain this will and focus. But for those who do, the light of the Creator shines brightly through such an individual and draws other seekers and wanderers to it, offering the potential for stability of the will and the awareness to then tap into their own potential. And such a ripple effect continues out into your troubled realm. And the population of wanderers upon your planet continue more and more to stabilize and raise the vibration of your planet.

We have such great admiration for those who have made such a choice to incarnate and forget in the hopes that this potential might be manifested and awakened within the incarnate itself.

Is there are a further query, my brother?

Gary: That was most excellent and, man, there's a whole line of query to explore here, but while we're on the topic of wanderers: I was studying session 76 with the Asheville Law of One study group recently and something in that session prompted us to consider wanderers here in third density. And we were presuming that for the fourth, fifth or sixth density wanderer who incarnates here in third density, that they take on the group mind as well. That is, wherever they incarnate, they take on the racial mind and the planetary mind. If indeed that is the case, then what happens to their native group mind? Does it go dormant? Does it hibernate? Is it compartmentalized in favor of allowing the earth group mind to hold sway? I hypothesize that perhaps it can be likened a bit to an app that is plugged into a different operating system and the app must use that operating system's

programming. But anyway, I'd be interested to know if you have any thoughts on that question.

Q'uo: I am Q'uo, and I'm aware of the query my brother. We find some difficulty with language in describing this interesting and unique dynamic being touched upon within your query. We will do our best to describe these dynamics of the mind in the simplified terms with the understanding that such terms are not fully adequate in grasping the incredibly intricate nature of such interactions.

Within your query, we find a proper distinction made between groups of consciousness, we correct his instrument, groups of conscious. This instrument has a problem with its speaking apparatus. We pause to allow this instrument to deepen its state.

[Pause]

We are again with this instrument. We were speaking to the distinction in your question between groups of minds, what might be termed a social memory complex or, on other levels, the racial mind or the planetary mind. We appreciate the distinction between such levels and such groups, particularly from the third-density perspective where such distinctions make sense and allow one to consider the metaphysical dynamics. Yet in our experience and from our perspective removed from third density, such distinctions, while present and apparent, do not hold as much sway as the third-density perspective might imply.

Using the example of the wanderer who incarnates from a higher density (in which they are a member of a social memory complex) into the third density (becoming a member of what you may call the dormant social memory complex of the third-density population) we find that this entity is still very much plugged in and in tune with their native social memory complex, yet the veil of forgetting and other systems and distortions accepted by the wanderer dim the awareness of this social memory complex within the mind of the wanderer. The more that the wanderer engages with the group mind of the planetary population, that native third-density social complex that is a social memory complex awaiting activation and cohesion, the more the wanderer may gift the beingness of their native social memory complex to the third-density social complex and merge these two seemingly distinct minds.

This does not imply that the native planetary mind of the third-density population is then absorbed or fully integrated into the higher-density social memory complex, but that there is a link or a connection or a window that widens and allows more and more love and light and consciousness to flow between these two distinct mass minds. We find this dynamic similar in many ways to how a third-density population with disparate cultures and disparate group minds, very much like your own, may dissolve the barriers between those distinct cultures within a singular population and open the pathway to manifest a fully realized social memory complex.

This process is aided by wanderers who might find themselves incarnating in one lifetime into one culture and adopting certain distortions and mindsets and subsequently incarnating into a different culture adopting seemingly disparate mindsets and distortions. And bringing the potential of the wanderer to offer love and light in all situations helps to bridge the gap between these disparate group minds.

This process may also be done by those native third-density individuals who have reached a point within their seeking that they are consciously choosing the circumstances of their incarnation and are aware of the distortions into which they incarnate. Such individuals—having a desire to aid their native population and their brothers and sisters of their own

social memory complex—may take upon themselves this task. And though it is a more difficult process for such a native third-density individual to become aware enough within the incarnations to help bridge these gaps within the disparate group minds upon the planet, the potential in doing so is much greater, for their home, if you will, is with that social memory complex. And they have many, many connection points with the planet and the population upon it that increase the effect of this opening and this bridging of cultures throughout multiple incarnations.

We thank you for this opportunity to speak to the joys and the sorrows and the difficulties and the opportunities of the wanderer and the conscious seeker. At this time, we will take leave of this instrument and transfer the contact to the one known as Jim. We are Q'uo.

(Jim channeling)

I am Q'uo and am again with this instrument. We thank the one known as Austin for his conscientious transmission of our thoughts. And we would ask at this time if there might be a question to which we may respond through this instrument?

Gary: Yes Q'uo, I believe that any manifested level of experience in any octave can probably rightfully be called an "illusion." Indeed, Ra does speak about the curtains coming up, and the acts ringing down as the entity, including Ra, moves from one grand illusion to the next. [\[1\]](#) But the Confederation speaks specifically of *the illusion* in terms of third density. So I would like to examine this concept of illusion and I'm wondering if the illusion is the manifested existence of planets and stars, rivers and mountains, birds and insects and people? Or is the illusion the perception that all these seeming objects are separate from oneself? What is the illusion?

Q'uo: I am Q'uo and I'm aware of the query, my brother. We shall share with you our perception of what this illusion is in the sense of the third-density illusion that we are now inhabiting with you at this moment and the illusion that all of creation partakes of. This is our opinion and we suggest the exercise of personal discrimination as you listen to our words and thoughts.

The greater illusion that is the creation of the One Infinite Creator can also be seen as a distortion of unity that has the purpose of allowing the One Creator to know Itself in ways that are more various, more purely experienced, and more, shall we say, individualistic, according to the expression of each entity of intelligence within the one great creation. All of the various planets, populations and species of intelligence have the ability to make choices that allow the One Creator to gather an infinity of knowledge from these choices, concerning Itself, Its nature, Its potential, Its desires, Its feelings, and the various attributes of every created mind/body/spirit complex that has originated from the One Creator in Its plenum of the Logoi.

This great distortion or illusion is the vehicle for experience of each form of consciousness within it so that it may partake more and more fully of the One Creator, as it travels his journey back into unity with that one from which it has come. As we look now upon the level of illusion that is experienced within the third density, there is, of course, an added feature which is most effective in aiding both the Creator in knowing Itself more fully and each entity within the third density who must work within what you have called the veil of forgetting. This great experiment in polarization is that which offers to each third-density entity a greater level of seeming reality which must be penetrated in some degree in order for experience and progress in polarization to occur.

Within the third-density experience, all of the creatures and features of the illusion that you mentioned in your question, seem to be quite separate from each other, from each seeker

of truth, from each entity within the illusion. And herein lies the challenge: to look beyond the illusion of separation as the seeker of truth becomes conscious that it is more than it thought it was before the desire to grow, to seek and to serve was born, bubbling up from the subconscious mind of the entity that has been able to find some kind of answer to the meaning of life.

At some point within the pre-incarnated choices as they are expressed within each entity in the third-density illusion, there is the opportunity for each entity to look within and to look without to find pieces of the puzzle that might provide a greater expanse to the point of view and meaning and purpose and that quality which is vaguely perceived as love. There is the power within the being to go deeper within its own being to find answers to these questions as it looks also into the illusion about it for the same answers.

So the illusion offers to each an opportunity to find unification and factors of commonality that seem to be pieces of the puzzle that offer a greater viewpoint, an expanded awareness, a glimpse of the journey that lies beyond the self as previously perceived, the surroundings as previously experienced, the manner of the living of the life, the expenditures of energy, the direction in which these energies shall be expended and the purpose for such.

So, the illusion offers to each a kind of question that becomes the focus for the life experience. Why am I alive? What is it I am here to do? Who are all of these people around me? Is there some connection between us? There must be a purpose. This cannot be random in this universe of creation where there is so much expression of individuality in so many different ways. There must be a reason. Thus, this question and others like it are pondered in the conscious state, in contemplation, in meditation, and in prayer.

The conscious seeker of truth finds a path within itself that is expressed without the self, on the exterior of the self as a means of seeing all as the Self; the smaller self, to ask the question; the larger Self that provides answers in various coincidences, synchronicities and expanded awareness. Thus, the illusion is much like the weight that is lifted to make one stronger. The illusion requires the effort to penetrate the outer levels of consciousness and to look within to see the One residing there; to look without to see the One residing there; to find the love and the light of the One glowing brightly within, and to seek in some fashion, to be of service to that one and to move further and further along the trail of evolution of the small self into the great self that exists within all selves.

Is there another query my brother?

Gary: That was beautiful, thank you Q'uo. T writes: In the case of the unborn child dying before it's born, perhaps early in the pregnancy, does this serve as catalysts for the parents and family members as it gives them a chance to show love into the situation? Or are there specific purposes that could be spoken to? In such a case would the spirit come into the next viable physical body that is delivered and born normally? In other words, while the mother and father are sad for their loss is the baby soul telling them "Hey, I'm still here, hurry up and get over the sadness so I can be born into a body that works correctly"?

Q'uo: I am Q'uo and aware of the query, my brother. We find that there are many answers to this query, for the loss of a child of whatever age can have various pre-incarnative purposes. It could be as was said that the child was aware that the body in which it was to be born had some anomalistic deficiency that caused it to seek another opportunity so that its own pre-incarnated choices of a lengthier life with parental other selves might be possible. Thus it will take its leave of the defective body and realize that its loss might well cause the parental other selves to grow in their desire to try yet again to have the birth of

this spirit that they felt for just the briefest of moments and wished to feel again in a manner which would allow the sharing of love and light between them to be prolonged in what you would call the lifetime of shared learning.

It might also be that the pre-incarnative lessons of the parental other selves would have programmed the loss of this child to provide other opportunities of serving a greater number of your so-called friends and family and society by undertaking work which would not be possible if there were a child involved in the energy expenditures of the parents.

There is also the possibility that the loss of the child is that which would allow the parental other selves to contemplate the meaning of the loss. Could the loss have some lesson to teach? That there is perfection, even in loss; that the moment by moment experience that occurred before the death of the baby was that which was of such inestimable value; that there was a purpose served by such an intensive experience of love and joy and purpose. This then may allow the parental other selves to consider having not only one more child, but perhaps a number of other children, so that this experience of joy with the baby which lived but a short time might be multiplied by other experiential nexus intersections shall we say, the birth of more children.

We could go on and on with the various possibilities for such experiences of loss for there is much to be learned by the loss of any child opportunity, concept, or possession that is much valued. Gains and losses are the province of the third-density experience, for through the overall experience of gains and losses it is hoped that entities would see that in the overall sense of the purpose of the life experience, all gains and losses are lessons to be learned, and each entity within the third density is within this experience in order to learn.

Hopefully, the lesson to be learned is that if there is love within the life experience. Whatever the gain or the loss is but the frosting on the cake. The cake is love, the love of the One Infinite Creator that flows through the open heart; the heart that has experienced both gains and losses and knows that they are but the fleeting moment and that which endures is the love of the One Infinite Creator that shines forth in all experience, for this is an illusion in which the lesson is to open the heart in unconditional love. Any experience has the potential of allowing this lesson to be learned.

At this time, we would thank each entity here for allowing us to speak through them. It has been a great honor to do so. We thank you for the conscientiousness you have exhibited in each effort to speak those words and concepts which we have offered through you. As always, we are most pleased with the progress that each has made. Even though some may feel that they have not lived up to their best and highest ideals, we assure you that in each type of channeling experience, there is the progress that is made as you continue to receive the concepts which we offer you, for it is always a challenge to go beyond what you have done before. And in some way each of you have done that at this time.

We will now take our leave of this group, leaving each as always in the love in the light of one infinite creator. We are known to you as those of Q'uo. Adonai vasu borragus.

[\[1\]](#) I am Ra. We leave you in appreciation of the circumstances of the great illusion in which you now choose to play the pipe and timbrel and move in rhythm. We are also players upon a stage. The stage changes. The acts ring down. The lights come up once again. And throughout the grand illusion and the following and the following there is the undergirding majesty of the One Infinite Creator. All is well. Nothing is lost. Go forth

rejoicing in the love and the light, the peace and the power of the One Infinite Creator. I am Ra. Adonai. – 104.26

[April 28, 2021, Intermediate Channeling Circle](#)

Intermediate Channeling Circle

April 28, 2021

Group question: "Consider the coincidences and odd circumstances by which one thing flowed to the next. Consider this well. Each entity will receive the opportunity that each needs."

So that is a quote from the Ra contact. We would like to know how does this function in an entity's life?

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each of you in love and in light, and we thank each of you for inviting us to speak with you and through you today. We, as always, would ask you to do us the favor of using your utmost discrimination in assessing the value of the words and thoughts we have to offer. If there are any that do not ring true to you, please disregard them without a second thought. If you will do us this favor, we will be more free to speak to the question of the day.

The question of the coincidences, the synchronicities, those odd circumstances that each seeker of truth will notice occurring within its life path from time to time—these circumstances that seem so unusual are usually those which are experienced at critical points in the seeker's journey. There are times in each seeker's incarnation when the pre-incarnative choices have a chance to manifest in a way which aids the seeker in an extraordinary way in following this path that has been laid out before the incarnation.

Just as the Logos has created the architecture of the archetypical mind to describe the nature of the evolutionary process, so each entity at the level of the soul before the incarnation will take upon itself the opportunity to describe for itself the general gist of the journey that lies before it. This journey will have as its purpose moving the seeker of truth closer and closer to the fundamental principles of the evolutionary process in general, and the particular intricacies that each entity will create prior to the incarnation.

There are opportunities when one lesson is ready to be moved into, shall we say, that can be given emphasis in order to make it known to the seeker within the incarnation. This emphasis is what you would call the coinciding of events or thoughts or possibilities that the seeker will notice in a way which has meaning only to that seeker. These opportunities have been fashioned, with the help of unseen hands shall we say—unseen during the incarnation.

Since the incarnation is lived within the total unity of the one creation, there is a resonance that can be experienced by the seeker when the unconscious mind—perhaps, a guide, perhaps the higher self—can influence events, people, thoughts, or circumstances that carry a certain meaning for the seeker within the incarnation. These qualities may be noted in any way which the seeker is open to, whether by sight, by sound, by intuition, or any other way of perceiving that the seeker has made manifest in its life pattern. Perhaps repeating numbers, or a totem animal, or a certain kind of weather pattern may influence,

in a repeating fashion, the message that there is something special about this moment that may guide the seeker at this pivotal point in its process of evolution.

No entity is without this type of help. All seekers have within their . . . we shall say *inventory* of friends, experiences, thoughts, and probabilities, the matter of experiencing such coincidences. This is the part of the path that is especially inspiring to each seeker who wishes some sort of indication from a greater source than simply the self to reaffirm the choices of the self at those points at which there is the greater opportunity to move forward in the evolutionary path.

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

(Gary channeling)

We are those known to you as Q'uo, and we greet this circle again through this instrument with gratitude for his practice of the challenging sequence which we are happy to meet.

We would continue to speak to the question of the seemingly odd circumstances and coincidences and synchronicities and other events in the life that seem to align to, or be manifestations of, some sort of underlying pattern or narrative or program, you might say. For the seeker, particularly the one embarked upon a conscious journey, is not upon a random journey. The seeker is not in a universe of unordered matter and unordered energy that buffets the seeker like the wind, without seeming rhyme or reason. The seeker is not surrounded by chaos from which it seeks to struggle to draw meaning. Rather, the seeker is steeped in a sea of meaning and purpose and design.

And in this sea of meaning the seeker is choosing its own adventure, you might say, through the exercise of its will and faith. In this adventure it sets its intentions. It *desires*. Those desires may be conscious and consciously directed. They may also be, as we would suggest is the majority of the case, somewhat or completely unconscious; that is, deep undercurrents of desire, much as the undercurrents of a river—or better yet, an ocean—move the contents of the ocean, eventually bearing consequence for that which is on the surface. But because they are deep, they are unseen and unperceived, likely, from the surface. Nevertheless, they move.

These moving desires are carrying the seeker forward and shaping the journey. There is an infinite menu from which to choose regarding how to proceed on this journey, but there *is* a menu, there *are* parameters, there *is* an intelligent design. And as those currents of desire, both on the surface and deep down, move the seeker through life, and as choices are made, then that intelligent, adaptive universe responds and offers opportunity accordingly.

This is not, as some of the more shallow ends of your collective thought would have it, merely in terms of wishing for pleasant outcomes and thinking about them really hard and imagining their successful outcome through visualization that they manifest for you, that the seeker may enjoy a more comfortable and luxurious experience. Intention can indeed be set upon any goal, but the mechanisms which we point to run far, far deeper and for greater purpose, and do not involve delivering to the seeker always that which is pleasant.

On the contrary, in the long journey of which we were speaking previously, there is continual need for release, letting go, watching distortions falling away. This falling away is often accompanied with pain and suffering and confusion, and from a certain standpoint may even be viewed as sacrifice. But nonetheless, the larger point here is that this intelligent, adaptive universe is providing opportunity for these distortions to fall away *not* for its own amusement or for a vicarious pleasure in the seeker's suffering, but rather that

the seeker may grow, may shed illusion, and may discover the unlimited self—the self as the Creator.

This is a process, it is ongoing, it is in operation. That your physical eyes do not see it in the world of cause and effect upon the physical plane is merely a limitation of your vision. If you could but lift the hood of the engine and look into the gears and moving parts, you would see its design and the way in which it is operating always working for you.

But as the group's question highlights, there are times when [...] the intelligence and the design becomes visible for a moment. When, either in the moment or in retrospect, [one] sees an unfolding pattern—the way in which meeting that particular person opened a needed opportunity for the self's development; the way that that particular job seemed to land into the lap, as it were, of the self, opening up the needed opportunity to bring out undeveloped talent or gift in the self; the way that that particular loss gave the self the gift of balancing love or wisdom or learning the fine art of releasing and resistance and surrender—the more that one sees that life itself brings out the self's development through testing, through challenge, through opportunity.

This is increasingly so as the seeker becomes more conscious of those deeper currents or biases and needs within the self as the self learns to more consciously navigate the journey from the surface of the waters. And beautifully, to the benefit of the seeker, this noticing of pattern and rightfully calibrated opportunity can help the seeker to have faith upon the journey ; faith that the seeker is receiving the opportunity that it needs; faith that one is not lost at sea.

The more one cultivates and fosters their will and faith and understands their desires and distills those desires as being distortions of the one great desire to seek and become the Creator, the more that the seeker can trust that there is trajectory. Thus there need be less anxiety and concern about the future, less need to grasp onto, or rather *hold* onto the past or some needed configuration because the wind and the water is with one. Guidance is with one.

And the self's domain then is to continually work upon and refine the intention which is wrapped up in that package of continuing to work upon knowing the self and forgiving the self. And as that intention is refined and the compass aimed more truly upon the true north of seeking the One Infinite Creator, the more, as your people say, the cards will fall as they may. That is, the self need be less concerned with outcome or with what particular opportunity may arise in favor of trusting that the needed opportunity will arise; that whatever desire is sought to be explored, that the universe will provide opportunity for that desire. Which is why, we counsel, it is wise to always begin and end in the Creator, to set the first and the last and the central desire upon seeking the Creator. When one does this, one, as Ra says, is with infinite intelligence, and the rest will unfold as it needs to.

At this time, we would take leave of this instrument, and with a lighthearted note to future instruments who may feel themselves too tired to serve in the capacity to know that with the proper will and faith, and perhaps the crutch of caffeine (if it is appropriate for a particular mind/body/spirit complex), such is possible. We are those known to you as Q'uo. We now transfer this contact to the one known as Trisha.

(Trisha channeling)

I am Q'uo, and we are attempting contact with this instrument. We feel the suggestion of acceptance is an important one at this time, for this instrument is struggling to maintain full contact and feels as though there are other voices or energies at play. This instrument not wanting to curtail the practice or divert the focus from the topic at hand asks for

forgiveness and wishes to use this opportunity to thank us for attempting contact with her and to thank the group and with kindness for self and other self and gentle touch, wishes instead to relinquish her time to the other instruments in this circle. We thank you all for your patience and with acceptance of this catalyst, we will now transfer our contact from this instrument to the one known as Austin. We are those of Q'uo.

(Austin channeling)

I am Q'uo, and am now with this instrument. We extend our gratitude to the one known as Trish for the blessing and acceptance of this contact and allowing the dynamic flow of energy present within this dance that we share with this group to proceed unimpeded. We assure her that all is well, and that her presence remains an aspect of this working today, and this working is made better for it.

We continue upon the topic presented by calling attention to the particular passage highlighted within your query and the active nature being requested by those of Ra within this passage. The seeker is called to consider the dynamic described by those of Ra, and to consider this well. This suggestion is not one made in a rhetorical sense, but is a genuine invitation to each seeker to utilize the blessing and divine gift of third density that in your language has been identified as *hindsight*.

The invitation to consider the flow of experiences and circumstances that seem to be imbued with meaning and intelligence is indeed a powerful tool available to the conscious seeker of truth and an aid to that seeker upon a journey of service.

When the seeker engages, with the gift of hindsight, in considering one's life path and identifying the particular points at which crucial coincidences and opportunities arose, and the seeker engages with this reflection on a regular basis and with deep intention to recognize the hand of the Creator within the self and within the self's journey, it reinforces the capacity of that seeker to carry that awareness into any present moment given to the seeker in which the gift of hindsight is not yet available. The blessing and the challenge of third density is that which shields each entity from witnessing the imbued nature of every event in every circumstance with the Creator's light. Any challenge or difficulty met by the seeker may be hiding its blessing outside of the perception of the seeker that it is presented to.

Yet there is a certain muscle of perception that may be exercised and may be refined by the reflection upon previous events and previous circumstances that, at the time, felt insurmountable, or perhaps simply inconvenient. To recall the gift that these experiences offered to the seeker, and to recall that on a regular basis, offers the seeker a certain light of perception and increases the light that the seeker may bring to each moment presented to it, increasing the chance and the ability of the seeker to pierce through the darkness of third density and witness within the present moment the presence of the love and the light of the One Infinite Creator.

We also call attention to the necessity for an active role in what is called, within this passage, *opportunity*. It is true that each seeker receives the necessary opportunity for it to progress upon its path. However, this notion of opportunity has, within the third density, a dual nature: the call of the opportunity that beckons to the seeker, and the seeker's blessing of free will, which may respond to that call with an acceptance or a denial of that opportunity. My friends, we witness upon your planet many entities presented with abundant opportunities to open the heart, to expand the awareness, and to seek the Creator in all experience, yet the tendency among your peoples is that of denying these opportunities. Thus, you see that simply receiving the opportunity necessary for one's growth does not imply that the conscious seeker of truth may simply rest in a passive state

not engaging with one's circumstances and behaving as a conscious co-Creator of those circumstances. The opportunity must be recognized and must be acted upon in order for this dynamic to be fully embodied by the seeker in the lived life.

Furthermore, in reflecting upon these opportunities and the circumstances in which the seeker was blessed by an opportunity and rose to meet that opportunity, one may also consider the surrounding circumstances that enabled one to recognize the opportunity and be aided in making the choice to seize the opportunity for growth and insight. We witness upon your planet a wide range of life circumstances for each entity, and ask each seeker of truth to consider those circumstances that seem to hinder the perception of challenges-as-opportunities or seem to draw the attention of the individual so that the circumstances of one's life are not seen with the light of opportunity.

Perhaps the seeker has a supportive social system, perhaps the kindness of friends or strangers has helped boost the attitude and bring light to the perception of the seeker allowing it to view its circumstances with even a slightly elevated perception, enabling them to make the choice within that moment to seize the opportunity, whatever it may be. Perhaps one may reflect upon more basic life circumstances—the physical needs met, comfort, shelter, companionship—and with these basic needs met, the opportunity may be fully recognized for what it is.

We understand that it is no secret to you, my friends, that not all upon your planet are blessed with the same opportunities or circumstances, and thus in reflecting upon those things that have aided you in allowing your journey to unfold in an intelligent and light-filled way, you may know better how to serve those about you, for it is not simply the knowledge and the understanding that each entity's life path is imbued with the light and intelligence of the Creator. There are many, many needs upon your planet and, many calls that beckon you to service to aid your fellow entities in a wide variety of applications. And so we encourage each seeker, as they reflect upon the magical circumstances that have delivered them to their current trajectory, to imbue this reflection with an intention to harvest from this reflection the light and the love of the One Infinite Creator so that it may be then shared and perpetuated by the seeker in service to others.

At this time, with gratitude, we leave this instrument and transfer the contact to the one known as Jim. We are Q'uo.

(Jim channeling)

I am Q'uo and am again with this instrument. We are grateful for each entity's participation in this practice channeling today. Your efforts cannot be ever taken for granted, for we know that each of you gives all that you have in every moment. And we thank you for your conscientiousness in this regard.

The experience of channeling is one which is manifested not only in these practice channeling sessions, but each entity, especially those conscious seekers of truth, as are each here, channel the life experience in a moment by moment flow of consciousness. There is the creative envisioning of the desires, the dreams, the abilities, the destination, and each moves forward at all times in this funneling of the consciousness of love through the life experience. This is that which is the most important type of channeling process any seeker of truth can engage in, and we thank each here for being so fastidious in living the conscious life mindful of each moment's importance.

At this time, we shall leave this group rejoicing in love and in light, thanking each for sharing their love and light with us. We are known to you as those of Q'uo. Adonai vasu borragus.

May 12, 2021, Intermediate Channeling Circle

Intermediate Channeling Circle

May 12, 2021

(Jim channeling)

I am Q'uo, and am with this instrument in this group this day. We thank each of you for your great desire to serve as instruments not only for the Confederation of Planets and service for the One Creator, but for that One Creator that exists within all entities and all things. We join you in this great service and we are honored to be called to your group this morning to offer our information concerning the various queries that you have prepared to ask. We would ask a simple favor, as always, and that is that you look upon our words with your own personal discrimination and take those that have value to you and use them as you will. Those which have no value at this time, we encourage you to leave them behind. This will allow us to speak more freely, for we are not any kind of final authority. We are your brothers and sisters who have moved somewhat further along the same path that you are on [inaudible] and yet we travel the same path.

At this time we will transfer this contact to the one known as Austin. We are those who are Q'uo.

(Austin channeling)

I am Q'uo, and am now with this instrument. We are joyed to express through this instrument that we find the light of the circle today to be fuller and brighter, as we are happy to welcome the one known as Kathy back into these workings. We are inspired by the harmony manifested by this group and encourage this group to look to the desire within each instrument's heart for service and consider this desire as the connection that draws each instrument together in harmony. And the resonance of this gathering then attracts and allows us to then join you and to together offer our shared service.

At this time we ask if there are any queries to which we may speak?

Gary: Q'uo, I have a question regarding energy. A couple. When we incarnate, are we allotted a certain quanta of energy, that is, is there a ceiling set on our available energy? And whether or not such a thing exists in an infinite universe, how may the incarnate being increase the energy available for their service?

Q'uo: I am Q'uo and am aware of the query my brother.

We find, in addressing queries such as this, that there is as you might say, a double-edged quality to the terminology used. The term "energy" may refer to a great many things or experiences, and each seeker might identify *energy* in different ways. Thus, as we speak to such queries, the ambiguity can both serve and hinder in that the words that we offer may be interpreted in usefully subjective ways, but also hinders our ability to speak specifically to such queries. We offer this note with appreciation for the query as it is asked, for this is an interesting dynamic for us to work with in such workings as this.

As you consider the incarnation of any entity, the conscious seeker prior to the incarnation takes part in a selection of circumstances, distortions, and, you may say, abilities that will be more readily available to that entity throughout the incarnation. During this process, the

entity may consider what limitations may serve in their purpose for incarnating, and what specialized abilities may serve. This is true for many aspects of the entity, including what has been termed in this query "energy"—or, as we are addressing it, the vital force available to the seeker that allows it to move and function and serve in intelligent ways on a day-to-day, week-to-week, or year-to-year basis within the incarnation.

Indeed, the amount of energy available to the seeker within the incarnation is one of these aspects often chosen, whether it is chosen in order to limit the seeker in certain ways so that it experiences a dynamic tension between a *desire* to serve and an *ability* to serve. Or on another hand, it experiences an abundance of energy but feels a lack of focus and direction. These are two examples among many of how the attribute of energy may play a role in the seeker's journey throughout the incarnation. When an entity assesses the energy available to it, and feels a strong desire to alter this in some way—for example, to manifest more energy, so that the seeker may better serve—we find that this dynamic falls into a very common, what might be called *paradox* for the incarnated entity, in that for an aware and conscious seeker understanding the nature of the illusion, the will and desire to alter one's beingness and one's circumstances seems as though it should make such circumstances or beingness malleable and easily altered within the incarnation.

In examining this type of dynamic, we find that for each entity and each unique circumstance there is a certain, what could be called, amount of the desire or will, that make—we correct this instrument—that might be applied in order to bring about the desired changes. For one entity, a simple prayer and moment of silence might deliver to that entity the energy it desires to meet the next challenge and to grasp the next opportunity available to that seeker to walk its path of service. For another entity, perhaps an entity that wishes to balance a strong desire to serve with a tendency of overextending itself, the willpower necessary to bring about such a change might be much, much greater, for this entity has chosen as part of its lesson within the incarnation to experience this limitation. Thus, you see, that such an allotment of energy is seemingly finite because it has chosen by the entity to be so, and is chosen to be finite in different ways and in different quantities.

This general view of energy available to the entity is indeed a primary aspect of what is chosen by the entity prior to incarnation. For within your third density the grand choice of the entity of how to utilize its energy, where to point its consciousness, and what path it walks using the energy available to it, is a primary apex that determines the path of the entity in future densities. And the direction chosen by the entity with the energy given to it within third density garners a certain momentum. This requires that the entity consider well the energy available to it in any given circumstance, and how it might then apply its will to use that energy intelligently, with compassion and love for the self and for all around it.

Is there another query at this time?

Gary: Energy is such a precious resource and I think that is my genie in a bottle wish is for more of it, and I really appreciated your reply, Q'uo. Sound wisdom.

My next question I would love to explore in depth at a later time, but just as an initial foray into this realm: One could say that all things in space/time offer a window into the personal or collective unconscious mind. Whether that's the body or one's dreams or interpersonal communication, or government policy, even. Yet social media specifically, and the internet generally, seem to be a special case. So my question is, do social media and the internet offer a window into the personal and/or collective unconscious, and what generally is the relationship between this internet and our unconscious mind?

Q'uo: I am Q'uo and am aware of the query, my brother. In considering the technologies described as social media and the internet, we encourage any contemplative seeker to consider the unfolding of such technology and how your culture and society has developed from one technology to the next. Looking upon the world of the first density, you might see a very simplified understanding of how the seemingly space/time world may interact in simple ways of being moved and moving. As this unfolds into the second density, there are more complicated and intelligent ways in which the space/time manifestation of the Creator interacts. And in this density, we begin to see that the space/time realm contains not just apparently physical properties, but manifestations of thought patterns, such as the behavior of second-density life and how the animal kingdom interacts and behaves, or the plant kingdom interacts or behaves.

As this progresses into the third density, the manifestation of conceptual or abstract manifestations becomes more and more complicated and more and more difficult for the observer to identify and influence. We see this particularly among your society as you have gradually built up an incredibly complex system of social interactions, based upon various aspects such as the legal realm, the cultural realms of entertainment or politics and other sorts of obscure manifestations available to entities within the space/time.

We elaborate on this in order to encourage any seeker contemplating the nature of such manifestations, to see the space/time realm not just as the physical world around you, and what you call matter built up in various ways, but that there are other aspects of space/time that are unseen. Both these physical and non-physical aspects of space/time have correlations within time/space. As the fourth density has dawned upon your planet, and made itself available to you in the time/space realm, your space/time experience has, shall we say, struggled to catch up to this new era of energy. The manifestation of the internet and social media is a result of the beckoning of fourth density and the necessity of the entities within your space/time realm to view your experience in a holistic fashion.

Thus, the advent of the internet in connecting peoples all across your planet also reveals how this connection is made in time/space as well.

We pause to allow this instrument to regain focus.

I'm Q'uo and am again with this instrument who is feeling reticence at its ability to capture our thoughts in an intelligible way, and asks us to head towards a concluding thought. And so we offer, with some hesitation, a simple encouragement to entities engaging with the qualities of social media and the internet to do so with introspection on how these tools made available to you offer glimpses of the strong undercurrents of your social complexes and your collective minds that previously were relatively unseen, and were made manifest in your space/time. The advent of these technologies is indeed a vast potential and in many ways was intelligently and intentionally offered to your social complex so that you may more directly address the imbalances and distortions necessary to address, so that you may form a social memory complex of unified intention and join your planet in graduating into the fourth density.

At this time, we take leave of this instrument and transfer the contact to the one known as Trish. We are Q'uo.

(Trisha channeling)

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

Gary: Q'uo, in anticipation of certain outcomes, I have felt anxiety sometimes bordering on dread. Conversely, in seeking some outcomes, I have felt great passion and desire. One might think that dread is an indicator to perhaps avoid a certain path, whereas desire is an

indicator to pursue a certain path. Yet in retrospect, I have learned that that which I dreaded was right for me sometimes, and that which I desired was not right for me sometimes. Can you speak to how we can use our emotional reactions to make choices in alignment with our pre-incarnational plan?

Q'uo: I am Q'uo, and I'm aware of the query.

We begin our dialogue on this particular query by stating that these sensations you have described as dread and desire for upcoming situations can be viewed as what you may call guideposts or beacons. These sensations bring one's attention to the situation and this is often for a particular reason, that being, the potential for growth and understanding of one's self in relation to the larger self that is everything. That which you call dread, we can see is an uncomfortable experience for you in this density. That discomfort, though not desired is—we correct this instrument—can be seen to be a gift. It can be viewed as an opportunity to deepen one's understanding of what is at play within, you may say, within the self prior to the situation.

One may ask oneself in moments when in deep meditation and silence, what is dread? What is this sensation and where from do the roots of this dread originate? In that silence you may find that the dread is a precursor or a ... we give this instrument the image of a flashing billboard, to designate where there is lack of acceptance—that this dread may be cluing one in to a potential situation that one wishes to control or change rather than accept and embrace and forgive, if forgiveness is warranted. This sensation, though unsettling and perhaps foundation-breaking in a sensory sort of fashion, is a tremendous avenue towards—we correct this instrument—into one's own psyche and motivation. Conversely, desire can be felt as excitement, anticipation and pleasurable. When one sees a situation upon the forecast of the incarnation with desire, one may feel the inclination to hasten the experience, quicken the moment, increase the speed of living for the outcome is one that one had hoped for.

And while that may be a great gift and balm to the soul, to have excitement and positive desire for a potential situation, it too can be an opportunity for internal and introspective understanding for one may find that in situations where desire is at play, that perhaps oneself loses sight of all else that is around, perhaps consideration for the larger picture, if you will, falls by the wayside. One can lose focus of one's—and we use this word without connotation—but one's values. In this respect, we would direct the seeker who finds themselves navigating through situations of desire and dread to pay attention to the present moment. See those potentials that elicit excitement and desire as ones wherein perhaps larger lens could be lost and living in the moment could be—we correct this instrument—living in the moment could take on ... we apologize, for this instrument needs to deepen its connection with us at this time.

We are with this instrument again, and thank you for the patience. Situations wherein desire is at play to the observant seeker could be seen as opportunities to slow one's actions and reactions and allow oneself to amble and stroll and take in the scenery, if you will, along the journey to that desired situation, allowing oneself the gentleness and tender touch that can accept other outcomes and other possibilities likewise. And in opposition, the situations that elicit dread for the observant seeker can be viewed as opportunities to look within and see where from the dread is created. To open one's heart to acceptance of opportunity of perhaps unforeseen growth through this discomfort to, rather than amble and stroll along this journey to the outcome, make careful step and consider the sites along the way.

To conclude, we would state that these sensations of dread and desire that can be so productive for the observant seeker are also fleeting sensations. They will not last. Thus, it is important for the seeker as they experience these sensations on their walk, that they remember that all is well and is as it should be, that this dread and excitement are great tools for the entity within their seeking towards their end spiritual goals. But that desire and dread, while helpful tools, are simple (though they may not seem) experiences that are merely facets of a great and much larger universal experience, and that the steps that you take, though they may feel uncomfortable or pleasurable, are the right steps, that the footing is in truth secure, though the ground underneath may not feel as though it is.

And this instrument is growing concerned with her ability to focus upon our connection and with much gratitude for this circle, and the question that was posed, will now take its leave of this instrument and transfer our contact to the one known as Kathy. We thank you all for your patience we are those of Q'uo.

(Kathy channeling)

I am Q'uo, and we are with this instrument. Is there a query?

Gary: Q'uo, when a loved one passes away, can communication still flow between us, from us here in the physical realm to those who have passed on to the non-physical realm, and is there any way we can become conscious of this communication?

Q'uo: We are aware of your query, my brother. This query is one that is close to the heart of this instrument and she has been experiencing the very heart of your query for several years and in an increasing way as time passes. This time, in your space/time, offers greater and greater opportunity for those living in body to expand their entire body/mind/spirit complex in such a way as to not only become receivers of communication from loved ones and what you call spirit, but also to become so attuned so as to sense when such ones are nearby, as you may say, or within your range of attunement, so that you may also—those who are interested in doing so—may also transmit communication to those ones as well as receive, so that you may continue what dialogue, what heartfelt communication and understanding, imbued with love, across what you may call the veil.

This experience is one that is, in a collective sense, increasing upon your planet at this time as more of those loved ones cross to the other side in spirit form, leaving behind the body/mind/spirit complex and the space/time of Earth. However, while the opportunities for exploration and growth become more expansive in spirit form, have more freedom of movement and consciousness is afforded, those in spirit form, many times, have great desire to remain close to those they love who remain in body on Earth, and wish to communicate [that they] are joyed by the idea of continuing that dialogue of connecting to the heart and mind of those they love.

Such communication may begin in the dream state of those who remain in body, which is a state in which there is no resistance or fear of such communication, and thus it can flow freely into the dream state. In meditation, also, those living on Earth may set an intention to connect with, hear from, speak with loved ones on what you call the other side. And it may start with a few words or a feeling that a loved one is present. If the intention is there for such experiences to grow and the loved ones in spirit are of a like vibration, those experiences may grow and increase, especially when occurring at a set time and place for the meditative state or dream state to occur. In such times the communication becomes an expected phenomenon in the open and receptive state.

It is wise for those desiring to connect with and communicate with those in spirit to enter into what you may call a protected state, to say, before communication efforts begin,

prayers for protection or imagining light and love surrounding oneself or another such spiritual practice of the light that one may feel comfortable with, always centering one's desire for communication from a place of love and of compassion and of gratitude and of peace and harmony. These attitudes of this spirit on both sides will greatly assist a most loving communication to take place.

One can also ask a loved one in spirit for assistance in receiving, can also ask for what you may call a sign or an indication that they are nearby. Sometimes also there is what you may call a divine plan for such communication or a, even a pre-incarnative plan, that after one of a loved one in family departs from the body into spirit, that there was an existence already, a plan for communication after their passing.

We can say that much more will be discovered in what you call your future, your near future, upon this topic as more and more of your people experience this form of communication across time and space. And we'll find that as the intentions allow for such communication, that it becomes easier and easier to accomplish, and that much can be learned on both sides from one another and from the communication, even after the passing from this body experience on Earth. It is one of, what you might call, the next vistas of our experience—we correct this instrument—the next vistas of what humanity experiences on Earth.

Much guidance, love compassion and working out of many situations can be provided by those in spirit. There is great love there and great desire to help those that remain on Earth in body who are working out all of the day to day issues and experiences of daily life. Those in spirit, unencumbered by so many situations, have freedom to assist those living on Earth. Such communication can be seen as a beautiful, a beautiful thing, a helpful thing, a blessing. Much can be learned from the enhanced and expanded wisdom and perspective of those loved ones in spirit. The dream state, meditation, or even walking outside among the trees and nature can invite communication from the other side.

We thank you for this query and for the opportunity to provide perspective on this most important experience. At this time, we sense that this instrument has completed what is best to offer at this time. And we now transfer the contact to the one known as Gary. We thank you.

(Gary channeling)

We are those known to you as Q'uo and we greet this circle and once again through this instrument. At this time we would use this instrument's ears to receive any questions which you may have upon your mind.

Austin: There are various spiritual systems and philosophies that place a lot of emphasis on the breath and ascribe a lot of metaphysical and mystical properties to the breath. But the Confederation hasn't really spoken much about the role of the breath in terms of our spiritual evolution. So, I was hoping that you could give the Confederation's perspective on breath and breath work and what role it plays in our lives.

Q'uo: We are those of Q'uo and we have received and appreciate this query, my brother, for as you are aware, this instrument has made some exploration of his own upon this topic. Each in the Confederation may offer different levels and different areas of expertise, you may say. But in general, we may confirm that there is enormous utility to the spiritual seeker—particularly she or he who wishes to walk the path of adept through spiritual discipline—in the study, the understanding and the modulation of the breath.

The breathing which you experience in the incarnate state is a primary linkage between body, mind and, done appropriately, the spirit complex as well. There are a great many

methods for using the breath to achieve altered states of consciousness. These methods involve retention of various levels and intensities. They involve changing the frequency of respiration, the depth of respiration, the pathway of travel for that which you call air, through the nostrils, through the mouth, and these can be combined again with changes to hand gestures, bodily positions and facial structure or shall we say musculature within the face, the throat.

These on the surface may seem but mechanical details to the one exploring consciousness. It is easy to dismiss the processes of the body. But we assure the seeker that this particular discipline is not contained within or limited to the body complex completely. One's experience of consciousness is tied intimately to the breath. We give this instrument simple example of some psychological states that may change the breathing—from the quickened, shortened breath of anxiety, to the relaxed and rhythmic and deep breath of relaxation. This instrument is aware of that third-density teacher known as Ramana Maharshi who described the mind as the rider and the breath as the horse, and that by learning in a disciplined way to direct and control the horse, one can gain control, as it were, of the mind itself.

For to drill down further into this linkage between mind and body through the breath, one is well to look at the attention. For the breath is a primary anchor of the attention and a means to collect the attention into that which you call concentration. Much of your experience is one of non-concentration, or concentration experienced only for a particular task or purpose or in pursuit of a particular thought complex. The common experience of those in your density is to have their attention dispersed from waking to sleep upon countless concerns. This great multiplicity of the fragmented attention greatly obscures the experience of silence and stillness within the self.

And if the mind/body/spirit complex entity is not consciously in touch with that silence and stillness, then they are not consciously in touch with their being. Instead, their attention is located and captivated by the doing, the outer world and the endless play of the mind. This leads to identification with the mind, the formation and fortification of the illusory individual self, and the forgetting of the being.

So it is that by practicing breath control one can collect this attention and learn to reduce the dispersal of this primary conduit in the effort to bring it to a single point, that the mind and all of its activity and all of its considerable power may come to rest upon one point. And with the mind so entrained upon this one focus, then the mind becomes as the still unmoving, unrippled waters, which reflects perfectly the spacious sky above. In this reflection, one sees, as it were, the being and its infinite depth and stillness. And in this seeing, one realizes that one is not one's thoughts, one is not one's mind, and thus do the gateways to the greater work open for the seeker.

But this, as with so many things in and beyond your illusion, is a discipline. For most this requires, as with any discipline, continued practice, persistent practice. One must learn not simply to manipulate the breath as one pulls levers on a machine, but to deepen one's presence, one's intimacy, an embrace of the self, even one's acceptance of the self—for in this discipline, one will encounter not merely bodily sensations and respiratory patterns, but one will encounter one's own mental patterns as well. And all the history, all the intricacy, all the blockages and balances associated therein, one will be consciously taking steps upon the journey of realizing the self. And one will find that this practice can become a very central mechanism for engaging that journey, for moving beyond the surface levels of the daily experience, and into the deeper waters that tend to remain hidden without the focused attention.

And we would conclude our reply by suggesting to the seeker that which this instrument has explored and that being that discipline and science known to your peoples as pranayama. For many of your peoples have made profitable study in this area and have much fruit to share to the interested spiritual seeker.

May we ask at this time if there is a final query, through which—we correct this instrument—to which we may speak through this instrument. We are those known to you as Q'uo.

Austin: In a similar vein, I was hoping that you could elaborate on the role of the body in our spiritual journey. A lot of seekers, I think, have difficulty considering the body as an integral piece of the self. So, I was hoping that you could help us understand how to integrate the body as part of our perspective of the mind/body/spirit complex, and include it in our spiritual seeking.

Q'uo: We are those of Q'uo, and we receive this query with gratitude. For it opens a platform to speak upon that which, as you the question asker are aware, is a rather large but important subject, particularly in your third density where the body complex is so often misunderstood, its functions often sought to be controlled or suppressed or denied, even—as is evidenced in some of your religious systems—vilified, for the body is seen as perhaps impure or of that realm which is of sin, or if not sin, is not of the divine.

And in this large area of inquiry regarding the relationship to the body and how it may be incorporated in a positive and healthy way for the spiritual seeker, we would speak—we correct this instrument—we would start at that fundamental base as it applies to third density in general, but in particular to your planet, that being the schism between body and spirit, which posits, as we were describing, that the body is in a either fallen state or is not to be trusted. It is a wicked ally, which will lead one astray. Spirit is found by denial of the body in this school of thought.

Each distortion in your societal complex offers to the Creator a new variant in its experience of itself, and we would not denigrate any particular thought form, but we would and can point to its error from the broader perspective. For while the body does occupy a category unto its own, such that it can be named “body,” which is distinct from mind, which is distinct from spirit, it is nevertheless, as with all things, a manifestation of perfection. The body is a portal to not only the self and its own personal unconsciousness, but to the Creator Itself. So to the seeker aspiring toward union with the Creator, we would suggest an orientation which sees the body as a holy temple.

What would be one's attitude upon approaching a structure of obvious architectural wonder and skill? What would be one's attitude when beholding a building built of such beauty, and designed for purpose of worship and communion, and feeling the presence of the One Creator? Would one spit out their gum when inside such a structure? Would one be excessively dirty, shall we say, or bring the can of graffiti—we correct this instrument—apply the can of spray paint to its walls? Would one misuse such a structure or use it for less than positive purposes? Or would reverence, not necessarily the administrative codes of the building, but reverence inform the self as to the relationship of the self to this structure? Would the appreciation in the heart not inform the self of how to relate to and to conduct oneself while in this building?

As with all metaphors, this isn't perfect. For the body is not set in stone but is a constantly evolving, intelligent and communicating structure. But this metaphor may offer to the seeker something of the pathway by which that which you call the body is ennobled. For each iota of the creation, however humble, however small, however inert, or however seemingly of the material realm which comes into contact with that which is sacred, is itself

made sacred; it would be more correct to say that the sacred is revealed as being already contained within that seeming object of matter.

But in the limitations of your illusion, where a veil in your mind creates the fiction that external objects, or that which you call matter, is not sacred, it is required that a bridge through your own perception and the sacredness that you hold in your heart and being be made between what you would call the higher realms and what you may call the lower realms such that the lower is uplifted and made sacred.

As you are aware, there is much, much to explore regarding the relationship of the body, but for the seeker to work upon embracing and loving that body, even if, by outer standards, it is disfigured or limited in some medical or other way, the seeker is doing very positive work toward first and foremost the healing of the self and toward gifting the Creator the realization of itself through the plains of that which you know as the material realm, which is your particular stage and playground at this time.

We thank this group for its energy and questions and for taking the time to meet in this circle today. We transfer the contact to the one known as Jim, we are those known to you as Q'uo.

(Jim channeling)

I am Q'uo and am with this instrument at this time. We would ask if there is a query to which we may respond through this instrument?

Austin: Q'uo, I'm curious about the role of intention in polarization. And I'll state two examples to base this question on. One: consider a person who does good deeds but their intention is to polarize so that they can be harvestable; or two: somebody who has a genuine desire to simply help people but in doing so, inadvertently causes harm and disharmony in their actions. How does the intention of the individual inform the polarity of that person's path?

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

We would respond by suggesting that within this third density illusion, which is nested beyond the veil of forgetting that intentions are everything. For you do not know or understand the nature of the reality in which you inhabit. It is of the One Creator. It is completely imbued in every iota of its existence with the One. And yet, this basic fact of unity is concealed for most of your third density companions. And each, as it becomes conscious of the seeking process, desires, intends, wishes to be of service to others. And as you say, many times this results in what indeed seems to be service to others, to the outer eye, to the inner eye, to any observer of the process. And yet, at some point, it may be that such service is just as strongly desired and yet results in what to the inner eye, the outer eye and any observer, seems to be that which is disharmonious.

The intentions in both cases were to serve the One in all things, and in some fashion at the level of the overview, this is always the case, for always is the Creator served by any action, by any intention, by any outcome. And yet at the level of the third density experience, what is the difference when the outcome seems so disparate, so difficult, so disharmonious? That, we may suggest, can never truly be known, for what seems in one moment to be a great difficulty, the product of intention gone astray, yet at some point in the future, for this entity that has suffered this disharmony, may provide it with just that spark of inspiration that moves it forward along the path of service to others and realization of the One within. In both cases, the intention is the most important ingredient, for it is all that you can truly know, what your intention is. If the product of your intention varies across the spectrum from good, to bad, so called, then that is the One Creator serving the One

Creator and the One Creator experiencing what you may call opportunities for growth, catalyst that may be processed in a fashion that produces a greater knowledge of the small self becoming the greater self. For are you not all things? You are the One you teach the One the One learns from you, and you learn from the One. There is no true difference. Is there another query, my brother?

Austin: Thank you. Yes. Throughout the many years that the Confederation has been interacting with our planet, your approach has changed somewhat drastically, spanning from walking among us and manifesting massive pyramids with thought, to what we currently experience, which I understand is [that] the Confederation is hesitant to even appear in the sky as UFOs. So, I'm wondering if you could let us know a little bit about the Confederation's current approach, and what your relationship is with our planet right now. And also how we, as seekers and wanderers can help aid the Confederation in their mission on this planet?

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

We appreciate these feelings of concern and somewhat, we may say, doubt of previous interactions between various members of the Confederation and the population your planet. For you upon this planet Earth are a portion of a great variety of sources of mind/body/spirits who have incarnated here, from many places within the universe about you, and many, many different types of abilities to comprehend. Assistance that has been offered by the Confederation have the unfortunate result of not being able to blend the vibrations of the culture of the time with the attempts of the Confederation to serve various cultures throughout time when walking among you was possible, because of the isolation of cultures, and the rarity of the understanding of the unity in these cultures.

This we did with hopes of offering ourselves, our thoughts, and our perceptions in a manner which might be of the greatest possible service. And yet in our naivete, we were making assumptions that proved untrue as our words and thoughts were distorted in ways that necessitated our continued interaction in other means with your cultures. Thusly as time has progressed and the population of the planet has grown, we have found that the more obvious interactions such as walking among you, appearing in our craft, that you call unidentified flying objects, has been put on the back burner, shall we say. For there has been much misperception of our intentions. And again, our intentions in some cases were misinformed and naive.

Thus, we have taken the metaphysical approach of becoming more what you would say ... we search for the right word here ... unperceived, not clearly visible, beginning to move into realms of the sleep and dreams, in which our presence is but barely perceived upon a conscious level, and yet subconsciously is able to inculcate thoughts within the subconscious mind that are seeds, that grow into a yearning to know more of that which is, that which the self is, that journey the self is upon.

And such inspirations are hoped to become fruitful in the production of the movement of consciousness in its expansion within each entity which we are able to contact in this manner. Of course, as you are well aware, one of the most treasured means of contact that we have with your entities is within groups such as this one, where we were able to speak a philosophy of unity, of love, of light, of direction of service to others, of seeing the Creator in all, of becoming the Creator, of sharing this great knowledge with all those about you. And this is what we treasure most greatly at this time. For those previous attempts at service that we offered had more limited results and positive products. It is something that we have learned for all of life. In each density of experience is a process of learning,

growth and illumination go on forever. And we are also those who learn and those who teach, as are you.

So, my friends, we will say to you, we hope to inspire you in some way to become teachers of others and to learn from others as we learn from you, and you from us. At this time, we shall take our leave of this instrument and of this group thanking each as always, for inviting our presence. We are so inspired to be here among you, who make your journeys through this dense, third density illusion with such great joy, such honor, such perseverance. You are definitely teachers to us.

We are known to you as Q'uo. We leave you now in the love and in the light of the One Infinite Creator. Adonai vasu borragus.

June 9, 2021, Intermediate Channeling Circle

Intermediate Channeling Circle

June 9, 2021

Group question: What did Ra mean by their statement that, "It is as though the infant contains the universe?"[\[1\]](#)

(Jim channeling)

I am Q'uo, and am with this instrument. We come in the name of the love and the light of the Infinite Creator. And we are honored to be called to your group today that we may offer our thoughts upon your question of the day. As always, we begin our conversation with you with a small request, that you take those words and concepts that we offer through each instrument with a grain of salt, shall we say, using those that have meaning to you and leaving those behind which do not. In this way, we are free to speak what is in our hearts and on our minds. For we are not ultimate authorities. We, like you, have gathered a great deal of experience in our journey of seeking the One, and we are happy to share it with you today.

The question you ask is a very large question. The question applies to every entity who has ever incarnated in any experience within the third-density illusion on any planet throughout the Infinite Creation. Each of you is the One Creator in the disguise of a personality that has a certain name, a certain vibration and a unique nature. Each of you is the One Creator. Each of you has the universe of possibilities, of every density of vibration and light within it.

You are perhaps older in your years than an infant, which means that you have had some experience in expressing various portions of the universe that you contain. For you are most carefully and assiduously creatures of the red-ray energy center, which has to do with the very existence of your being within any illusion. You have the capability of manifesting the survival mechanism, and the ability to reproduce other types of entities, such as yourselves. You are those who have built the foundation for your life experience upon the very being and vitality of the universe itself, of the Creator that exists within you.

As you explore your own nature, you see that you have in potential the ability to move the consciousness of your being upward along the energy centers so that you are able to reflect a higher and higher perception and reproduction of the life-giving quality of the One Creator; of the love that has created the universe, and of the Logos that has made your

particular galaxy and has infused each entity within it with the survival mechanism: the ability to be, and to manifest, to learn and to grow. This is your very basic nature. You are the One Creator in microcosm.

And as you seek to move your consciousness in your life experience higher along the energy body, you become that type of entity which is individualized, and has within it an ability, not only to perceive the vitality of life itself but to mold it, shall we say, in a certain fashion that is unique to your own being. You have your own type of expression of the infinite energy, the intelligent energy of the One Creator in your life pattern at all times. As you move through the illusion, that is the third density that you inhabit, you express this unique nature of your being in the way that you move, in the reason that you move, in the fruits of your movement. This is a great way of which you may reflect the One Creator in your life pattern. This is your contribution to the Creator that wishes to know itself.

You have taken a portion of that One Creator and molded it to your own desires, your own abilities, your own way of perceiving yourself and the world around you; of perceiving other selves and interacting with them in a manner which will hopefully allow both of you, and all of you, on that individual one-to-one level to expand your consciousness and appreciation, not only of your own being but of others who have the same type of abilities to express in an individual fashion; their own unique natures.

For you see, there is no other entity like you within the entire universe. You are absolutely unique. And yet, this uniqueness expresses itself within certain boundaries or guidelines, so that though you have similar physical vehicles, each has its own unique nature of appearance and expression. Each of you have unique minds that have general qualities that are much like all other minds and yet, there is that quality of uniqueness that is yours and yours alone. While at the same time, realizing that all other entities have the same quality of uniqueness that functions within certain boundaries of description and function, shall we say.

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

(Kathy channeling)

I am Q'uo. We speak further on this topic of the potentiality the infinity and the love that is one expression of the universe contained within the infant. By its very nature, the infant is apparently in form and in being representing the newness, the just born, just created beingness that you have in your illusion. And then this newness of being is the grand concept of potentiality.

Just as the Creator is the One Infinite Creator, each newborn, each infant has its own infinity reflecting the One Infinite Creator as well. The infant has infinite potential. And through its free-will choices, through its innate love that is also its being, it can reach out into its experience as it grows and becomes itself more and more as it grows. Every moment making a new choice out of the infinite potentials, it carries within it reflecting the infinite potentials the universe contains. The freshness of each moment offers fresh new potentials for the infant to embrace. And the infant being created of, and made of, love and light, can indeed embrace these infinite potentials with a love of life, enabling it to create its own wonders of its own world. For you see this infant is the Creator in microcosm, always one and the One is all.

Each infant has the ability in each fresh new moment to continue a path of creation of its life, and also to change course at any time, at any fresh new moment, incorporating new

wisdom, new understanding, new love, as it grows. The infant possesses this ability from before the time it was born and during the birth, and in all times of its life.

The pre-incarnate choices the infant being made before coming into being as an infant in this illusion reside also within the potentials of the infant's experience and consciousness. And even these can be considered and acted upon using an infinite set of choices with which to process them in life. Seeing this way, the infant containing the infinite universe indeed expands... we may say... the view of an infant as simply a small being expands the view into one of an enlarged idea of the Creator. The idea of approaching and embracing life from the vantage point of love and with the energy of love is most important in your illusion and in any place within the universe. Love, being the Great Original Thought is embodied in the infant and in the universe which it contains.

It is a kind of life blood of existence; an essential quality the infant brings with it into your illusion. And it is most powerful, most essential, most healing as the infant grows and learns to express this love. Love is the quality that enables the most fitting and positive of combinations of potential that the infant may choose as it grows. Love is the great healer.

We are those of Q'uo. We are with this instrument, and we now pass this contact to the one known as Austin.

(Austin channeling)

I am Q'uo and now with this instrument. In consideration of this query, it is appropriate to note that within all of creation, every entity, every being, and indeed, every minute iota of the creation about you, contains within it the entirety of the creation. This is what we have called the holographic nature of the Creator.

In consideration of this perspective, you may contemplate that, within each entity or each iota of the creation about you, with the proper perspective and focus and desire, each of these offers a potential window through which you may witness in quite a direct sense the One Infinite Creator. This becomes true more and more as you witness those entities about you traveling the same path of experience and spiritual evolution as you yourself are walking. For this presents a more relatable relationship, and thus, the window through which the Creator is made apparent is easier to look beyond.

This holographic or fractal nature is right for consideration, for it informs every aspect of the journey of the seeker as she travels towards the Creator. This fractal energy may be viewed in the macrocosm as the One Infinite Creator which offers love and light in the most pure and potentiated nature to its creation which then embarks on a process of refinement of this energy with the Logos accepting this love and light from the Creator and imbuing it with certain properties and boundaries, tinting its color to express Itself in a certain way and offer it further to the sub-Logos. And on and on this light and love is refined.

At a certain point, this energy is accepted by the sub-Logos that you recognize as your local sun body. And we find the query asked this evening quite interesting and relevant. For this sub-Logos that has created the framework of experience for you upon your planet and within your third density made quite a deliberate choice to design the nature of the relationship between the newborn and the parent, or the family or the tribe, in such a way that this relationship is bolstered by the prolonged and needful stage of the newborn's life in which, as you might say, it remains underdeveloped and quite helpless, requiring much guidance and protection and love from those entities with more experience around.

This relationship was deliberately designed so that the infant may demonstrate to the so-called adults within its life who attempt to offer this guidance and protection, that they

might witness the more raw and unrefined energy of the One Infinite Creator filtered through Logos and sub-Logos to then manifest within the living entity upon your planet before this energy is shaped by patterns of behavior, and thought processes and awareness, more indicative of entities further along their life path as that of the infant and the newborn.

When considering this query that the infant contains the universe, you may look to the infant for more understanding of the nature of this statement. For as the energy of the One Infinite Creator is manifest through the infant, it moves the infant's behavior in certain ways that, to the more experienced entity, may at times seem baffling or unintelligent, even silly. Yet, we encourage the conscious seeker to witness the energies underlying the infant's behavior and recognize the primal and potentiating energy behind that which moves the infant.

This is especially true when one witnesses the growth of the child from the stage of the newborn and on through its early years. For this macrocosmic and microcosmic nature of the Creator, and the journey that each takes through the creation, is demonstrated as designed by the sub-Logos (your sun body) and the growth of this child. While the entire lifetime of an entity is spent working within the illusion to open and balance and utilize the energy centers of the mind/body/spirit complex, this progression can be seen in the development of the child, as the newborn baby can only be concerned about those immediate needs relevant to survival. As it grows older, it starts to recognize the individual power it contains and further starts to grasp, in a basic sense, the group dynamic of the family or the tribe. And then further begins to understand what it means to care, to love, and further expression in a true and genuine sense, and understanding the world through a set of ideals. And further begins to recognize the connection between events and people and things.

All of this realization takes place within the first view of what you call years of the child. And as you witness this progression, you may note that it is indicative of the larger progression of the seeker as it travels the long journey of the lived lifetime.

And when witnessing such a microcosm, one may come to understand how to nurture this progression, both in the infant and in the self. For those early years of progression live within the self; and that infant that the seeker once was, is still very much alive and very much expressed within the self. We encourage the seeker to tend to that inner infant. For those raw energies of the Creator that are expressed through the child become molded by the environment around it, both by intention of the family and the tribe, by the intention of the society, and by the accidental nature of other seemingly random circumstances. And so, there is a certain imprint that reverberates throughout the lifetime of the seeker.

Coming to understand the value of the light touch and the gentle nature as one interacts with the small child is valuable, and turning that energy inward towards the small child of the self, and remembering through thought and feeling of the experience, new and fresh, amazing and fearful, warm and cold, joyful and forlorn. These experiences being very basic within the child, they accumulate context and so-called baggage as the entity grows older, but the simplicity remains accessible to the self who wishes to tend to this inner child, and heal, and cultivate this child within that contains the universe.

And so, as one reflects upon the child that contains the universe, one recognizes the self that contains the universe. And those barriers that stand between the self and the realization of the self as the Creator may begin to melt away. And just as the infant expresses, in a raw form, the energies of the Creator, the seeker may gain the ability to

wield this raw energy and refine it with desire and point this energy towards an intelligent expression of service, of love, of harmony and of peace.

At this time, we take leave of this instrument and transfer the contact to the one known as Jim. We are Q'uo.

(Jim channeling)

I am Q'uo and am once again with this instrument. We are most pleased to have been able to express our particular grasp of how each entity, as it is born into your illusion, contains the universe within it and has the potential to experience that universe within each incarnation, within your third density, and further, to continue to express a growing perception of the One Creator and the universe as it moves through each succeeding density beyond your third.

We are all on this journey of seeking the One. And this is where all seeking and serving and choosing and doing and being exists, in truth, within each of you, within each of us, within each entity everywhere, within the one creation. This is the nature of the spiritual journey. We travel this journey with you, and we are honored to be upon it with you. For each of us is as are you, a child growing in understanding, growing in experience, realizing potential, moving into lessons far beyond anything we have ever perceived before and yet, each lesson is a reflection of that Creator within, is traveled in that universe within and without. We are always one.

We thank you once again today for inviting our presence. And we are, as always, most impressed with your conscientiousness in practicing the art of channeling. We thank you for your diligence, your dedication, your love and your joy. We are known to you as those of Q'uo and we leave you at this time as we found you in the love, in the light of the Infinite Creator. Thank you, my friends. Thank you. Adonai vasu.

[1] Ra: Entrance into incarnation requires the investment or activation of the indigo-ray or etheric body for this is the form maker. The young or small physical mind/body/spirit complex has the seven energy centers potentiated before the birthing process. There are also analogs in time/space of these energy centers corresponding to the seven energy centers in each of the seven true-color densities. Thus in the microcosm exists all the experience that is prepared. It is as though the infant contains the universe. – 48.7

June 23, 2021, Intermediate Channeling Circle

Intermediate Channeling Circle

June 23, 2021

(Jim channeling)

I am Q'uo and am with this instrument at this time. We greet you in the love and in the light of the One Infinite Creator, that creator which exists in all people and in all things and in all places. We greet you in that universality of love and light.

We are pleased that you have called us once again today to partake in your channeling circle that we may speak to you regarding those queries which you have for us, that will find their home within your hearts, your minds, and your souls. We ask our simple favor, as

always, that you use the words and concepts which we speak through you in whatever way has meaning for you, and leave behind any of which do not have meaning for you at this time. This will allow us to speak freely, for we do not wish any to think that we are ultimate authorities on any topic that we may be asked to channel through you. We are your brothers and sisters, who are as you, seeking to become more and more the One who is in all.

At this time we shall transfer this contact to the one known as Gary, and we may utilize his instrument to vocalize responses to your queries. We are those of Q'uo.

(Gary channeling)

We are those known to you as the principle of Q'uo, and we are with this circle through this instrument at this time, who, having not been present for the previous circle, seeks something of a warm-up to ready his instrument for the coming question. So we would express gratitude to each in the circle for taking time from busy and often hectic lives to meet together and to coalesce the focus into shared seeking, with no purpose but to help serve other spiritual seekers upon their path. And we also offer gratitude to the one known as Trisha, that she be present in the circle to lend to her energies of support. It is registered and is supportive to each in the circle.

At this time, we would ask if there are any smaller queries to which we may speak.

Austin: Q'uo, Ra said that, at present, the condition of well-meant and unintentional slavery are so numerous that beggars our ability to enumerate them. [1] Could you give some insight into what this well-meant an unintentional slavery might look like, and how we can identify how we might be engaging in this dynamic in our own lives, whether by giving ourselves over to some form of slavery or perhaps unintentionally enslaving others in some way?

Q'uo: We are those of Q'uo, and we appreciate this query for it offers us a substantially wide field to speak to the many tangled distortions and misunderstandings which are so prevalent, indeed, woven into the fabric of your society and your individual identities. To examine this question, which ultimately is the work of the individual upon their path, is to make visible some of the walls of what in your popular culture is known as the matrix. This is not the matrix of the archetypal mind, but that which is connected to your movie and the metaphors therein. Indeed, your peoples, in variously mixed desires, often at the center of which is the desire to control, do indeed create these impositional structures which force or lock your fellow other selves into desired or limited behavior. This can be seen at various levels of your society, from schoolrooms to governments to workplaces. There is great value in collective agreements, boundaries, rules, and codes of conduct, as it were. But there is often a tendency toward the limitations of the full exploration of selfhood, the full manifestation of the uniqueness of selfhood, and the full exploration of the relationship between self-and-other and self-and-society.

One potential lens through which to examine this question is to look at the spectrum between freedom to be and to express and strictures which seek to limit that freedom. This is not necessarily a recipe for the seeking of that which is called anarchy. For it is quite possible in this ideal of freedom to enact and justify that which is of harm to self or other self or to harmony or to group cohesion or to the collective purpose.

And how to process that which seems opposed to such purpose or well-being or that which, however unintentional it may be, creates suffering for others is part of the work of third density. But the more open the structure can be, which can accommodate these

wayward energies, even if the conclusion is the necessity for the boundary, the more that the group or society moves away from this unintentional slavery.

The "unintentional" adjective speaks to the reality or understanding that many within your society would see these restrictions as being of a positive nature. And indeed, in a world of chaos, as it may seem to the self without such order, this would seem to be an helpful way to sequence and structure and synthesize society into a cooperative whole. And while it can create levels of productivity and has yielded both positive and negative fruit, as all catalyst does, we would suggest that, relative to the long road of the ground of freedom, it is akin to the shortcut which the self seeks to impose upon the self through mechanisms of control of that which is not desired.

We empathize with your peoples for the intentions and perspectives are so scattered and multifarious that, without these strictures, it would – we correct this instrument – could be exceedingly difficult to find communication and means of relationship on a collective level among your peoples.

On worlds of greater homogeneity, where the group has moved through their evolution as a whole and is not a patchwork of different planetary populations, it is, shall we say, or at least can be easier and more efficient to create these spaces of free and mutual giving that do not require necessarily strong control structures, that the energies may flow in free relation and free giving. That your planetary population does not share a common lineage makes it far, far more difficult to relate across various cultural matrices. Which is not to say that the work is impossible, for to transcend or rise above these control structures is also to lift the locus of awareness, at minimum, into the green-ray energy center, to make space for other selves, to approach others with curiosity, to support wherever it is they may be upon their journey, to not look upon the other self or indeed the self with judgment or blame, but rather to see, however it is they may be expressing, thinking, or feeling, as simply being a product of where they are on their evolutionary journey. And seeing that even that, if related to with love and healing, may be productive to upward evolution.

Again, in the third-density realm, given the limitations created by the veil, and given that your world is one of mixed polarity, where the intentions of some are to consciously do harm to another and to enslave another, it is exceedingly difficult to find this utopian ideal of free and open exchange with little to no control or boundary. So, you will find a mix upon your planet. But, with greater spiritual evolution, greater – we correct this instrument f – with more and more conscious beings, it is possible to leave behind, even in your mixed world, many of these structures of unintentional slavery in order to build a world rooted more firmly in the heart of free giving and free receiving of self and other self.

May we ask if there is another query at this time. We are those known to you as Q'uo.

Austin: Thank you, Q'uo. When discussing the raising of the kundalini, the process that Ra describes, to me, seems more like a long-term process in which we integrate our catalyst throughout our lifetime, and in doing so, the inner and outer natures meet somewhere in our energy system. In spiritual circles in the New Age community, there's also this view of doing visualizations to help clear the chakras and raise the kundalini in a more discreet, momentary way. I was hoping that you could elaborate on the usefulness of such visualizations to help clear the chakras and raise the kundalini, and how these two different approaches might work together or be incompatible.

Q'uo: We are those of Q'uo, and we thank you for this very fruitful query, for it does speak to the work which is for the spiritual aspirant to do. And as with all work and perception and modes of activity, there is a range from the shallow, surface end to the depths of being and

understanding and work. And this spectrum can and does apply to the field about which you query.

Spirituality, as it is understood in your world, can have surface and superficial aspects. One can, through a quick search, find such “kundalini raising techniques” that offer the self, seemingly, a quick and easy way to raise the energy and open the kundalini channel without the corresponding hard work of seeking to know the self and to accept the self and the goal of kundalini to become the Creator. And one can, as with all opportunities in life, play upon the surface and have a rather pleasant experience. One can work with colors and chakras without the corresponding work on the daily and lifelong catalyst.

What effect this surface work may have is completely individual and variable. It is not impossible that by visualizing, say, the yellow ray center and energy moving into it and through it, that one may come into contact with catalyst associated with that center, and thereby be given the opportunity to work on said catalyst. And insofar as the conscious intention follows through with that working with the catalyst, then the work has deepened.

For the student of spiritual evolution who is engaged in working with their catalysts in their own infinitely unique way of processing through love and acceptance, that which one finds within the self or is impacted by other selves, then one can find great aid in performing these visualizations of the energy centers, of each opening and metabolizing and vivifying and energizing the energy, and allowing it to pass upward to the next energy center in sequence. And working on the self in such a way that the self tunes the instrument, clearing the pipeline, as it were, bringing light and wholeness into the being.

For this is an exercise also in concentration and focus. And in this focus, one is turning within and is releasing the attention from the distractions and the wayward desires which fill your people's minds on a day-to-day basis. And that alone is of great value to the seeker, that time may be carved out to spend upon this work of raising the kundalini.

We are not sure if we have spoken to the fullness of your questions, so, through this instrument, we would ask if there was any other unaddressed nuance in your query? We are those known to you as Q'uo.

Austin: No, I think that you covered it pretty well. Thank you.

Q'uo: We thank you, my brother. And at this time, we would thank this instrument for its service and transfer our contact to the one known as Kathy. We are those known to you as Q'uo.

(Kathy channeling)

We are those of Q'uo, and we are with this instrument. We may ask if you have a query.

Austin: Q'uo, I have a question about raising and teaching children as parents, family, teachers or otherwise. For seekers on the positive path, one of the most difficult dynamics in raising children is the desire to allow them freedom of expression and exploration and allow them to be free while also wanting to place boundaries that allow them to grow up to be well-adjusted responsible adults. So, I was wondering if you had any advice for this tension or dynamic between allowing children to express their freewill and needing to place limitations upon it as we raise them.

Q'uo: We thank you, my brother, for your query. And it is not completely unlike the previous query about the dynamic between individual freedom and constraints that may create, unintentionally or intentionally, a form of servitude or slavery or non-freedom. And the same continuum exists when it comes to the subject of child development, child raising.

When considering the development of the child and all children, we first refer you back to a query in a previous channeling regarding the topic that the infant contains all the universe within it. So, referring back to that idea, we realize once more today, that each infant growing into childhood and upward into more mature states and then in adulthood is starting from that point of the infant containing all qualities of light and love placed in it, the qualities that would embody as it grows, the states of freedom, independence, growth in the purest sense, growth as the child becomes itself, creating itself as it grows.

This is a form of becoming the Creator. It is present even in the child who may not be conscious of becoming the Creator as it is more aware of becoming itself. But this process is a growth that takes a linear form but also a spatial form outward into society. And indeed, many of the well-known scientists and sociologists and psychologists who have studied the phases of childhood have delineated the patterns that generally occur across all children as they grow and mature, that begins with that openness that we touched on briefly, of the infant containing, in potentiality, all of the universe in all its qualities, all its understanding.

And as the child grows up from the stage of infancy, its growth coalesces along the lines of these patterns that are general and in the collective, but also along specific lines of development that will bring into expression the uniqueness, the specialness, of that individual child.

It is of utmost importance for parents, teachers, caregivers, adults, all in society, really, who are also models by example, for all of these older wiser ones to realize this continuum that your query speaks to of individual expression and individuality in its complete form versus the other end of the spectrum of control, often seen as power over the individual child. Just as was answered earlier in the previous set of queries, it is unwise, as most would agree, to exert too much control over the developing individual child, as this would stifle and prevent important phases of growth and developments within that child emotionally, mentally, and even physically. This would not be according to the light and love that the child is made of. At the other end of the spectrum, the allowance of too much individuality with no constraints would also be harmful to the individual child.

So, it is important to find the perfect balance, which is an ongoing daily part of what you may call the art of living in every moment. The caregiver, adult, or parent, or other relatives of the child, if they can be aware of and sensitive to the best of this balance for that child, the allowance of them to be who they are, while also setting appropriate rules or constraints upon that child so that they grow, as your query expressed, up to be a responsible person when they are older. Responsibility to oneself and to other selves and to society at large is part of love - love of self and other selves. Responsibility is a positive quality.

So, those rules and constraints that are wisely and lovingly put in place for children to abide by, and teaching them how to abide by such rules in a happy way, while also becoming their true nature as they grow, discovering that nature, bringing it into being, connecting it to other selves and to activities and even future professions, is a happy way for them as well. And you can see examples of this - the well-raised child who turns into the responsible and caring and happy adult, who in turn can pass this on, this nature, onto children in a parenting role.

We may also say, however, that some times when a child has had, perhaps, either too much freedom, knowing no rules, or too many rules, stifling their growth, that in the way of resilience, such children often can realize, as they are older, what quality of child raising they received, what they may have been missing, and actually grow in awareness and

maturity and toward their own health and balance, through that seemingly negative experience of child raising.

We want to emphasize that we do not think to condone negative types of child raising, only to say that, should it occur with an individual child, it can work toward that child's growth in a way that benefits that child as it grows up. And that grown up person can, using its awareness, using its own healing, can help others who also experienced something of that similar type of childhood environment.

So we say all can work together for good, even when childhood environments and parenting do not always contain a perfect balance, as we are alluding to, in all moments. It would be wise to strive for discovering, as a parent, what that perfect balance would be and let that be reflected in the day-to-day and overall raising of the child, for that will most often produce the happiest results for everyone.

But in the absence of being able to provide that for a child, it is wise to also remember that each child is exposed to and has exposure to a wide diversity and variety of adults and situations, and learns from all of this exposure. Each child has indeed that universe within it, including the ability to tap into wide eternal infinite resources on the inner levels that will enable that child to grow into his true self, even when the most perfect balance is not provided for that child.

We are with this instrument and ask you if there's another query?

Austin: Thank you very much, Q'uo. Can you tell us what are angels, and what role do they play on our spiritual journey?

Q'uo: We thank you, my brother, for this query. And we will address at least some of what could be an answer to what is a very broad question. Angels can be seen as aspects of the divine nature of light and love of the Creator, aspects, some of whom have not incarnated, but who remain in the state of light, whose role it is to assist, in positive polarity, those who need assistance. At the highest levels, angels may assist a collective, a group. They may also assist individuals. It usually is an assistance that is asked for, is called upon. And through the positive powers of light and love, they may respond to that calling.

Other types of angels maybe also referred to as those in between lifetimes on your planet, who may be asked, to what they would refer to as the divine voice, to assist a self and other self in need, so that that person is saved, for example, from an accident or a drowning or being caught in a deadly snow storm, for example, so that those other selves can continue on the life journey to offer what their soul had planned to offer in the world.

There are known to you on your planet the ones referred to as archangels, who, in your spiritual and religious history, across cultures, across religions, have appeared with the power of light to assist in various ways according to their specialties, whether it be healing or defending, for example. These can be called upon by individuals, but it is known that, in your history of religion, that churches and collections are—we correct this instrument—groups of churches may call upon such angels in their specialty. These also are aspects of the Creator of light and love.

Finally, angels are sometimes referred to as such when speaking of those entities whom you call the ones departed from Earth who are loved ones who may play a role of lovingly assisting their own relatives. Otherwise known as spirits, nearby inner planes guides, they are sometimes referred to as angels, for they do sometimes do the work of angels, as they are between lives and answering your own particular calls for assistance or understanding or guidance or even healing. Sometimes an angel may take bodily form to perform an act

of assistance. And sometimes people may refer to other selves who are particularly loving and kind as angels on Earth.

One thing we have expressed through this response to the query is that all types of angels are acting with love, compassion, and the power of the light to assist. Some have heard their singing. Some have felt their presence. Some have asked for help and have had help come that did not seem to come from other selves in living body. And therefore, we suggest that that is how we know angels do exist and do assist.

Is there any part of the query that needs further addressing?

Austin: No, thank you, Q'uo.

Q'uo: Thank you, my brother. We are with this instrument, and we now pass the contact to the one known as Austin.

(Austin channeling)

We are Q'uo, and we are with this instrument. We offer our gratitude to this circle and join you in your hearts, as we find that, as this circle gathers, the shared desire and continued diligence of refining your intentions to serve through this means of channeling creates a foundation or a stage upon which we may join you. And as we exercise each instrument, it is as though we dance upon this stage that you have constructed for this purpose. In joining you in this service, not only do you allow us to fulfill our great desire to offer our beingness to your planet, but we also find immense joy in joining you in this dance. And we hope that this joy is shared among your circle as well. And so it is with great joy that we ask if there is a query to which we may speak.

Gary: When one is serving as an instrument, it's difficult to know fully what has come through them until they see the transcript. But nonetheless, I wanted to offer gratitude for that which came through Kathy, because it was so good, and I felt like her instrument was able to pick up the slack to my questions.

And through her, you spoke about power over others being part of the unintentional slavery dynamic. My human brain was chewing over that for a little bit. And I wanted to reflect that there's probably another few key areas in society that can be highlighted, including, like the way marriage is practiced as a power over-to-other dynamic, and our financial system, particularly with credit issuers and debtors, and our employment system, too, are probably three huge areas of unintentional enslavement.

Q'uo, in this theme of the individual's relationship to the collective, there is a dynamic tension between individual freedom and collective responsibility. And lately on this planet, we've had some drama around policy made on a collective level by representatives for the collective which seems to be for the benefit of the collective, is seen by some to be impositional or control-based or even tyrannical for individual freedoms. So I'm wondering if you could speak about the proper balance between individual freedom and the individual's responsibility to the whole of which they are a part.

Q'uo: I am Q'uo, and I am aware of the query my brother. Indeed, from our perspective, we witness upon your planet a collective catalyst experienced with great vividness in recent, what you call, times. And in our perception, we find that this catalyst, correlating to the query you have offered is indeed somewhat designed to test these dynamics and apply a certain type of pressure to each individual and to the global collective as you experience it. There is a difficulty in addressing such a query in a clear sense due to the great variety of perceptions as they relate to the specific collective catalyst that you all

have experienced. And so, we must speak, both to the effects of such a varied collective perception, as well as to the more general dynamic expressed within your query.

By nature, the third density is such as a dark room in which you, the individual seeker, are attempting to assess the layout of this room and, in a sense, build a life within this dark room, utilizing only the fickle flame of a small candle, in which only certain aspects of this room are available to your perception at any given time.

If we extrapolate this analogy into the dynamic expressed within your query, you are within a very large and very dark room with many other people, each with their own sources of light, their own flickering flames, with which they use to determine the layout of this room and also attempt in such darkness to find some cohesion between the self and the collective of other selves. The difficulty presented by this is that each individual may choose quite freely how their candle may be used, where they may point this light, whether or not they may combine their light with others. And because of this very scattered dynamic, some individuals may, through piecing together the incomplete glimpses of this dark room, a certain picture that is completely at odds with the picture collected by yet another seeker. And when these two seekers meet and share their findings, the stark difference between what they have discovered can be alarming or disconcerting, and, for many, creates a need experienced by the self to defend that which they have seen and collected for themselves, for it is upon this basis that they have built their entire relationship with this room - that being their life experience within the third density.

And so, these two individuals, which in reality upon your planet are billions of individuals, may both have a desire to practice some form of responsibility towards the collective and have a willingness to sacrifice some of their own individual desires or needs or beliefs in order to participate in a harmonious collective. Yet, when certain worldviews are so at odds, it is possible that, though multiple individuals share the same willingness to come together and meet upon shared ground, the shared ground cannot be found. And their willingness cannot connect with those around them.

We encourage each individual seeker to consider this dynamic deeply, for we find that when this difficulty of connecting rears its head, even some of the most intent seekers find themselves less willing to offer their fellow other selves the benefit of the doubt and choose to ascribe all manner of ill-intent or ignorance or faulty perception, and through such projection, further divide their ability to relate to other selves and other selves' ability to relate to the self.

This is a dynamic that we find has been exacerbated upon your planet in recent years. And we offer to those considering this dynamic our encouragement and a touch of light by indicating that this is, indeed, a part of a process in which there are now energies available to you as a collective upon your planetary sphere that strengthen your ability to connect with others and to come together as a unified peoples. Yet the availability of this energy, when presented to a collective attempting to sort through the unconscious distortions that have gripped your societies so strongly throughout millennia, that these dynamics must be accentuated so that then they may be seen with clarity.

We suggest that the strongest and most effective approach when considering this is to remain centered within the heart as you consider other selves with seemingly offensive or even dangerous views of reality and, when possible, offer other selves the benefit of the doubt and recognize that, though they may seem stubborn, there is a shared willingness to release some level of personal attachment to a view of reality and come together. And if this is fostered and acknowledged and continuously touched upon in such seeking, it may grow and blossom as a flower in a garden that is given due attention and water.

To speak briefly upon the more general dynamic posed within this query, we may point out that the third density is intentionally designed to put the individual into a relationship with the large collective—not simply the smaller tribe of family or what this instrument is familiar with as the “monkey bubble,” [2] that which is an animalistic connection to the tribe around one—but to a great variety of entities that one may never interact with in the real life.

But one is aware that there are a multitude of such individuals scattered across the planet, and that, though they exist in what seems to be an insurmountable distance, there is still a direct connection through the collective unconscious, and within this connection is the potential for shared love despite this lack of closeness or familiarity. The individual is placed in this position within third density to explore the types of questions that this query poses and push the individual to both allow the collective to influence it and for it to exert an influence upon the collective.

This is a process of stages, as we witness among those individuals who walk the path of spiritual evolution, whereby entities may fluctuate in some manner between a desire to strongly establish their individual rights to exist and to be as they believe to be right, against the collective, then fluctuating towards the view of a strong responsibility to serve the collective and to be a part of a larger humanity than is contained within the individual self.

We cannot speak to the specifics for any individual attempting to reconcile this fluctuation and find a balance between these desires, except to say that, through this process, a growing sense of self-knowledge and individuality may strengthen one's relationship with the collective rather than sever it, if through that individuality one finds the individual desire to share love and to serve and to relate on a more fundamental and light-filled level. And so, these two perspectives may come into harmony whereby an individual may establish themselves as both independent of the collective yet also within the collective, shining their individual light in a way that is both received and appreciated by the other selves about one.

This is a long and difficult journey for many seekers, and many of you have been exploring this path for many lifetimes. And so we encourage the seeker attempting to find their individual selves among a vast collective to offer themselves patience as they find success and failure and stumble in their stride to find this balance. You are not expected to be perfect in your self-awareness or in your awareness in relationship to the collective. The most important aspect of this dynamic that we perceive is the constant attempt to learn from the tensions that one finds in exploring this dynamic and to continue to foster a sense of tenderness and love towards the self and towards other selves.

Is there any further query at this time?

Gary: That was illuminating. Thank you, Q'uo. I've got another spontaneous one. In a similar vein, Ra described that the impact of the increasing fourth-density light was such that, for some entities, instead of moving upward into greater collective and green-ray considerations, they experienced something of a regression or reversion, in my paraphrase. That is, they reverted to considerations of self and the orange ray. Ra added that there are many upon our plane in this state at that time. [3]

Can you speak to how that particular input affects the collective soup at this time?

Q'uo: I am Q'uo, and I am aware of the query, my brother. We appreciate the scope of this question as it relates to your present condition, for we find that, in the time since those of Ra offered this perspective, the dynamic at play has increased upon your planet, and even more fourth-density light is becoming available. And thus the condition described by those

of Ra increases, both in the positive or beneficial aspects or in the seemingly difficult aspects of individuals reverting to more primal stages of development and perception.

To speak to the effects of this dynamic upon the so-called collective soup of your planetary sphere, we point to what seems to be, to this instrument and to many others, a growing polarization among the collective need to organize, also called the political realm of your society, as well as the ever-present streak among your peoples of fear about the state of your political world or your world in general.

The fear and polarization is not a new dynamic, for we find that it has been present ever since the first forms of government or collective society have existed upon your planet. Yet, as your planet is now more connected and varied in government and society with the addition of this fourth-density energy, we find that it is indeed stronger than ever in the history of your planet. And yet, as we spoke to within the previous query, this creates a certain accentuation so that your peoples, as a collective, may see more clearly that this reversion, which results in greater fear and greater polarization among social perspectives, is an aspect of your society that needs addressed. Though there are many differences in perspective among the many various factions, we find that the awareness of the need and desire to build common ground is also stronger than ever upon your planet.

And so, through this greater impact of fourth-density energy that may create a reversion among individuals and groups to more basic expressions in the lower chakras, the fourth-density energy also offers its light in terms of a shared awareness of what is happening. And through this reversion, as the individual's worldview shrinks and focuses more towards the individual or towards the close tribe, this focus offers its own catalyst that, if inevitably utilized by the individual, the fourth-density nature of this reversion may become clear, more so than in your planet's history. And through such a reversion, the individual may experience somewhat of a death and rebirth, as the catalyst generated by this reversion becomes increasingly harsh and chips away at the individual that experiences the reversion.

The strength of this energy that generates this dynamic is correlated also to the potential for transformation. And thus, you may see that this dynamic described by those of Ra may seem, in a sense, undesirable, it is, in fact, a great opportunity; and though a moment like your present may seem to generate despair, it will ultimately, we believe, result in unprecedented and unexpected transformation of collective will and collective purpose shaped upon the foundation of the love and understanding innate within these fourth-density energies that bombard your planet at this time.

You may, as seekers, open yourselves to this energy and allow it to potentiate your actions and find guidance within it, for this energy or light, as it is filtered through your Logos and your planet, weaves together the intelligences of those beings and your collective, and generates a potential social memory complex to form that you may aid by allowing yourself to place your faith in this process and in this loving and intelligent light that is available at this time.

We are those of Q'uo, and at this time we take leave of this instrument and transfer the contact to the one known as Jim.

(Jim channeling)

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

Gary: Q'uo, could you elaborate on the relationship between mental concentration and silence/stillness? Is the former a prerequisite for the latter?

Q'uo: I am Q'uo and am aware of your query, my brother. The type of mental concentration that is necessary to produce a stillness within the mind, within the body, that opens unto the spirit is a type of concentration which focuses the mind upon a single point that may become the All in All, shall we say.

The concentration that focuses consciousness through the mind to be experienced as stillness is a concentration which calls upon the seeker of truth to release all attachments to the outer world for the time of the experience of the focus into one point so that there are no extraneous requirements or experiences that the seeker is subject to for the period of concentration.

This type of focus may be likened unto the overall nature of the spiritual journey for any conscious seeker of truth, for as you move through your third-density illusion, there is much that is extraneous to the purpose of seeking and serving the one in all the various types of control that you have mentioned earlier. Through the political, the social, the religious systems are those areas where there is a kind of enslavement of the mind to that exterior purpose of various institutions and entities which would remove the ability to focus one's spiritual journey in a manner which allows an entity to express its inner awareness of the Creator within the self and within all other selves. The spiritual journey itself is a focus of extreme precision that recognizes that the One Infinite Creator exists in all, that this is to be recognized as the foundation of all creation and of all consciousness.

As the seeker of truth begins to take within itself the responsibility of expanding its service to all, it may focus its attention, not only in the meditative state to create the quality of stillness that reveals to the self the greater self within and within all, but also it sees the greater self expressing itself in many and varied ways in the illusion about one, in the formation of groups and institutions with purposes, far and wide, spread out upon the horizon of the illusion around all. It is for the seeker of truth to attempt to place all of the illusory facets of the One Creator into a context that focuses upon the heart of each entity being a funnel or channel for the love and the light of the One Creator. All else is as but confusion and superstition, shall we say, the superstition of the importance of the outer world, the mundane world that so often distracts the attention of the seeker from the one point that is the Creator in all.

This type of concentration of the spiritual journey and the meditative state is that greatest realization that comes from the continued practice of the focus upon the purpose of the meditation and the incarnation as being the same. For each of you has, within your heart of hearts, the ability and the desire to release that unconditional love in a manner which enhances the process of evolution, not only of the self, but of all other selves around one.

This is your great challenge, my friends, for there is much within the third-density illusion that distracts the attention, that spreads it far and wide, beyond any boundaries of useful experience or utilization. Here within the one-pointed focus, within the stillness of your mind, within the stillness of your consciousness, within the stillness of your heart, you have the ability to release the infinite love and light of the One Creator in a manner which shines a light, clearly and brightly, for all to see and feel and be inspired by, to do the same. You are your other selves; your other selves are you. You are all one. And you focus this oneness of the creation when you meditate, when you experience the incarnation as a meditation.

Is there a further query, my brother?

Gary: Yeah. I'm glad, Q'uo, that you said religious systems in there, too, because that would have to be in the top five of unintentional enslavement. But while we're on that theme of slavery which has spontaneously arisen today in this session, I had a planned

question that connects to that. It's from our friend Jonathan, who writes: "I'm very appreciative of Q'uo and the information shared that continuously helps me and others on our spiritual path. Due to the distortion of slavery, African Americans do not have a 'home country' or origin story where we can trace our roots. Could Q'uo share any history, origin, and/or group information about African American peoples on our planet? Was the lack of history/origin story in this physical illusion a preprogrammed catalyst for spiritual growth?"

Q'uo: I am Q'uo, and I am aware of your query, my brother. The African American entities within your current culture were brought to this country in order that they might serve as slaves to promote their masters' financial abundance. This was at a time within your world's experience that there was much barbarism on all levels of cultural experience that was seen as a normal means of dealing with those who were considered expendable and usable because they were less than their masters, less than human, less than the Creator. There was much distortion and illusion within this type of perception that was rampant as a normal means of relating to those who were seen as expendable and slaves.

The origin within the African nations of these particular entities is that which is beyond most ability of any current religious or mystical system of experience or perception to be truly able to understand. There are many sources of third-density races and cultures beyond the third-density Earth which have provided these cultures and races an opportunity to try, once again, to move into the harvest into the fourth density of love and understanding. We find that there are, within many such cultures and races, such as the black cultures of the African nations, the previous experience of having found their own experience upon a third-density planet that did not make the graduation because of the lack of ability to see the Creator in all other entities. Thus, there was the determination upon the part of these entities to attempt to make reparations for their inability to see the One in all upon their own third-density planets. It is interesting and synchronistic, shall we say, that the reparations that were seen as necessary within this third-density planet called Terra or Earth, that the entities would need to experience the same type of difficulties that they had experienced and been responsible for amongst themselves upon their original third-density planet.

And now, this cycle has come full turn, shall we say, so that the great amount of suffering in slavery that the African American entities have experienced within this country for the last 400 years is that which now is in motion to seek reparations for their own difficulties here, which have been much like that which they experienced and created, shall we say, upon their own third-density planet. These reparations are seen as a means by which there shall be an equilibrium achieved, so that all may be made well, that all may be made as one again, that the separations that occurred within previous life experiences may be healed, may be given an opportunity to flourish where there has been no opportunity or a great lack of opportunity in the past.

This type of balancing of the scales of justice, shall we say, of the love and the light of the One Infinite Creator is that which is hoped shall occur upon all levels of government, from the local, to the state, to the national, to the worldwide experience of all races and all beings, so that this may become a signal event and give to all entities on Earth the greater view, the expanded overview of all entities as being the One Creator, with the rights, that are equal to all; that the responsibilities are equal to all; that the opportunities are equal to all; that all entities may see that they see their other selves in any other entity they perceive; that there are no racial boundaries any longer that separate, that allow one entity to have dominance over another entity; that there is the ability to give the self to the other self in a type of repairing a tear in the garment of unity, which we all wear unbeknownst to most, for we are all One.

There is the necessity that this unity of every entity on Earth be recognized and the reparations now sought upon various levels of community are a symbolic and yet much-needed practical means of achieving this type of repair in the garment of unity. We are observing this experience and are hopeful that all within this culture, in all cultures on Earth, can see the equality of all coming from the reparations for those who were not given the recognition of their equality with all.

At this time, we shall thank each entity for participating in this circle of channeling. And we are most grateful for the progress that each channel has made in reflecting our words and concepts in a manner which is accurate and is that type of communication which we find is enhanced by the open heart and the open mind that we see so much in evidence within this group. We thank each of you for inviting our presence today, and we look forward to our future times, as you would call them, in which we are once again joined together in learning the art of channeling the One Infinite Creator through our being, with every thought, with every word, and with every deed.

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

[1] Ra: There was no unconscious slavery, as you call this condition, [in pre-veiled third-density societies]. At the present space/time, the condition of well-meant and unintentional slavery are so numerous that it beggars our ability to enumerate them. – 83.12

[2] More appropriately called “monkey sphere,” also referred to as Dunbar’s number. A concept from evolutionary biology that suggests that humans have a biologically derived cognitive limit to the number of people with whom one can maintain direct and stable social relationships.

[3] Ra: The appropriate true color for third density is, as you have ascertained, yellow. However, the influences of the true color, green, acting upon yellow-ray entities have caused many entities to revert to the consideration of self rather than the stepping forward into consideration of other-self or green ray.

This may not be seen to be of a negatively polarized nature, as the negatively polarized entity is working very intensively with the deepest manifestations of yellow-ray group energies, especially the manipulations of other-self for service to self. Those reverting to orange ray, and we may add these are many upon your plane at this time, are those who feel the vibrations of true-color green and, therefore, respond by rejecting governmental and societal activities as such and seek once more the self.

However, not having developed the yellow ray properly so that it balances the personal vibratory rates of the entity, the entity then is faced with the task of further activation and balancing of the self in relation to the self, thus the orange-ray manifestations at this space/time nexus. – 41.14

Intermediate channeling circle 7 July, 2021

Group question: What does it mean when Ra says that the great virtue and the great handicap of third density is the rational/intuitive mind? 1

(Jim channeling)

I am Q'uo, and am with this instrument at this time. We thank you, as always, for inviting our presence in your circle of seeking. We are honored to be part of this journey. We would ask, as always, that you grant us the simple favor of taking those words and concepts which we share with you today and use them in whatever way has meaning for you. If there are words and concepts which at this time have no meaning for you, then please set them aside. We do not wish to present any stumbling blocks to you on your spiritual journey. If you will do us this small favor, then we may speak freely with you.

Today, you ask a most interesting question, especially from the third-density point of view. How can what you call the rational and intuitive mind be both an aid and hindrance in the spiritual journey of the third density entity? This is full of paradox, my friends, as a concept for the consciousness, the mind of the One Creator, is that mind which has created the octave of densities which you are now traveling within. The desire of the Creator is to know Itself. Thus, the octave of densities gives it the chance to move in an ever more intelligible form or manner through these densities, and provides it with more and more opportunities to gain this knowledge as progress through the densities proceeds.

The simple awareness of being, that is the primary quality of the first density, is that simple beingness of the Creator that is as yet without movement or any type of personal identification. It is that which is the foundation stone, shall we say, of further progress within the densities for the Creator to become more and more individualized as it is in transit, shall we say, from first to the second density, where there is the movement in growth potentially possible for what you would call plants and animals that inhabit this level of being.

It is a primary feature of such second-density creatures that they are still much aligned with or congruent with the cosmic mind of the One Creator, and utilize what you may call, an intuition or perception of their own nature, and ability to grow in this conscious awareness, that results from intuitive perception. Thus, there is, at this point, that quality of being that begins to become more and more individualized.

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

(Austin channeling)

I'm Q'uo and am now with this instrument. Just as each mind/body/spirit complex progresses through its own journey throughout the octave, so too does the sub-Logos or sub-Logoi partake in their own progression. The query presented today speaks to the perhaps most formative point upon the progression of the sub-Logoi as they evolve and learn, taking the light and love of the Infinite Creator offered to it through the Logos, and refine this light to offer an experience to the further sub-sub-Logoi. This formative event is that which defines your journey within the third density, and that is the implementation of the veil of forgetting. In more relevant terms, this implementation of the veil may be said to be the making complex the mind, allowing for the potential of a conscious and unconscious portion of this primal aspect of the self.

In considering the expression of this now complex mind being identified as the rational and intuitive mind, we encourage each seeker to consider and imagine the life of the second-density entity. We find among your peoples that this is quite a difficult task, for upon this stage of your collective journey, the complex mind has developed to a point where the story of self within the universe, as a separate aspect of this universe is so engrained and so profound that it is easily projected outward onto other aspects of the universe. And

especially so when considering the consciousness of those second-density entities about you. We encourage you to stretch the capacity of your imagination in dissolving this sense of self—the self that recognizes its own story within the universe.

And when considering the life of the second-density entity, particularly those existing within the natural world and possessing similar biological capacities as you, that being similar neurology and what you call a brain, we encourage you to imagine the life of this entity as it exists in the natural world. This entity has no story of self within nature, for the story of self for this entity *is* the story of nature.

A second-density entity does not consider itself in any capacity, but instead is moved and pulled by what you may call instinct and reaction to the environment about it in a way that does not question the propriety of its behavior. For the second-density entity, life is simply life and it is moved as it is moved without consideration from the perspective of the third-density entity.

This might seem like a great blessing for the second density entity, for there is little worry. There is no need for the second-density entity to consider questions about itself, about the life that it lives, and about the world around it. There is a certain blissful existence that persists. Even though the second-density nature may at times seem traumatic, violent, and destructive, these aspects do not influence the entity in a way that it becomes part of that entity's story of self. The second-density entity is merely shaped in instinct by those events and continues upon its path unaware that it exists as a distinct aspect within nature. In considering this existence of the second-density entity, you may begin to understand why such an existence might seem preferable, and how the loss of this innate understanding of the self as part of nature might be described as a handicap.

Yet, as this entity evolves into third-density and the mind of this entity becomes complex, the entity may then consider the self in a new light, and for the first time, turn its awareness inward. Recognizing that its movement, its instinct and its worldview may be examined, and contemplated, and shaped to change based upon thought alone. This capacity requires that the mind be made complex and certain functions made distinct. Those functions being identified as the rational and the intuitive mind when this complexity is introduced to the mind of the self, that self may then consider any aspect of the creation about it, and within it in an abstract way, no longer does an experience move through the entity without consideration. Instead, experience is collected and remains with this entity in a way that may be drawn upon and considered.

And as this process unfolds, the entity develops what you may call will, and an understanding that the energy within it that potentiates movement and behavior may indeed be directed and altered, and each experience becomes something that may transform in a very conscious way. This my friends, is the highlight of the third density. The ability of the self to understand that this self has the capacity to choose. And what will be that choice?

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

(Trisha channeling)

We are those of Q'uo and we are now with this instrument. As has been stated, the movement from second to third density allows for a wider and more colorful incarnational experience for the entity. The term, density, is appropriate in that the amount of opportunity, and for lack of a better word, experiential information becomes more dense as one progresses from second to third. With this density, the entity can feel a weight, if you will, a noticeable difference in pressure, in influence, in consideration.

As was stated before, the entity that has moved from second into third density is presented with the ability to engage and/or create for itself a story and identity that is simultaneously collective and united with the all while separate and inward. This is via this vehicle known as the rational mind, the intellectual mind. The idea or the concept that this vehicle can be a gift and hindrance is one that, we imagine your people feel immensely at many times in your incarnational experience.

Take for instance your second-density other selves, the flower in your backyard, the butterfly on your windowpane, that they do not self-identify inwardly, but rather act via process and instinct. These tried and true methods that have evolved for them over time for self-sustainment, for each incarnation, for each vital period. And that may seem at times to be an easier incarnational experience, one where the self is perhaps seen as having only one choice, and that being the instinct, the ability to only identify self in the scheme of environment and in moment to not create a larger narrative. The third-density entity may see this process as one that frees the second-density entity from responsibility or difficult emotional experiences as you may see them.

However, that choice that is presented to the third-density entity as it moves and progresses ever forward is a powerful gift. For you see, the second-density entity needs not to make sense of where, and why, and how. That is not to say that the second-density incarnational experience is devoid of vibrancy, and color, and opportunities for learning. However, the saturation, the width of full experience of being the Creator is measurably different than that of the third-density entity. The third-density entity has the opportunity to realize itself within this illusion more fully.

And with that, can come the beautiful and painful gifts, which some may believe can also include hindrances, obstructions, difficulties. For there are no mistakes in this process, the stories the rational mind can create for the third-density entity to make sense of the incarnational experience can be fuel for spiritual evolution, for growth towards the next density. Especially that choice of service, of working in love and in unity as an extension of the One Creator.

And with that responsibility can come a great variety of opportunities to make or color that choice in ways that may feel like emotional and spiritual stumbling blocks—the stories that can lead to those moments of pain, that can influence actions, that incite or inspire relation with self and other self in ways that are catalytic, as you may say.

The third-density rational mind is quite beyond scope, in terms of measuring its ability to explore the Choice. The choice can be infinitely explored in all areas, in all directions through innumerable reiterations of purpose, of meaning, of intention.

We again stress that this rational mind is a gift and hindrance in that— we correct this instrument— and we would also invite the entity to see how hindrances are gifts in and of themselves. These opportunities to look inward, and grow, and evaluate motivation. Evaluate one's position, and relationship with self and other self and with the Creator, to have the opportunity to see everything within your illusion as either “other” or as a fraction of the greater, larger all. And those hindrances though painful they may be, though you may often feel like the rational mind creates more trouble than perhaps it's worth, we would stress that the rational mind provides a whole new color spectrum or lens through which the many facets of experience can be internalized.

This instrument is struggling to maintain contact and is worried she may be driving in a roundabout repeatedly, but we thank her for her diligence. And thank the instruments in this group for providing her this opportunity.

And we shall now take our leave of this instrument and transfer contact to the one known as Kathy. We are those of Q'uo.

(Kathy channeling)

I am Q'uo and am with this instrument at this time. The experiences of growth and evolution relating to the traversing through and advancing within the densities, from second density into third density and upward, is a most important concept to explore. Especially, when examining the idea of the development of and use of the rational mind and intuitive mind, and the space of between second and third densities, and in the third density itself. For this is where the awareness blends with consciousness of choices made through free will, developed in the third density. The rational and intuitive portions of the mind act as both filters and operators of these free-will choices that entities explore as they grow in the third-density experience.

The rational mind, as was previously stated, is both a gift or virtue and a hindrance, depending upon the awareness of these faculties, and the choices, and using them. The same could be said of the intuitive mind. These aspects of mind, intuitive and rational can be seen as opposite sides of the coin, we may say.

Where one may employ—we correct this instrument— where one entity may employ through free-will choice, the rational mind, only emphasizing that faculty as primary or dominant over an intuitive aspect of the mind, an entity could predispose itself, and its choices, and its incarnational experience toward experiences that reflect more hindrance in outcomes.

An entity may learn from this over-selection of rational-mind thought to include a more nuanced use of that faculty, realizing as awareness grows, that a blending of the rational with the intuitive, and a variety of proportions or degrees according to the situations in which the entity finds itself, is the point where an entity begins to learn and employ the full spectrum of mind, balancing rational with intuitive for they are not exclusive of one another, these aspects of mind.

In fact, the rational and intuitive mind when blended in a perfect balance, represents the idea of virtue, a virtue or gift attained in the third density, worked on and polished through countless incarnational experiences of learning and growth, ever reaching toward wisdom, ever reaching toward love and understanding. The rational and intuitive aspects of mind are represented physically, emotionally, mentally and spiritually in the third-density entity as in a portion of the brain known as frontal lobes.

These frontal lobes physically connect with the mental and spiritual part of the entity represented by the indigo energy center, the center of the developing higher understanding and wisdom in the entity. In the journey of development, the entity takes through the densities second, third, toward the fourth density, is the journey of the upward development including and harmonizing of the energy centers, from red, orange and yellow, green, blue and up, to the indigo energy center. This blending for the greatest development of the entity on all levels of being, physical, emotional, mental and spiritual culminates in a certain way in this energy center you call the indigo energy center.

The rational and intuitive mind aspects can also be seen as light and love combining. When these aspects of mind, rational and intuitive, are blended in appropriate and helpful ways, it is the work of the entity to direct its will—we correct this instrument—to learn to direct its will toward these harmonizing uses of aspects of the mind so, that the experiences become joys and expressions of true learning toward the higher choices of free will.

In such cases, the virtue of the gifts of these aspects of mind, becomes more and more apparent and predominant marking the growth upward of the entity. Every hindrance can be seen like catalyst to be learned from, to be incorporated in the learning experience spiraling upward toward the harmony of being at the higher and higher levels, and becoming virtue and joy.

We are those of Q'uo. We have been with this instrument. We now transfer this contact to the one known as Gary.

(Gary channeling)

We are those known for you as Q'uo and we greet you again through this instrument. And if we may offer reflection for the joy that we feel at the capacity of the previous instruments at transmitting the fullness of our thoughts which gives entry into the terrain and the journey of the third-density experience. For the rational/intuitive mind is such a predominant part of the complex, the mind/body/spirit complex, that is at once as we have described, both gift and hindrance, depending upon how it is used, how it is blended, and whether it helps the seeker to make efficient use of its catalyst.

Toward that end, we might speak to the relationship of the rational mind to the intuitive mind and point the reader to that process of courtship about which the ones known as Ra spoke of. [2](#) In the larger picture of how the conscious mind relates to its own unconscious resources for the positively oriented entity, the appropriate and helpful and maximally useful relationship is to approach those resources—of that which is beyond the boundaries of the self's conscious awareness—as a resource containing gifts that are available for request, but will be yielded to the patient, the respectful and increasingly disciplined seeker, when and as they are needed.

These subconscious resources are not to be exploited as carelessly, and mindlessly, and selfishly as are the resources of your natural world [exploited by third-density entities at this time]. They are to be approached with great care for the self, for the other self, with the intentions set upon being a transparent instrument for the One Creator who wishes to know in order to serve; who wishes to understand the self, that the self may heal and become whole, that the pretenses and armor, and illusions about the self may fall away. The seeker must hold a fearless vibration that seeks the truth of their self, that which is pleasant and unpleasant.

The intuition is, you may say, a bridge or a channel, connecting this rational mind to its unconscious resources. Beginning first and foremost with the personal unconscious: all that which has been hidden from the self, behind the veil; all that which has been forgotten and repressed; all that is wrapped up in the pre-incarnational programming which represents the deeper or higher will of the now incarnate itself.

And from the personal subconscious behind the veil, under the ground, in the anatomy of the tree-of-mind, as it were, the unconscious moves into the racial mind, the first group mind. [This is] a subgroup of the planetary mind, which is the next step along the way in the deepening and expanding of the unconscious mind, that being the planetary or akashic mind which contains the unconscious, so called, of every living third-density entity upon the planet as a single mass mind, however fragmented it may be in your illusion. [This layer of mind] also contains the mind of your planetary sphere itself, Gaia, as you call her.

And from there, it descends deeper into an even broader layer, which may be called the archetypal mind, which contains not only the blueprint of the mind itself, patterning the workings of the rational and intuitive faculties, but also is the mind of your local sub-Logos.

And from there, the mind deepens and expands further into that which may be called the cosmic mind; which may be called the mind of the Creator, and the mind of the primal Logos; which is the mind of the infinite universe in which you find yourself presently. And these unconscious layers through the channel you know as the spirit complex, may connect to Intelligent Infinity itself—that which is Source, that which is mystery, that which is without quality.

In our thumbnail, we have given you description of the largest layers of the roots of mind, which send information, nutrients, energies and data upward to the trunk and the crown of the mind. That passage of information from these deeper layers is [performed by] that which you call the intuition. The intuition may be experienced and manifest in a variety of ways. Some of those include perceptions and sensations about the moment, about the self, about the other self, about making a decision that may seem not to be the product of analytical processes or mental reflections, per se, but may arrive as a certain knowing, or a certain awareness, a certain insight into the deeper layers beneath one's experience, or [insight into] the present energetic configuration of the other self that may not be present in their words, but is nonetheless emanating from their being and funneled to your conscious awareness through the faculty of intuition.

The data which is made known to the rational mind must be appraised by said mind. That rational mind has ample opportunity to wholly reject and ignore that intuitive data, which speaks again to the necessity of the processes of courtship, where in the one seeks to become listener to the intuition, respecter of the intuition. And if one does not wholly ignore or reject or turn a deaf ear to the intuition, then one may still misunderstand that which is coming to the self. Perhaps, intuitive data given to the self. to the upper portions of the rational conscious mind, may be responded to with fear. Perhaps there is something that the rational mind is not ready to integrate or see; or due to its inherent beliefs, creates walls around; or in some other way, the intuitive data does not accord with the established beliefs or worldview of the rational mind. Perhaps that data which arrives is misused—for the positive seeker, that would be to pursue separation instead of the path of healing.

Or perhaps, instead, that data is sat with and listened to and unpacked as you call it, and, as we were speaking through the previous instrument, blended into the processes of analysis and synthesis. For the intuition offers to the self inspiration. Inspiration is connected to grace. It asks of the self that some more work be done, indeed, in the processes of reflection and thinking and examination of catalyst, but it creates space whereby that which is outside the purview and understanding of the conscious mind may arrive as inspiration which illuminates the mind and helps the self to process catalysts that the journey may continue ever upward, in the falling away of distortion, that the self may recognize the true self, who the self has always been the self beneath the camouflage of its beliefs, that is the One Creator. The rational mind can offer a hindrance to the third-density entity when it abuses or cuts itself off from the intuitive channel, [and becomes] left to its own devices, shall we say. The realm of conceptual understanding almost necessarily leads the self to piecing out a unified creation into boxes and categories and distinction and difference.

These tools of thought are enormously helpful for reasons that we have described, chief among them the individuation of the self. But without aid of the intuitive faculties connecting the rational mind, the crown of the tree to its roots below the ground, this conceptual understanding can make for the rational mind a prison of concepts and artifice—or systems of illusions—whereby the self sees not the self or the other self, but instead sees instead only its walls of concepts, projecting them outward and spinning endlessly in an infinite variety of a shifting kaleidoscope of rational thought.

We note in your illusion that the word “rational” tends to have a positive connotation. And we would affirm the positive value of the rational faculties. But rational by itself, without aid of the intuition which connects the incarnate individual to its greater self and to the universe around it, can and often does lead one astray. The rational mind is, or rather contains the necessary tools of third density. We give this instrument the image of the surgeon with the scalpel and scissors and other tools which poke and prod the body which are necessary for the operation. But the rational mind does not contain, in its own domain, the full awareness which the seeker seeks.

As ever, there is more to explore here, but at this time, we take our leave of this instrument, grateful for this opportunity, and we would transfer our contact to the one known as Jim. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo and am once again with this instrument. We thank each instrument present for its diligence in speaking those words and concepts which we have created as a means by which to answer the query of the day. We feel that each has made significant strides forward in practicing the art of channeling. You have opened yourselves wider and wider in the heart, in the mind, and in the spirit to be able to grasp concepts which are usually beyond the rational mind's ability to perceive. And we applaud your efforts.

This type of dedication to seeking to serve the Creator is one which will move you forward more rapidly upon your own journey of seeking. For you are not channels only here in these circles in which channeling is emphasized, but you also channel your life daily as you move through, attempting to utilize the catalyst provided to you, to open your heart in love and understanding, to open your minds, and the ability to express yourselves clearly, and to listen to others with care and concern. You are always channeling some portion of the One Infinite Creator and you are moving ever more fully into the realization, the fuller realization of the Creator which exists within you.

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

test

1. [footnote start]

Questioner: [...] Is the primary reason for the weakening of the physical body and the elimination of body hair, etc., so that this catalyst would act more strongly upon the mind and therefore create the evolutionary process?

Ra: I am Ra. This is not entirely correct, although closely associated with the distortions of our understanding.

Consider, if you will, the tree for instance. It is self-sufficient. Consider, if you will, the third-density entity. It is self-sufficient only through difficulty and deprivation. It is difficult to learn alone, for there is a built-in handicap, at once the great virtue and the great handicap of third density. That is the rational/intuitive mind.

Thus, the weakening of the physical vehicle, as you call it, was designed to distort entities towards a predisposition to deal with each other. Thus, the lessons which approach a knowing of love can be begun.

This catalyst then is shared between peoples as an important part of each self's development as well as the experiences of the self in solitude and the synthesis of all experience through meditation. The quickest way to learn is to deal with other-selves. This is a much greater catalyst than dealing with the self. Dealing with the self without other-selves is akin to living without what you would call mirrors. Thus, the self cannot see the fruits of its beingness. Thus, each may aid each by reflection. This is also a primary reason for the weakening of the physical vehicle, as you call the physical complex. – [19.13](#)

2.

Ra: Many use the trunk and roots of mind as if that portion of mind were a badly used, prostituted entity. Then this entity gains from this great storehouse that which is rough, prostituted, and without great virtue. Those who turn to the deep mind seeing it in the guise of the maiden go forth to court it. The courtship has nothing of plunder in its semblance and may be protracted, yet the treasure gained by such careful courtship is great. The right-hand and left-hand transformations of the mind may be seen to differ by the attitude of the conscious mind towards its own resources as well as the resources of other-selves. – [99.8](#)

Intermediate channeling circle 19 August, 2021

Our question today is about how we can relate to family, whether it is chosen family or given family, when we find ourselves in conflict in ways that seem irreconcilable and difficult to relate to from the heart.

(Jim channeling)

I am Q'uo, and am instrument at this time. We thank each of you for your dedication to seeking the truth and joining together to share your journeys, however plentiful or difficult they may be. To share such is to become One in some fashion with each other and to aid each other on this path that each of you travels through the third density illusion.

Your question this day is one which concerns family. Families come in many forms: the birth family that each of you has been raised in with mother and father and siblings, the family of those within your educational environment, your work environment, your special-interests environments, all drawn together by certain types of experience and dedication which offer you the ability to continue on your pre-incarnatively chosen path. We would add at this time that what we are sharing with you is our opinion. And we hope that you will recognize that and take that which is of value and leave behind that which has no value for you at this time.

For what we wish to share this day with you is that you all are together members of many families—the family of humanity being the largest that you know of on this planet. And within all families at this time on your planet, there is a balance, or a type of representation, of disharmony and harmony. Each of you has a choice, the basic choice of this third-density illusion: to be of service to others or service to self. And we would assure you that in most cases, all members of the family would consider themselves in service to others, whether they be sharing an opinion of you that is difficult to consider because it has

aspects that are critical and suggest that you are not who you should be in that there are changes that you need to make because of your inability to be that which another thinks you must be. We are aware of how hurtful and demoralizing such opinions can be, especially when they come from those whom you have felt to be the closest members of a family of spiritual seekers or the family of the birth. For these are families are focused upon the foundation of each person's reason for existence: to discover more and more of the nature of the One Infinite Creator within each entity about one, within the creation about you, and within yourself as well.

These are the prime building blocks, shall we say, of a life pattern. So when you are criticized for not living up to the best of what you are able to do, or should be doing in another's eyes, it begins to shake the foundation of one's being, until one must contemplate the basic quality that constitutes one's being. And we would suggest to you, my friends, that you, and your other selves of the family, are portions of the One Infinite Creator that has placed itself in every portion of the universe around you, in every entity that you know, and have ever met, or shall ever meet, or shall never meet, for the Creator is within all things for the very purpose of coming to know more about itself. And you, as representatives of this One Creator, carry out this same mission under the most difficult of circumstances, with the veil of forgetting hiding the basic nature of the creation as being that of unity—hiding it so effectively that you are easily convinced that there is something other than the One Creator that is the foundation of your being, that you are providing the Creator with ways in which it might know itself better with more intensity, and variety, and purity. Whatever your choices that you make, you cannot fail in that responsibility, the ability to respond as the Creator. So, how do you make the most effective response to those criticisms and allegations that suggest that you are less than what you should be—less than the Creator? We would suggest that within each entity's heart, the green-ray energy center, is the ability to tap into the wisdom of the heart, which we would suggest is that type of love and acceptance of others that does not place any condition upon freely giving that love.

How does that translate in your third density illusion? In your meditations, perhaps you may see with more clarity how the heart links you to each other entity so that you are bound by the consciousness of love that is reflected, more or less clearly, at all times within each seeker's experience. We would suggest that perhaps as you consider the criticisms that are leveled upon you that you see that there are preincarnative choices that you have made as a family before the incarnation. The family that you are part of, in the spiritual sense, before incarnation, is a family which gives each member a mission within the incarnation so that each may help each other in ways that may not, at the time of the incarnation, seem most helpful. If you can look through the criticisms and the allegations to see a wider point of view, that there is a play upon the stage, that each of you has a part in this play, and that your part is to give love, without expectation of return.

Wherever there is any question about an action to take, you can look within your own open heart and find the qualities of unconditional love and the compassion that is the consciousness of love, and allow this energy to move through you, from the One Creator, to any that offers opposition, or difficulty, or points of view that seem skewed and misshapen. [You may] aid such an entity and your own self by projecting the open arms of love, compassion, unity, and the light that shines clearly within the soul of each entity; to reveal to all who have eyes to see the quality of unity that binds each entity with a purpose created before the incarnation that is played out within the incarnation so that all may receive the bread of life, shall we say, the food for the growth of the soul, of the spirit, of the consciousness; the opening of the heart that allows you to commune, upon a level perhaps that is unseen and unperceived by another being, but is known, without doubt, by

the One Creator within all. For that same creator speaks to you, through you, to all for there is nothing but the One Creator. At this time, we shall transfer our contact to the one known as Austin. We are known to you as those of Q'uo.

(Austin channeling)

I am Q'uo and am now with this instrument. We find within this instrument a certain sensitivity that allows us to refine our message and disclaimer to seekers wishing to utilize the thoughts that we share with you on this day. This sensitivity, we find, is geared towards those who may find our words and find within them the inspiration to take up the mantle of universal love, acceptance, and service to others when approaching such a dynamic as you have described within your query and attempt to relate within a situation that may become harmful, or what might be known as abusive—thus adopting the mantle of a martyr. Further, there may be a situation in which a dynamic within what you describe as a family involves an individual or individuals who have yet to find within themselves the true sovereign power of their beingness as a creator of love, and thus might misuse or misinterpret those ideas that we share with you. And so we offer a refinement to our general disclaimer in that these opinions that we share with you are not intended to apply to each specific scenario, and each specific case. This is a matter of interpretation for each seeker who wishes to find value in our words. We speak generally and desire most to offer thoughts that empower each seeker to discover within them not only their capacity to love and to create, but also their right to express themselves and create for themselves a life and a creation in which they may feel safe and maintain an ability to continue their seeking and to continue to refine their love as an expression of service to others.

We find that within your query the notion of family might be at the heart of this variety of interpretation. And so, we choose to work with a definition in which “family” is a shared and accepted notion among all individuals within the dynamic to which you are speaking. Whether this family is chosen, or whether this family is by circumstance of birth, we find that the notion of family is a shared story among your people and the usefulness of offering acceptance and universal love requires one to examine the shared notion between self and other self. What is the story of this family? Within your query we find that the circumstance described is one in which this must be done primarily by the self, for the notion of irreconcilable differences does not speak to a persisting shared story of family, but rather a breaking of that story. And so, first and foremost, we encourage the seeker choosing love to take this story of family into the heart and into meditation and begin the great work that requires one to sit within the self, and discover the self, and discover the true power that comes when love is realized at the heart of the self.

We encourage you to use this notion of love, service to others, as a cornerstone within this inward journey. When taking the story of family into the heart, begin by acknowledging and meditating upon your desire to love, your desire to create a creation of love, your desire to allow love to reign within all situations in which you have a capacity to influence. Always begin here, but realize that this simple concentration upon the notion of love may not be enough to resolve both internal and external conflict. And so, from this standpoint, we encourage you to begin to examine the story that has been shattered among the family that you are holding within your heart.

This requires the individual to consider the variety of perspective and how such a variety comes to be. For each entity—self and other self—has walked a journey with an infinite number of influences upon the being, and within your third density, these influences are largely unseen and unknown. You cannot know the true journey of the other self. And indeed, my friends, you cannot fully know the true journey of yourself.

It may seem that any attempt to come to an understanding of these disparate journeys is futile, for within your third density, you are veiled to much of the creation. Yet we encourage you to persist through such a paradox that, though it seems futile and it is indeed an impossible task, that the [attempt] is itself a worthy one. For it is in this journey of attempting to understand other self and self and how these divergent paths may have created the tension and disharmony that has shattered the shared story of family, not only will you find practical ways to relate, but we assure you that in persisting in this task, you are declaring to yourself and to the Creator that your desire for love and understanding persists. And such a declaration carries more power than you can fathom from your perspective within third density.

And so as you attempt to examine your own journey, and imagine the journey of the other self, if at any time you feel within yourself the tension, the heat of anger, the despair and the sorrow, for as much as you can, bring these experiences into your heart and realize that this is now the shared story. This may not be as pleasant as the harmony that you desire, but it is indeed just as important and just as crucial to your being. Allow these experiences to express themselves and have their space within your being, always ensuring that you rest upon your cornerstone of the desire to discover love, the desire to serve others, and the desire to create harmony.

Within this examination, while you may have revelations, transformations, and healings that create a practical solution, or result in both an internal and external harmony in your relationship with family, we encourage you to not attach to such an outcome. For we find it is an important aspect of this process for the self to acknowledge that there is no ability to control this situation, there is no ability to change the behavior of another self. There is only the ability to discover new ways to relate so that, if external harmony amongst self and other self cannot be found, an internal harmony may be found and love may flow unimpeded by the new story of sorrow and of the broken family. We do not mean to imply that healing amongst family cannot come from this process, particularly if it is taken upon each within the family in conflict. We only mean to express that this is a process in which the outcome is unknown, and attachment to outcome can hinder the process itself.

This is a very personal journey for the self. Yet it is of utmost importance within the third density, and particularly at this moment upon your planet, for the fourth density beckons, my friends, and the notion of family is one that your planet as a whole and all entities upon it will share together.

This process in which you find tension and disharmony within your individual relationships is but a preparation for that which you know as a social memory complex, for within a social memory complex as it is fully realized within the fourth density, there remains the notion of individuality amongst each member, and, indeed, a social memory complex requires what might be called crystallized individuality among each member. And so, this process that we are encouraging you to undertake as you struggle to find a way to relate to your strained family is one in which you will learn to relate more and more to humanity as a whole. It is a process of discovering the self, understanding the self, and attempting again and again to understand other self, discovering new ways to relate, and learning more and more of the power that you hold within each relationship.

The third density is the density of choice. And more specifically, it is the density in which you choose how to relate to your other selves. This is not a singular choice, this choice is made with each individual, in each situation, and you are not expected within your density to perform perfectly with each choice to relate. You will stumble, families will strain and may break, but each time you feel the failure to relate from the heart is but another opportunity to refine how you choose to relate and to discover that the heart may be

opened even more. Have patience, my friends, with yourself and with others selves, and continue to touch upon your cornerstone—that ultimate desire to love and to serve, and to realize the Creator in All. At this time we transfer this contact to the one known as Jim. We are Q'uo.

(Jim channeling)

I am Q'uo and am again with this instrument. We would like to thank each entity gathered here today for inviting our presence to share with you these thoughts of love for all family members, for you are indeed all members of the family of the Creator living on this Earth, sharing love as best you can with each other to help the One know itself in all of you. We are known to you as those of Q'uo. We leave you now in the love and the light of the One Infinite Creator. Move forth in that love and light to the best of your abilities my friends. What more can you do? Adonai vasu borragus.

Intermediate channeling circle 25 August, 2021

Topics: Anxiety; energy centers and communication; group meditation; the physical catalyst of being overweight.

(Jim channeling)

I am Q'uo, and am with this instrument at this time. We are most grateful to be able to join this group once again in its desire to not only seek and know the truth, but to speak that truth; as we give each instrument the words they represent that truth that all are one. We would at this time ask if there is a query with which we may begin.

Gary

Yes, thank you, Q'uo. Can you describe what anxiety is and how the seeker may work with this energy and balance and heal it within the self?

Q'uo

I am Q'uo, and your query, my brother. To begin, let us ask that each of you consider the words and concepts that we channel in response to this and every query as being our opinions, which we offer to you freely. If any word or concept does not sit right with you, does not ring of truth to you, we ask you to dismiss it. Leave it behind. And take those words and concepts that have meaning and use them as you will. This gives us the ability and the freedom to speak more clearly in answer to your queries.

The concept of anxiety is one that is a deviation from the path that one may describe as confidence—a knowing of how all is one and works together in a harmonious fashion for each seeker of truth as it makes its way upon its path through its third-density incarnation with hopes of discovering more and more levels of consciousness within itself that are in harmony with the nature of a creation which is of a unified nature, [a creation] in which each partakes freely and equally so that the journey may be, shall we say, without detour, a straight, and sure path to the One within all.

Anxiety develops a kind of attention-getter, a detour that each seeker of truth will have experienced at some point within the incarnation. For it is not always possible to remain

unmoved by the world about one where there are disharmonies and inequities and confusions and, shall we say, the misapprehension of various details that are shared with the seeker of truth as it moves upon his path of seeking the One in all. When these disharmonies become so attractive, or so encompassing of the attention that the seeker cannot, in the moment of the disharmony, find a means of blending the disharmony into the path of moving into unity with all, the disharmony becomes that which requires a special effort by the seeker to investigate the various qualities of the disharmony. The source—whether it be the seeming friend or the seeming unknown entity that exists within the mind of either the friend or the seeker of truth—can find a home within the seeker if the disharmony continues to perpetuate itself in a series of repetitions that are experienced by the seeker.

When there is a barrage of such disharmony at any particular time within the seeker's experience, then it is that the work upon the self, utilizing disharmony as grist for the mill, you may say, [becomes] food for the soul. For in truth, all such disharmonies may be seen as one facet or another of the One Creator, with the light and love of the Creator flowing through the facet that has become clouded in some way so, that clear communication from the level of the heart and the level of wisdom is not perceived. This is that which can generate or serve as the seed for anxiety within the seeker, for where there is confusion, or anger, or disillusionment, or misperception, then it is that the seeker must somehow untangle these threads of miscommunication or disharmonious communication so, there is some sense of commonality, some sense of communication that may be perceived more clearly.

It is the hoped-for outcome that such disharmonious communication that the seeker may find within itself the ability to accept the communication as an attempt, however, well or poorly offered, to speak a truth; that is, the perception of the One in communication with the seeker. It is often helpful to look through the communication that seems misperceived or ill-conceived to that quality of the Creator within the entity generating the disharmony that is always present, though perhaps not always perceived by either the communicator or the seeker. For at all times, there is only the One Creator speaking in a more-or-less distorted fashion to the seeker, and the seeker likewise is expressing some aspect of the One Creator in his response to the problem of communication causing anxiety.

The anxiety is an indication that the work of the seeker may need to proceed upon various levels of interpretation. Those levels being synonymous with the various centers of energy within the seeker and the communicator. This perception of levels of meaning, then, can be seen to be a portion of each self seeking clarity, seeking communication that can enhance the experience of both the seeker of truth and the disharmonious-seeming entity that communicates in a manner which is difficult to perceive. Thus, if one can place the qualities of any communication within those energy centers that are active and open within one's energy body, then there may be the opportunity to grasp various aspects of the communication that have meaning to the seeker and which may, in the process of examination of meaning, give rest to the anxious feeling that has been born from the seed of disharmony. In other words, it is possible for one to look at any communication, however harmonious or disharmonious, as having various levels of meaning to the seeker. These levels then, may be worked with in a manner which has meaning to the seeker, and which enhances the seekers eventual perception of the communication that will then relax the anxious feeling within the being of the seeker.

Is there another query, my brother?

Gary

Thank you. Can you speak to the capacity of the witnessing awareness within the seeker to transmute energy within the self?

Q'uo

I am Q'uo and am aware of your query, my brother. Each seeker of truth, according to its level of activation of the energy centers of the energy body, may be likened to what you would call the white magician so that as communication is perceived, there is the ability to, as we said in the previous query, find levels within the energy centers where the communication may be seen to have an accelerated or advancing level of meaning as the qualities are moved upward along the energy centers. A communication which is difficult to make sense of, shall we say, is that which may be seen at the very basic level of experience to be that which may threaten the survival of the seeker. The seeker may look at this experience and find that, if there seems to be a harmonious feeling within the seeker that the survival can be maintained and indeed enhanced by the perceiving of communication at the level of survival and enhancement of survival, then the seeker may be able to perceive the communication from the orange-ray energy center, where the sense of self is seen to be that which can perceive in a unique way, according to the self's own personal eccentricities, those qualities which make one what one is as a faceted jewel, to have various means, by which it can express itself to another on a one-to-one basis. Then, there is the possibility of utilizing this level of perception to enhance the feeling or interpretation of the communication so, that it is seen to be a part of a group effort where various individualized entities lend their personal energies to a common goal. And this goal is seen to enhance not only the well-being of the seeker, but also the ability and well-being of the group.

When this has been accomplished and has been seated within the seeker, then there is the opportunity to perceive any type of communication at the level of the green-ray energy center, that which is denoted or perceived as the all-embracing unconditional love, seeing each as the Creator and awakening within oneself the ability to move even higher within the centers of energy so that this universal love may be expressed at the level of the blue-ray energy center so that any type of communication may be enhanced and utilized within the blue ray of freely given communication, and that which is also freely received so that there is an exchange of the light of the blue ray energy center; that which is the wisdom of the Creator; that which is outpouring and outgoing and sees a broader perspective from which the original communication may be viewed.

Then, the energies may be transmuted or transferred even more highly and profoundly by operating or activating the indigo-ray energy center, that which is the universal energies of the One Creator that are the gateway to a greater experience of the illusion that one finds oneself within so that the creation of changes in consciousness operate at will in a manner in which the white magician, as it may be called, has the capacity to view any communication at a level which sees the One Creator within the communicator, whatever the message may be. When this has been successfully accomplished, then the gateway to intelligent infinity of the violet-ray energy center may be activated so, that the experience of the seeker becomes that of the Creator and sees any communications as being those from the Creator; that is the self, to the Creator, that is the self. For at this point, all are one.

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

(Kathy channeling)

I am Q'uo and I am with this instrument at this time. Is there a query, my brother?

Gary: Yes, Q'uo. This one comes from A. It's about meditation. A. asks, "Does it make it difference if a group of people, let's say five individuals meditate alone in their own dwellings in relative proximity, let's say a large city 40 kilometers at the same time, or if the same five individuals gathered together and meditate at one location as a group?"

Q'uo

I am Q'uo and we are aware of your query, my brother. The keyword in your query may be seen as the word *difference*. It is asked, "is there a difference between the different modes of meditation practice?" We would say that, while there may appear to be differences, there are also similarities between these modes of connecting with one's inner self, one's higher consciousness, and the Creator.

Whether one is by oneself or in the same location as others, we would first point out that, in any meditation practice which draws the attention and the consciousness of the practitioner inward and upward, that there is a kind of non-local existence, non-local consciousness which is being accessed. Whether one is alone practicing with others in other locations or with others in the same location, that non-local point of focus is the key determinant, for it is possible for practitioners of the meditation to be apart from one another physically, or to be together physically, and to achieve that point of focus which is not a physical point in space/time. It is not connected with space and time specifically, but above that. Therefore, seeing this way, a meditation group could access this point of focus, whether alone or together.

We would also point out that when individuals are practicing meditation, that inward thinking when they are together in the same location, there is an energy from each individual's auric field from their energy centers radiating outward from each individual in such a way that these, we correct this instrument, that every individual's auric field forms a connective bond of energy among each one. This energy that is produced from the connecting together of each individual's field, adds its own collective quality, you might say, to the meditation experience. There is a connection that opens the consciousness of not only each one but all present in a collective way.

This same opening collectively can happen between and among individuals who are not located in the same physical space when meditating together. But the connection is often not as strongly bonded when meditating separately. Yet still, a connection can be formed between and among these individuals who are not located together physically. This is felt mentally, spiritually between them. It is of a different quality of connection.

We would also point out that the Gaia meditation, which is spoken in love and light for Earth and all its inhabitants daily by this group does form that bond of mental and spiritual connection focused upon this point of understanding and love. This would be one example of the highest form of this type of non-local point of focus achieved by individuals around the Earth.

The more such meditations are practiced in this way, the stronger the bond mentally and spiritually becomes when practicing in such a way. This also is experienced by those who practice meditation together in the same room. The more individuals practice, especially the same one repeating the experience, the stronger the energetic bond becomes between them. When meditating in the same room and the auric fields are joined, additional energies radiating from each one can color the quality of the energetic connection—there may be emotional connections that are formed, supportive emotional connections between individuals. Indeed, psychic connections of a positive nature can

occur, especially among individuals in the same location, creating a kind of family, if you will.

Is there another query that you would have this evening?

Gary

That was great, thank you, Q'uo. There's another one from an A, who says, "From what I understand the body takes on catalyst that the mind has ignored or not processed. I'm wondering about the physical catalyst of being overweight. Is there anything you can say, Q'uo, about the lessons or the spiritual principles involved in this particular catalyst?"

Q'uo

I am Q'uo, we are aware of your query, my brother. The interconnectedness of the body/mind/spirit complex has many delicate and interwoven connections along which flow from mind to body, from the body to mind, from spirit to body, from spirit to mind. There is an intertwining of these elements of being. And while it is true that the mind can produce consciously and/or subconsciously thought concepts, emotions that the body receives, it is also possible for the body to be communicating with the mind in like fashion, messages being sent back and forth. The body needs the mind to respond to a need that it has, the mind sending the message to the body that it needs an outlet for thoughts of various natures, and the body receives it.

There is a great working out within each individual, within the being that is one totality but is also these interconnected parts. We would say that the design of this structure of the individual being is a reflection of the Creator's allowance for this intra-being communication. It is important to remember that whenever communication from one part—the mind, for example, to another part, to the body, for example—that the communication can flow in the opposite direction as well. This is an openness in which all parts of the individual are receiving signals, impulses from other parts. This is a reflection of wholeness of how the individual being is created.

We would say in response to the query about body overweight, and this issue that does appear in many individuals, that in some cases the communication may be one-way only, and could be opened up the other way so, that the body may have a path of communication back to the mind and the flow of understanding between these parts of the individual would be eased and opened. And when such a sense of ease is felt, this can relax both the mind and the body so that a pattern of thought being reflected in the body as overweight would also be relaxed so that it could be dissolved, lessened or changed and rearranged in some way to help the body and the mind come to a new balance of being a refreshed sense of cooperation between the two parts of the self so that an imbalance could be righted and made in a way toward a greater sense of health and balance.

To focus on this point more specifically, we would say that the practice of meditation, of walking in the open air, of swimming in refreshing waters or of sitting peacefully in nature, that such practices—with the intention of releasing a one-way communication from mind to body, or to establish an integrated sense of communication back and forth between mind and body so that both feel a sense of health and balance—that such an intention can produce that health and balance that is being sought by the individual [by] simply allowing for the wholeness of being to come back into balance within the self, to see oneself in the light and love of the One Infinite Creator, that these simple practices could change and rearrange mind and body patterns in a way that is most desired and helpful to the self.

The infinite intelligence of the light of each individual as created by the Creator, and the Great Original Thought of Love with which the Creator created the individual, even just pondering these will help transform the individual in its seeking a great balance and great happiness and peace within the body, mind, and spirit.

We thank you for these queries, my brother. We are with this instrument at this time. And we now transfer the contact to the one known as Jim.

(Jim channeling)

I am Q'uo and am once again with this instrument. We would thank each entity present this evening in the circle seeking for adding their energies and affirmations to the material which we have delivered through both instruments this evening. It is most helpful to have these heartfelt energies of support and inspiration so that each channel may draw upon them as they practice their abilities to serve as instruments for our words and thoughts.

We are always most inspired by the continual dedication of each entity present to the seeking of being an instrument of the One Creator within the life patterns which is a challenge within the third-density illusion, for in this illusion you seek that understanding which is beyond words, that harmony which is often beyond perception, and you seek always without doubt to give of yourself in every way possible, to serve those about you. We applaud your efforts and your persistence, for in being persistent and seeking to serve others you also benefit by increasing your own polarity of service to others.

We are known to you as those of Q'uo. We leave you now in the love and in the light of the One Infinite Creator which exists within all entities and all things at all times. Adonai vasu borragus.

Intermediate channeling circle September 8, 2021

<https://www.llresearch.org/channeling/2021/0908>

Group question:

Ra said that "The south or negative pole is one which attracts. It pulls unto itself those things magnetized to it." ¹ And also, "The most important concept to grasp about the energy field is that the lower or negative pole will draw the universal energy into itself from the cosmos." ² Q'uo, could you explore this concept of us attracting experiences or drawing experiences to ourselves; how we can better understand it and integrate it into our spiritual paths; and how some people might be able to attract experiences to themselves intentionally through willpower?

1 Ra: The south, or negative, pole is one which attracts. It pulls unto itself those things magnetized to it. So with the mind/body/spirit complex the in-flow of experience is of the south pole influx. - [50.2](#)

2 Ra: The most important concept to grasp about the energy field is that the lower, or negative pole, will draw the universal energy into itself from the cosmos. Therefrom it will move upward to be met and reacted to by the positive spiraling energy moving downward from within. The measure of an entity's level of ray activity is the locus wherein the south pole outer energy has been met by the inner spiraling positive energy. - [49.5](#)

(Jim channeling)

I am Q'uo and am with this instrument. We greet each in love and in light. We thank you this evening for inviting us to join your group and speak upon the questions that you have asked us. We would first ask you to take whatever words and concepts that we share with you and use them as you will, discarding any which have no value for you at this time. This small favor will allow us to speak as clearly as possible to your question of the love/light or intelligent energy that comes to each soul on Earth and moves through the energy centers or chakras in a manner which provides experience of an expanding nature, as the energy is able to move further and further up the energy system or energy body.

The intelligent energy, or love/light of the Creator, is what you may call an activator of potential within each seeker of truth. The potential is that type of learning that has been preincarnatively programmed by the soul before the incarnation so that there may be certain experiences possible for each soul as it is able to process the catalyst that is produced when the love/light of the Creator moves through each energy center. There may be, for each entity, certain potentials for learning that are activated as this preincarnative stream of learning begins to flow through or upward through the energy centers. Before the entity is consciously aware of the potential being activated, the subconscious mind of each entity has, in its repertoire of possibilities, a means by which it may color or bias these preincarnative choices so that at each level of the energy centers there is the ability to learn or experience what you may call catalyst.

The catalyst is presented by the interaction of the seeker of truth with other selves within the incarnation so that there is a mutual interaction of these energy centers being activated or blocked by each entity that moves upon the face of your Earth. These types of catalysts may come from a clear energy center or a blocked energy center in any degree. The clearing or the blocking of this energy produces a certain type of interaction of the seeker of truth with fellow seekers of truth as they go about their incarnational activities. The normal, mundane, day-to-day experiences, then, can be used as what you may call grist for the mill, food for the soul, as expressed through each ascending energy center. In many cases, this type of processing of the catalyst has associated with it a kind of excitation of emotions or traumatic responses that focus the seeker of truth's attention upon the catalyst being processed.

As this catalyst, then, within each energy center, is worked upon and utilized to expand the seeker's comprehension of the nature of itself, this image of the self, then, by the seeker of truth, begins to expand in a manner which then allows a greater overview, shall we say, a spiritual flavor to the daily round of experiences. This type of gaining of a larger point of view of the self, of other selves, and of the environment around one is that which is a continuing process that all conscious seekers of truth may take advantage of and utilize on a daily basis, as the activities of the day are pondered in a meditative state at the end of the day. Therefore, this type of gaining of experience has a continuing and growing effect upon the seeker's gaining of experience and becoming more and more that which it seeks, ultimately to become the One Infinite Creator.

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

(Austin channeling)

We are those of Q'uo, and we are now with this instrument. This journey of the seeker of truth, which ends with the realization of the self as the Creator and becoming the Creator, also begins with the Creator. We believe that, in understanding this process of how catalyst is attracted to the self and generated by the self, it is useful to examine this origin of the self as the Creator at the beginning of your octave.

In our own inadequate understanding, the Creator's primal desire to know Itself generates the necessity for this system of octaves in which the beginning of each octave lays a foundation and sets a stage upon which the Creator may indulge in this desire to know Itself and begin a journey of gaining experience to fulfill this desire. Your own octave that we share with you was based upon a foundation of the polarities of the mover and the moved. This basic dynamic was the result of the harvest of what you might see as the previous octave; and it is this dynamic that generates the potential for experience for the Creator.

This dynamic creates what might be seen as a type of tension or friction. This friction, by some perspective or understanding, can also be called awareness or experience or consciousness. But it is this very simple dynamic that helps to create and generate all further experience within the octave. And as the journey of the Creator into the octave progresses, this dynamic is refined and iterated upon in more and more fine and complex ways—first by the Logos, and then by the sub-Logoi, and so on—until this exploration of this simple dynamic has become quite a complicated and intricate system that you now experience as life upon a planetary sphere.

We focus this examination upon your specific planetary sphere. For the question, as it has been worded this evening, and as seekers upon your planet attempt to grasp such mechanisms of the Creator knowing Itself, may be best explored in a specific sense, as it applies to your current experience and those things that may be observed within your own experience. And so, as the Creator begins its exploration upon your own planet in the first density, you see that the basic elements present necessary for further evolution of the densities or sub-octaves. These elements begin a process of learning by interaction of moving and being moved. And this simple dynamic, that is the foundation of your entire octave, is present within every interaction. And such interactions become varied in the sense that, not only is an interaction between mover and moved, but it may also be seen as the attract[ed] and that which attracts.

The basic first-density entities upon your planet learn these simple interactions and gradually become more and more refined until the point at which the second-density energies emerge upon your planetary sphere. And those entities continue this process of moving and being moved, attracting and being attracted. And the entity that is your planet grows and becomes more intelligent in its expression of the love and the light of the Creator, further still, until the emergence of your current third-density experience where now, as the illusion of the veil is draped upon your consciousness, you may look inward

and outward and recognize that you may be seen as an individual within this singular entity of your planet that is expressing itself in this complicated dance of moving and attracting.

This basic examination of this dynamic can be seen to yield the understanding that you are a conduit of energy, of intelligent energy. And as you move throughout your life, the nature of your conduit is changed by those interactions—the points at which you are moved and at which you attract to yourself that which moves you. The nature of this conduit can be simplified by examining the energy center system. This energy that you attract to yourself is attracted through this system.

And as each energy center is activated, it contains within it certain distortions that you have adopted through your experiences or through your preincarnational planning that, as this energy flows, meets this friction and generates the most basic polarity in your octave of mover and moved, experience for the Creator. And this experience may be utilized as catalyst to further understand the nature of the self as Creator.

As this energy moves through your system and meets these distortions which generate friction, you may see that this friction generates a sort of charge or magnetism so that, if this friction is continuously generated by experience and is not paid due attention by the self, this magnetism will arrange the energies of the self as they interface with the energies of those around you and those of your planet so that certain experiences are designed or developed in a sort of subtle intelligence so that these specific distortions or frictions within your energy system begin to more and more attract to you those lessons needed for you to become more and more aware of yourself and your nature as the One Creator.

There are many influences upon this process, both conscious and unconscious, and those things available to the third-density entity, particularly known as faith and as will.

At this time, we take leave of this instrument and transfer the contact to the one known as Kathy. We are Q'uo.

(Kathy channeling)

We are those of Q'uo, and we are with this instrument. The red-ray energy of the individuals upon your planetary sphere, centered at the south pole of receiving and attracting experiences to itself, provide the focal point that not only connects each individual to the great and long history of your planet's red-ray energy, but also to the upward growth and development of each individual, from the red ray upward through the energy system, toward becoming the Creator; and on the way to doing so, knowing oneself and accepting oneself.

This great process of growth and development of each body/mind/spirit complex, as it absorbs from the red-ray energy and all that it attracts through that red ray to itself, is the great propeller of upward energy throughout the incarnation in which the individual finds itself. The individual is not only attracting discrete, specific experiences, but whole arrays, whole collections of experiences that follow important themes designated to be processed and understood throughout the lifetime of the individual. Indeed, the spirit or soul of each

individual does have a role in the preincarnative choices—the choices made during the incarnation, as well—that will help develop and fulfill the potential of the individual.

There is an intelligent energy at work to attract just such experiences that are a perfect match for what the individual needs to learn and to use as its growth in upward fashion. The use of faith connects both the awareness of the connection the individual has with the basic earth energy with its own spiritual purpose in that incarnation. Simply by having faith that this process is eternal and matched to the individual and its needs for growth—growth toward love and understanding and greater compassion—speaks to how the simple concept of faith, a turning over the process to a greater consciousness of which the individual is a part, is at work. On some level, each individual is aware that there is a great process going on—of growth, maturity, and greater awareness toward love and light—and can trust that process to take place, beginning with that red-ray attraction of the appropriate experiences to be processed and to be taken into the heart, as it were.

Faith in the very process of life itself unfolding is what of importance here, for faith and trust are aligned in this sense. The use of will can also be seen as important at certain times in the process of this upward growth through this experience being attracted and used. Through conscious will, an individual can coalesce all of its energetic forces within itself all along the energy system, from red ray and upward, to make use of, in a very determined way, the experience, the catalyst, the joy of taking the energy in and flowing it upward through its system toward greater understanding and love.

The will might be seen as a rational part of the body/mind/spirit complex. But it also has an aspect of great love at its center as well, for the use of the will can assist the individual to persevere toward that love and light when the individual may feel it doesn't have the strength or may not be able to continue processing especially difficult experiences. And this is where the will and the faith are also connected. The will is assisted by an individual's faith and trust in the process of life as growth—growth as the purpose of life.

In this way, the attraction of experiences through the red ray can be seen to be the first note played in a grand symphony of notes of the experiences. It plays itself upward in the individual's energy system, bringing it higher and higher in its understanding, whether this is in a short period of time or over a lifetime. The beauty of all of the colors of the energy centers that are in-play as the experiences are processed upward, especially into the heart and into the indigo-ray center, provide a look at the process as one of the beauty of the Creator at work.

Lessons learned that may have started as harsh experiences may be seen as they develop the individual upward as becoming a pearl of great price. They are treasures in the individual's ultimate culminating achievements in its growth toward becoming the Creator. We would say, have faith in this process. It is the same as having faith in the Creator, and then becoming closer to that goal of becoming the Creator.

We are those of Q'uo, and we have been with this instrument. We now pass this contact to the one known as Gary. We are Q'uo.

(Gary channeling)

We are those known to you as the principal of Q'uo, and we greet you again through this instrument. To turn this group question over regarding the attractive mechanism of the south pole and its workings, both unconscious and conscious, in the journey of the spiritual seeker, you, the reader, may have picked up on a theme of design, as we have spoken on this topic. For while that which is attracted to the entity in the very beginning stages of its third-density experience is something of a random pattern, the more that the entity forms biases and begins to move in one polarized direction or the other, the more that the entity configures its own energy centers, its own biases, and particularly, its programming on the preincarnational level.

This, then, has an affect on the type of energy, specifically in the form of experience, which is attracted to the entity. For example, the entity may be desirous of learning lessons which challenge its ability to keep its heart open and to express forgiveness—to return not anger for anger, but love—in which case, this entity may seem to be the recipient of negatively oriented, even at times cruel-seeming catalysts, whether that is from the parental entities or others in its home environment while growing up. And onward as the entity matures, there will be additional opportunities.

And for the entity unaware either of this attractive mechanism or that it is a conscious being immersed in an intelligent universe which is teaching it that which desires to learn, such an entity may find itself quite validly the victim of hard circumstances. "Why does this happen to me?" "Why are others this way?" "Is there a way to stop this?" Such may be on the mind of an entity with this mindset. And many may be the ways that the entity successfully avoids that which it desires to learn, whether by numbing or intoxicating the self; whether by, as many of your peoples do, seeking distraction and escape from that which seems to cause pain, whether it is the memory or the current experience; along with projecting various levels of responsibility onto anything but the self.

Thus, one of the great gifts of coming into an understanding of this attraction through the south pole is the empowerment that comes to the entity in the realization of its responsibility for its internal reality. This is not to suggest that you, my friends, are responsible for the actions, and behaviors, and thoughts, and intentions of other-selves, [it is rather only to suggest] that the way in which other-selves relate to you, as we have long suggested, offers a mirror to you. That mirror, insofar as you are having a reaction to the other-self, is revealing yourself to yourself. What is coming up within you is likely to be connected to your preincarnational design, that is, what you intended to learn in your incarnation.

So it is quite possible that you pattern your life such that you would help to trigger or precipitate certain ways of other-selves relating to you so that this experience would arise within you. For without the aid of the other self, you may not have the benefit of this experience.

Such is but a tiny window into the way that this attractive mechanism works on an unconscious level. That is, without your seeming conscious input or direction or even the necessity of reflection, there are gears turning at deeper levels which are causing this attraction, be it to moments, to situations, to other-selves, to long patterns of choice of

geography or vocation or service; inward or outward, these gears turn as others are attracted to you, and you to they.

The red ray, thus, always has the first opportunity to respond to the moment, as we have previously described. And in this regard, we would leave a suggestion for the contemplation of the seeker: that there is much that can be opened by meditating upon a basic "yes" response within the red ray. Much is resisted, feared, blocked, denied, or not accepted at this first nodal point in the system of the mind/body/spirit complex because of a deep, shall we say, "no" that exists there, because perhaps there is fear or rejection, often of the self's own reflection.

So through a deeper and deeper "yes" to whatever it is that is arising, through this inner non-resistance, much is opened to the seeker that this energy may flow more unimpededly and fully and with greater strength into the system to not only power this system, but rise higher and higher, that it may meet and mate with the north pole energy, eventually, ultimately, at the indigo-ray center, dismantling the veil and the illusions of separation created therefrom.

As we have described through the previous instruments, this flow into the south pole of the dual-poled energy system is happening—whatever the conscious mind may be doing or not doing—automatically on an unconscious level. This can become increasingly a conscious process as the seeker becomes a conscious being that is aware of its desires, not just its kaleidoscope of shifting surface or near-surface level desires that transpire in every daily activity, but the deeper undercurrents that seek the light, that seek the truth, that desire to give and to receive love, to seek and to become the One Creator.

The more that the seeker becomes conscious of these desires, the more that the seeker is becoming conscious of the attractive process. The more that the spiritual aspirant learns to harness and direct the will carefully in service to others, the more that one is learning to design and attract the needed catalyst for this progressive unlocking and upward spiraling. Spirituality and spiritual seeking itself is a *making conscious* of the mechanisms of evolution.

Those mechanisms begin, as we have noted, by that which is patterned for the self's learning by a universe which is not filled with mindless atoms or inert matter upon which biological life is built and consciousness somehow, as epiphenomena, results, as much of your science would have it, but a universe which is saturated and brimming with intelligence—an intelligence which communicates, which responds, which is adaptive and in constant dance with all other portions of the creation, including you, the mind/body/spirit complex.

This is partly why we, the Confederation, speak so often to the purification and the setting of the intention and the becoming conscious of the intention; and why it is intention that is first and foremost important, for this is your primary mechanism of communication with that intelligent universe. It is your statement to the universe as to which direction you would like to steer the ship of self and what destination it is that you seek.

Then, as we were speaking through the one known as Kathy, one can have faith that that which is needed for the self will be delivered, you might say, to the self. And the stronger and hotter one burns with that intention, the more one disciplines and makes the intention

more consistent, more single-minded, more enduring, the stronger will be the power coming into the system flowing through the south pole, to rise upward and meet with the inner light—the Polaris of self, the inward fire.

This is a process which must be undertaken with great care, for this increase of power and energy coming into the system will magnify and intensify the conditioning of the personality self that exists within the configuration of the lower energy centers—the blockages, the split-off energy, the shadow therein. This is to the benefit of the seeker, for this magnification or intensification brings these old, shall we say, stuck energies to the attention of the conscious mind. But in this enlargement, with this increased energy, if conscious awareness is not practiced more in the moment-to-moment experience of the entity, then it can become quite easy for these stuck energies, shall we say, which have an intelligence and a logic all their own, to grab hold of this energy and use it unconsciously in ways reducing the polarity of the entity.

Thus, the path of becoming conscious requires that the seeker become conscious more frequently through the practice of conscious reflection on the thoughts and experiences of the self, particularly at the end of the day, and that simple basic practice known to you as mindfulness, along with quite importantly, we may emphasize, the daily meditation, the spending of time in silence.

At this time, we will take leave of this instrument with gratitude to the fidelity of this circle in continuing to link arms and support one another and meet for this humble purpose of service to others through difficult personal and collective circumstance, month after month, [year after] year. We open our hearts in gratitude to each who seeks to serve as instrument for our humble philosophy, of which we are but messengers. We transfer this contact to the one known as Jim. We are known to you as Q'uo.

(Jim channeling)

I am Q'uo and am again with this instrument. We are most grateful to be able to spend what you know of as time with you in your circle of seeking to be channels for the love and light of the One Infinite Creator. Know that there is no greater service that you may offer the Creator or each other than reflecting, channeling, and becoming that love and light, together and individually, as one.

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

Intermediate channeling circle September 22, 2021

<https://www.llresearch.org/channeling/2021/0922>

Topics: Sub-densities; mixed contact; pain as a catalyst; ADHD; the Law of Responsibility; unblocking the yellow ray.

(Jim channeling)

Q'uo

I am Q'uo, and greet each in love and in light. We are honored once again to be asked to join your circle of seeking. We join you in this seeking and we are most appreciative of the opportunity to share our words and thoughts with you according to the questions that you have devised for this evening's session. We as always advise each here to use discrimination when listening to our words, our thoughts, our suppositions. We are your brothers and sisters. And we are not ultimate authorities. And we are most grateful for your kind discernment to be behind any thought that does not serve you now. With that having been said, we would ask if there might be a query with which we may begin this session.

Austin

Yes Q'uo. I have one sent in from A1 that I have reworded a bit: "In addition to the general seven or eight densities of our octave, Ra also describes sub-densities within each density. In regards to our current third density, can you describe these sub-densities in more detail? How do we experience them and how can this knowledge help us on our spiritual journey?"

Q'uo

I am Q'uo, and am aware of your query, my brother. This is a query which has an answer that stretches to what you would call infinity. For each of your sub-densities within your third density illusion is composed of further sub-densities. Seven is the number which is critical in this overview of your third density experience. So within your third density are seven sub-densities within each of these sub-densities are seven more sub-densities, and so on. So that there is an infinity of refinement to your experience of this decision-making density. The decision that each of you seeks to make in a definitive way is the decision as to how you will polarize your consciousness to continue your journey of seeking past this third density illusion.

As you are going about your daily round of activities, you are in contact with other-selves, others, such as are you, perhaps conscious seekers of truth, perhaps not yet conscious, that they are also seekers of truth. In these interactions, you have the potential to be of service to these entities by interacting in a matter which is demonstrative of who you are, who you are as an unique expression of the One Infinite Creator. Such interaction, whether in thought, word or deed has the potential to take upon itself a life, shall we say, of its own. This creation of thought, words and deeds has reverberations that move into these sub-densities according to your exercise of what we might call your will to be of service, and your faith that service and growth and polarization are possible as the products of interacting with others.

As you proceed further into relationships, you will discover that there are times of communication where there is clarity, times when there is misunderstanding, times when

there is confusion. These may be seen as opportunities to grow in your own service to others, and thusly, in your polarization of consciousness. As you engage in conversations with such entities in an attempt to share more of commonality, to resolve that of difficulty, to reduce that of confusion, you offer to yourself and to the other-self the chance to process the catalyst that has brought you together in this shared journey of seeking the One Creator in all things.

This is a process which redounds to the very basic nature of your being and every other entity's being, which is at heart, the One Creator. As you process the catalyst that brings you together there is food for spiritual growth produced. Whether you are in the presence of an other-self experiencing this catalyst or alone in contemplation or meditation, your thoughts carry a weight that moves beyond the normal realms of third density experience, moving into these sub-densities, where the thoughts may enhance your processing of catalyst and discovering more harmony, where there was disharmony, less confusion, where confusion reigned supreme.

These deeper levels or sub-densities of this third density are always available to each seeker of truth, and indeed, to those who are not yet conscious seekers of truth. For all have contact with their own subconscious minds, in one fashion or another, and consciously and subconsciously, one may travel perhaps unbeknownst to the self, to these deeper levels of the third density illusion and find sustenance there, and find that there is the quality of thoughts that are more enhanced and clarified, so that the clarity lends its growth potential to the seeker of truth, who means in all efforts to be of service to others.

Thus, we would suggest that your desire, your will to polarize in a positive sense of service to others is enhanced when you give your attention completely to the resolving of difficulties, and the enhancing of understanding, as much as is possible within the third density illusion. Thus, your will and your faith in the exercise of will to produce such growth are those qualities that will serve you well, whatever sub-density you are able to access in the shared experience that you are blessed to have with all other-selves that you come into contact with in each day's round of activities. For each other-self is indeed not only a portion of yourself, but a portion of the One Creator that speaks to you in words not heard, in images perceived, and in the open heart, sharing the love of the One Creator in all things. Is there another query my brother?

Austin

Thank you Q'uo. One from A2, who writes: "In session [14.13](#) of the Ra Material, Ra stated that George Van Tassel was contacted first by the Confederation, then the Orion group. The Confederation was caused to find the distortion towards noncontact due to the alteration of the vibration mind complex patterns of the one called George. Can Q'uo please comment on what kind of vibrational mind complex distortions can lead one to become unviable for Confederation contact?"

And I would add to that, what kind of mind complex distortions, or things we can do as a group to increase our viability to maintain contact with the Confederation.

Q'uo

I am Q'uo and am aware of your query, my brother. This is the query which is most salient for any type of channeling process that an entity may engage in, in order to be of service to others. The Confederation of the Planets in the Service of the One Infinite Creator has for many thousands of your years, as you would measure time, been able to utilize certain channels or instruments ranging back to those days of old where the prophets that are recorded in the Christian Old Testament were contacted by various entities of an unseen nature. And these prophesied various messages that were given to them. And in those days, it was said that this was an holy honor and service to one's fellow beings to share such inspiration.

However, at that time there was, shall we say, a division in the type of information that could be received into those messages which were of an inspirational nature and reflected the positive desires of the One Creator to bless the children of Earth with knowledge of their participation in the evolution of the population of Earth. And there were those of a nature that you would call service to self who mimicked a certain power—we correct this instrument—a certain type of message that began in a positive nature, but as time and contacts continued, became that which was tainted, shall we say, by the service-to-self quality that would begin to turn the message of hope into a message of doom.

This is a process which has echoed throughout thousands of years of human evolution upon planet Earth, for the Confederation of Planets in the Service of the One Infinite Creator has itself utilize many instruments, as we may call them, to share the Confederation philosophy that you are aware of through many contacts with our own group. The philosophy of the great original thought of the One Creator becoming the creation that you now exist in, that has the purpose of allowing the Creator to discover more of itself, within each entity, and each entity's free will choices.

There is, shall we say, a balancing process that is of necessity in order to observe each soul's right to choose the option of the free will that requires that any type of positive information that is given through an instrument will be balanced by offering the opportunity for that instrument to be contacted by those of what you would call the service-to-self polarity. Thus, it is always appreciated by Confederation sources when an instrument is aware of these two possibilities that might append from any channeling or transmission of information to an instrument.

Thus, each instrument has the responsibility to determine the nature of any discarnate entity wishing to speak through it and to use it as an instrument. As you know from your own years of study of this phenomenon, it is well for each instrument to know itself so thoroughly that it has at its heart a quality that is most precious to it in the spiritual sense. This quality is that which is the foundation stone of the instrument's life path. It is that quality for which the instrument gives its life in joy and expression, and would, if necessary, gladly die for this quality rather than not utilize this quality. Thus, if the heart of the instrument is offered in a kind of challenge to any discarnate entity who wishes to speak through it, then any entity so wishing must be able to answer in the affirmative, if it is able to speak through the instrument.

The entity known as George Van Tassel was at heart most strongly polarized in service to others, and thusly began its contact with Confederation sources in order to build what was called at that time the "Integratron" that had the potential of extending the life path of an entity of third density. However, the entity George was unaware of the necessity of being able to determine the nature of any discarnate entity wishing to channel through it. Thus, when the balancing effect was put into motion, this entity was approached by those service-to-self entities that for the beginning contact mimicked the positive channel, and then as time went on, began to turn the entity known as George away from pure service to others. Thus, the Confederation source found the need to take its leave of the entity known as George so that it might exercise its free will as it chose.

We thank you, my brother, for your query. And at this time, we would transfer this contact to the one known as Kathy. We are those of Q'uo.

(Kathy channeling)

We are those of Q'uo and we are with this instrument. Do you have a query, my brother?

Austin

Yes, we have another one sent in from L, who writes: "It seems that many souls find the catalysts of pain to be very useful. Our third density life today seems to offer constant opportunities to experience mental, emotional, physical and spiritual pain. Can you help us better understand the catalyst of pain and its use and is there also value in evolving without significant exposure to pain?"

Q'uo

Thank you for your query, my brother. We are with this instrument and we'll address your query.

As in all things in your density, there is a twin set of attributes that belong to any situation, condition or event. There is the understanding that there is honor and duty within every situation that you may face. These are related attributes that apply to the same situation or condition. For a situation could be seen as purely a duty or as purely an onus, one seemingly negative and one seemingly positive, although it is not so black and white. There are colorations within each of these sets of attributes pertaining to any situation. For out of duty, for example, a great deal of honor can be born. One can indeed produce the other. They can also co-exist in any situation.

The same could be said of the situation or condition of pain of which you speak in your query. It would seem then that multitudes of pain exist, especially at this time upon your sphere. But we may point out that it is only seemingly so. When the entity can pause in a moment that even seems filled with only pain, pause enough to consider an enlargement of that moment such that it could include more attributes, more feelings, more understandings, in addition to the one-dimensional view of it as only pain, for out of that pain can be born love in a new understanding that appears in the flash of an instant in the

consciousness of the entity. Out of that awareness of pain, in another example, could be born the awareness of beauty or any other positive attribute.

It is through the recognition that each moment is multi-dimensional that the entity can expand its awareness, its consciousness, and thus its spirit to understand that this is what growth is: the growth of consciousness in an ever upward spiral of understanding. Through the pain, for example, of witnessing in these times—we correct this instrument—in what you call these times, what seems to be a laying waste of precious parts of your environment through wildfires or floods, through human activity, that things do harm the environment and the natural life that lives within that environment. This is from purely one viewpoint. Pain can be seen as painful to watch. Such things can lead to feelings of hopelessness or helplessness or other emotions ... feelings of injustice. Yet within that moment of the painfulness of witnessing such destruction of an environment there is also another awareness there, because it could be seen that out of such pain is also born the honor and duty of correcting such situations and conditions upon your planet. And out of such awareness comes not helplessness or hopelessness, but hope and growth, a rising up of a new consciousness, a new awareness of what could be done.

For out of that pain can come joy, the joy that some upon your planet may have for the very first time. The joy of understanding the preciousness of the natural environment upon your planet, the preciousness of life and of nature, those second density treasures upon your Earth where perhaps beforehand, such entities never saw that preciousness before. For every pressure point within the entity's experience—pressure points that produce that pain of which you speak—there can come a wonderful expansion in new ways of some positive awareness that was not there before that can literally change the consciousness, bit by bit, the greater consciousness of the entities upon your planet, in a new and positive direction. And this expansion and growth of consciousness is part of the purpose of the entity's existence, and continuation upon your planet: that growth upward in understanding and in love.

Another example of this dynamic can be seen in a situation involving a self and an other-self, in which the pain of what one watching another in illness or one felt observing another and other-self in a negative light, and we say, again, within such situations are further gradations of awareness that can be found where entities look more closely. The pain between a self and an other-self when accepted, understood, can open the consciousness of each, like a window opening, where light and love can be let in. Even one small awareness through compassion toward that other-self will allow the consciousness of both, of each, of these selves to grow upward in the light and love of the Infinite Creator.

In this way we could see that indeed pain has a purpose upon your planet to produce an ever-expanding awareness of the possibility of love, beauty, joy, growth and many other positive attributes coexisting and which just need to have the light shined upon them, and each entity's consciousness simply to open a little bit to let them in.

We are those of Q'uo. And have we addressed this query sufficiently, my brother?

Austin

Yes, I think you have, Q'uo.

Q'uo

Do you have another query for us at this time?

Austin

I do have one from J, who writes: "It appears that ADHD and other similar mental disorders can cause havoc on a person's life in many ways, from disrupting relationships, to being unable to remember information, to learning or being unable to learn, to having a grasp on common logical mental life, etc. Does ADHD and other similar mental disorders have a significance on a mind/body/spirit complex's journey, and is it a particular distortion designed for something important chosen by us before we incarnate, or is it a societal distortion?"

Q'uo

I am Q'uo, and we understand your query, my brother. The condition observed or perceived in some entities upon your planet at this time that has been labeled or described as ADHD, or some similar condition, or in some similar form, may have indeed been chosen—pre-selected if you will—by an entity before coming into a lifetime. And in that way, it can be seen to be serving a purpose not only for the entity who chooses such a vibration in its mind/body/spirit complex, but also for those around that entity as it is born and grows up and adopts a profession, a career, a lifetime of experiences in work and family and in friendships. The entities being mirrors to one another mirrors of self and other-self do provide the purpose of increasing each entity's adaptability to each other, each entity's ability to adjust preconceived notions or tolerances that each may have, adjusting such that to allow for a different vibration to exist in an other-self or in their own self. For it can be understood that those with so-called ADHD have a certain vibration or frequency or pattern of biological, neurological behavior and thinking that is occurring at a frequency that is perhaps faster than the vibrations of entities around it.

However, there are two situations we will mention regarding this. One is that the vibration or frequency upon your planet has been increasing and becoming faster in general. Those who seem to vibrate or operate at a frequency to themselves which is faster, more speeded up you could say, are in some way reflecting the faster vibration of your environment generally. They are attuned to that faster vibration, the faster pace of life, the faster frequency, the higher frequency, that your planet is gradually becoming.

Another idea we may speak of here is that in some cases those who have, or are seen to be having, ADHD are in fact vibrating at this faster rate because this will provide a greater match to a particular profession or activity that the entity is planning to do in its lifetime. And in such cases that faster frequency is serving that entity quite well. It will be the match that it needs to be to that activity. An example of this can be seen in the person who, operating at a faster pace, seems to be out of step with those seemingly more normal

around them as they grow up. But yet if that young person so quick at everything, so fast in its thinking and actions, may be then quite suited to becoming an emergency medical technician for example, someone who has to work within seconds of time very quickly doing several things at once and doing them well, and is, operating at that faster frequency, able to do that profession and be a perfect match to it and save lives because of it. So, we would say that if we could look at this condition that those on your planet call ADHD, look at it in a new way across the lifetime of a person and see or perceive perhaps, that it has a purpose, it has a use to attune that person to the thing that it will do in life in a most productive way. In fact, in a most excellent way.

A final comment we would make upon this subject is that the consciousness collectively upon your planet is becoming aware of all the different types and speeds of mental and neurological abilities—all the different speeds that exist—and are becoming more able to allow for, to be tolerant of, those that may operate at a different frequency, whether it be slower or faster, more in depth or more upon the surface of subjects. All entities have their own unique way, their own unique frequency. And consciousness is growing to accept this, each accepting one's own portrait in frequency and accepting those of other-selves so that each can see the beauty of the whole, the beauty of the entire collection of entities and all their uniqueness, each one thus enabling more love and compassion to exist between and among entities. So that there are really no labels no conditions that exist outside of norm, but rather each one coming forth in this lifetime perfect as they are, and operating at the perfect frequency for their intentions in this lifetime--for the role that they will play, the purpose they will fulfill, the love and the beauty they will bring to the world and to themselves and to others.

Has this query been addressed sufficiently, my brother?

Austin

Yes, Q'uo, thank you.

Q'uo

We're those of Q'uo. We thank you, my brother, for this opportunity to speak on these subjects and share with you, and we have been with this instrument and now pass this contact to the one known as Austin.

(Austin channeling)

We are Q'uo, and we are now with this instrument. We offer our gratitude to this instrument and to this circle for the diligence of the challenging and to the tuning process. These processes allow us to merge our vibrations with your circles, so that we may share together in your journey of seeking and benefit from you, as you may benefit from us.

Is there a query to which we may speak?

Jim

Yes, Q'uo, in session [101.8](#) Ra says, "We may only suggest that the honor of propinquity to light carries with it the Law of Responsibility." What does this mean to the seeker of truth?

Q'uo

We are Q'uo. We are aware of the query, my brother. This query is a vast topic as it touches on a central theme that arises in the journey of the seeker, particularly within the third density as the seeker continues upon its path and develops to a certain point at which it begins to manifest and discover information, inspiration, and most basically, light, and in this process of discovery also discovers that such light carries with it an inseparable burden, if you will. That is what has been called the Law of Responsibility.

In most basic terms we may speak to this Law of Responsibility as the notion that as an entity becomes aware of its capacity to create and to accept within the creation around it, that this capacity—if not utilized to a certain purity commensurate with the purity of the light which this seeker has discovered—then catalyst is generated to a higher degree to catch the attention of this seeker and to call the seeker to address where this responsibility is not being accepted and utilized. This effect becomes greater and greater upon the path of the seeker as the seeker exercises and refines its will and faith. And at a certain point, this will begins to draw to it more and more opportunities for the seeker to act in service, whether in service to others or service to self. These opportunities will present themselves more frequently and with greater breadth as the seeker draws to it this light and love.

This is an important cornerstone for those who wish to approach what has been called adepthood, for while this Law of Responsibility is always a factor in the life of a seeker, or even an entity in its most early stages of seeking, once an entity becomes aware of its own ability to manifest light and create, the Law of Responsibility, you may say, takes full effect. The entity at that point may realize that there is nothing within its life that it cannot offer love to, or be of service towards. This suggests that seekers who are actively practicing to refine their will, to balance their energy centers, and to manifest love and service, that dedication to this path must also become purer and purer. And such a seeker will necessarily need to maintain a great awareness of potential imbalances within the self, distortions and particularly those distortions taken upon the seeker from its upbringing within the society about it.

This awareness of the distortions developed by an upbringing within a distorted society become ever more important, for an individual may balance the self and clear the self of distortions to a certain degree, [and] an entity may seem to be balanced and move with ease about the society, offering service where it is requested, yet there is an ever difficult process of examining those things that are nearly universally agreed upon within a society and determining whether or not these aspects of society that have seeped into the heart of the self are in alignment with the chosen path of service to others or even service to self. And if these deep seated, widely accepted distortions do not match with the seeker's chosen vibration, then the seeker accepts the responsibility for the society and will begin to

generate catalyst for the self that calls the attention more and more to that which will put it at odds with society.

We find on your planet at this time among those who are aware of our words and our teachings, that this is quite a difficult stage. And we suggest to those who are aware of our words that great care and patience be taken in meditation and examining the self, and that seekers wishing to approach adepthood do not force themselves into a position which they are not yet ready to accept such a responsibility. It is not necessary, my friends, to explore this deeply magical path to be of service and to share love and light upon your planet. The simple work of taking each day and finding the love within it is as admirable as the greatest magical works that require the greatest magical responsibilities.

Have we addressed this query adequately, my brother?

Jim

Yes, Q'uo. That was very good. Thank you.

Q'uo

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

Jim

Yes Q'uo, in the Ra contact [102.11](#), Ra says, "Each entity must in order to completely unblock yellow ray love all which are in relationship to it with hope only of the other-selves' joy, peace and comfort." And my question is, how does this work if there is disharmony with other-selves in relation to us?

Q'uo

I am Q'uo, and I'm aware of the query, my brother. We may begin addressing this query by pointing out the extreme goal of what has been described as completely unblocking the yellow ray. To describe an energy center, particularly the yellow ray energy center, which is a central center of activity within your density, as being completely unblocked is describing an ideal that, it is fair to say, is essentially unattainable in practical terms for an entity upon your planet at this time. However, there is great value in describing such ideals, for it offers a clear picture of that which is a seeker of truth and of service to others may strive towards and compare their own beingness to, helping them to understand the self and the seeker's place upon the great journey of third density and the greater journey of the path back towards the Creator.

To address the heart of your query, and how to understand this ideal of a completely unblocked yellow ray energy center in a situation in which we are at disharmony with others, we may begin by differentiating between one's internal world in which one seeks to

manifest their very best in any situation, and the external world where such desires may fall short and actions may be seen to have many various effects upon those around us.

It is possible to wish all those around us comfort and peace, yet to wish such does not necessarily imply that such will be manifested by our actions, and this then demonstrates that the yellow ray energy center is just a single piece of a spectrum and a system where catalyst is not just evaluated upon a single energy center, but may be influenced by multiple energy centers and may contain lessons for multiple energy centers. Thus, even though one may wish all about one the very best, and their intention to effectively communicate and act upon this requires also a clear green and blue ray energy center, and even to find certain magical inspiration for truly manifesting the light of the Creator so that a situation may truly shine with the intention and the wish to bring peace and harmony about one, the indigo ray must also be open to a certain extent and clear.

This description of the yellow ray energy center as an ideal to strive for is intended to cause one to contemplate its social relationships, the social identity, and how this social identity of the self may relate to other social identities, particularly those that may describe groups of others.

We reiterate, my friends, that to completely unblock any energy center should not be seen as the ultimate goal of your time and your journey within the third density. There is also great value in finding a balance of energy centers, so that while one may not be fully activated, or fully cleared, in any one given energy center, one may still find a balance of energy so that the love and the light of the Creator has a clear path through the individual that may be manifest as light adequate enough to help bring the self, other-selves, and the planet about one into the next density, that density of unconditional love. The journey of working within each energy center will continue, my friends, beyond this incarnation and beyond this density.

Do not be discouraged for not meeting an ideal, yet always strive and discover the self that can be better and can do better and will eventually, through many lessons and many lifetimes and many densities, find the self one with the Creator.

At this time, we will take leave of this instrument and transfer the contact to the one known as Jim to offer our final thoughts. We are those of Q'uo.

(Jim channeling)

I am Q'uo and am again with this instrument. It has been our great pleasure and honor to speak with this group once again this evening. It is amazing to us to discover how each entity's channel has been opened to the degree that we experienced this evening. We feel that over time, as you would call it, that the art of channeling has become ingrained in each channel here this evening. Ingrained, we say, as it is now more apparent to us that this is like unto a natural function of your mind/body/spirit complex to open to energies such as the Confederation of Planets in the Service of the One Creator have to offer those such as yourselves, who seek to be service to others through the channeling process.

This is our great hope. And when we find our desires and hopes are culminating in such a grand fashion as we experienced this evening we are filled with joy. We hope each of you

may feel that joy as well, and know that you are of great service to the One Creator as you have become more and more competent, confident and inspiring channels of love, light and unity. We are known to you as those of Q'uo. We shall now take our leave of this instrument and this group. We leave each of you as we found you in love and in light. Adonai vasu borragus.

Intermediate channeling circle October 6, 2021

<https://www.llresearch.org/channeling/2021/1006>

Group question:

From Fox, who writes: "It seems like in third density, we cannot really know the truth through our thoughts, which are mentally formed symbols or conclusions colored by our past experience and biases. For example, a thought about a glass of water is a description, a symbol of it, and is not something you can hold and drink. The thought of hope, likewise, is an abstract representation of a feeling that points to hope, but is not hope itself. There are a number of references in your messages that have told us that our current third density thoughts become things on a metaphysical level and that this will happen more on the physical level as we enter fourth density. Please tell us about what actually happens when thoughts become things. Will our thoughts then be true? Would you please give more examples of a thought becoming a thing. If it happens to us now, or as we enter fourth density, what will that experience be like for us?"

(Jim channeling)

I am Q'uo and with this instrument at this time. We greet you in the love and in the light of the One Infinite Creator, who made all that there is. We are grateful to each of you for asking us to join you this evening that we all may work upon our service to the One through speaking some facet of the words of the One in response to the query you have presented us.

As always, we wish you to look upon the words and concepts which we share with you this evening as that which is our opinion. We are not ultimate authorities. We suggest, therefore, as you use your own discernment to decide which words and thoughts are helpful to you, use them as you will leave behind all others, without a second thought.

This evening, you ask a most interesting question. As your planet and its population move into that which you have called the fourth density of love and understanding there is more and more in manifestation. Those "things," as you call them, those embodiments of concept, they become more real, more apparent, more effective within the path of the seeker of truth. For now, you are aware that as the query was stated the thoughts that you think are a product of your intellectual mind. Your mind is the means by which you plot a path through each day's experience, and indeed, through your entire journey of seeking within this third density illusion for the length of your incarnation. Your mind is as a

magnifying glass in some respects, generating certain images, receiving certain images, using these images and perceptions to make sense of your daily experience, to attempt to understand—to use a somewhat lofty term—how the experience that you now have within your daily life may teach you what is the meaning of your life. How do you proceed upon this path?

The thoughts that are your response to your inner questions are your estimations of the answers to your questions. They are more or less accurate from time to time. They give you some indication of the nature of your evolutionary process. They give you steps to take in this evolutionary process, one step after the other, whether in rapid sequence or in a reduced pace of progression. These steps are the fruit of your intellectual description of how your spiritual journey may best be accomplished.

However, as you are more and more aware of the changing nature of the environment in which you now move and live and have your being, you are aware that there is a fundamental difference in how your thoughts may aid you in this evolutionary journey that you share with your brothers and sisters upon your beloved Gaia. As she and you move together into that higher vibration that is the fourth density of love and true understanding, it is apparent to many that the thoughts of the intellectual process are beginning to take upon themselves a kind of expanded reality so that as you ponder your journey, the nature of yourself, and the purpose of all that you experience, you attract to you experiences of an enhanced nature that become what you may call crystallized as gems of great price, of facets of information and qualities of being that heretofore were not such perceptions or experiences.

Now you are engaging in a level of experience or reality that is more vivid, that is more to the point of the purpose of your spiritual journey, of your incarnational lessons. Each of you has, before this incarnation, programmed the means by which you would be able to open your being to greater and greater levels of fourth density vibrations, for each of you has chosen to incarnate during the time that has been called the harvest, or the graduation of souls into the vibration of love and understanding.

It is that time now within your incarnation and within the planet's clock face, shall we say, that the hour has come, and has been for some time now, to be able to manifest the product of your thinking, your thoughts and images that are of a spiritual nature and are able to enhance your evolutionary process. This is a grand event for all as you are beginning to form that grouping of intelligence and spiritual essence that will allow you to join together as a social memory complex where the experience of any is shared by all.

At this time, we will transfer this contact to the one known as Austin and continue our thoughts upon how such thinking upon your part can become things. We are those of Q'uo.

(Austin channeling)

We are known to you as those of Q'uo and we are now with this instrument.

The question posed this evening focuses on the changing nature of this dynamic between thoughts and things. We feel it is important to reinforce the nature of this question as

arising more from the standpoint of the third density. The notion that thoughts become things is one intended to catalyze the third density individual to examine the nature of their thoughts and how they relate to those things that seem to manifest about one, and within the creation of third density.

This is an important aspect of this query, for such a question arises only when the true nature of reality is hidden by the veil of forgetting and the underlying connection between one individual's thoughts and those things that may be manifested from those thoughts is hidden. In order to examine this mysterious dynamic, one may, in meditation, find the silence of the mind and begin to question the nature of the self that seems to produce thoughts. In this examination of self, it helps to begin with the notion that the self is but an illusion, and the distinction between self and other-self, and between the creation about the self is on the most fundamental level of creation the product of this illusion—and especially, within the third density, the product of the veil of forgetting. Yet this illusion is truly important for the evolution and the experience of the Creator. For without the ability of the Creator to conceptualize itself as individual parts, and for those parts to adopt an identity that is separate from their origin within the Creator, [it would not be possible] for the Creator to have any experience at all.

And so, we suggest beginning by examining the illusion of the self and the utility of the ability of the Creator to identify itself as separate selves, and then begin to question the true nature of thoughts as they occur to the self. For if the self is essentially illusory, then from where do the thoughts that occurred to the self come? Are these thoughts generated by the self? Or is the relationship between the illusory self and the thought that is realized by the self deeper and more connected to the creation about the self? This may seem like a rather difficult endeavor to understand, and as we speak about it with clumsy language and through an imperfect instrument, it may be difficult to conceive that the nature of the self and the nature of thoughts are vastly different than you regularly experience in your day to day life. But we encourage you to attempt to release the identity of the self and begin to consider that if the self does not generate those thoughts that occur to it, then those thoughts have their origin from outside of the self.

The notion that thoughts become a thing implies a causal link and a progression that first a thought is conceived by the self and subsequently a thing is formed from that thought. But when you remove the barrier between the self and the creation, then the causal link may appear to be much less linear.

The experience within the third density of having a thought may seem to be abstract, and when the thought then unfolds into reality, it appears as though the thought preceded the creation. Yet since the self and the creation are indeed not separate, we ask you to consider that perhaps these two seemingly separate things are further linked, or more intrinsically linked than they appear to the third density self. And that thing that was born from the thought may not have actually been born from the thought, but the thought simply preceded the inevitable existence of the thing.

When taking this view and perspective of the self and thoughts, that can be quite difficult to grasp from a third density perspective, one may understand how, as the fourth density approaches upon your planet, this dynamic between the existence of thoughts and the

creation of things becomes much more apparent to the self, and the notion that thoughts become things becomes less valid only in that there is a deeper understanding that they are not so separate.

As your planet progresses into the fourth density, and your peoples progress along with your planet, you will begin to realize more and more that the thoughts that seem to be generated by the self are indeed occurring simultaneously among many individuals. And as this experience grows, and the relationship between groups who partake in the same thought deepens, the social memory complex begins to form more and more efficiently to the point where thoughts become more crystallized. And as more and more groups share in thought, they begin to perceive with more clarity the creation that lies before them that will unfold, not as a result of that thought, but as the path that has been perceived by that thought.

At this time we will take leave of this instrument and transfer the contact to the one known as Trish. We are Q'uo.

(Kathy channeling)

We are those of Q'uo, and we are with this instrument. We have been speaking on the topic of thoughts as things, thoughts becoming or seeming to become things, and thoughts as part of a greater consciousness that is collective, that is the beginning of the forming of a social memory complex upon your planet. Indeed, the concept of thought concerning one self or entity or many entities can be seen as the building blocks, in a very basic way, of what will become your social memory complex—thoughts that are part of the greater consciousness and share among the collective group of selves upon your planet are the beginnings of the connections that are made on the mind and spirit level.

What do you call existence upon your planet? Such connections between and among selves do form, do extend and reach out like beacons of light across the population of the third density selves, creating a community of thought. Indeed, this greater consciousness of which we are speaking is one important aspect of the idea of thought creating a new reality upon your planet. The power behind the thought grows as it is shared among the community, and as the thoughts harmonize due to the shared feeling among the selves for that thought to grow in a certain way, a spirit of the cultivation of positive and productive thought grows as well. This is, indeed, a foundation of the growth of a social memory complex.

Regarding the notion of a thought becoming or translating into a crystallized thing, of which we have spoken here this evening, there is an understanding that a thought in its mental and emotional state is made of energy, an energy projecting from, and remaining a part of, the self which produces it, which is also made of a spiritual energy if you will. The energy that makes up each individual's field, auric field, personal field, is generated by the mind/body/spirit complex in all its constituent parts. The energy centers constitute the basis of the frequencies and tones that make up each individual and color the thoughts that are produced by the individual. Some may be more feeling thoughts, such as love or hope, and some maybe more mental thoughts that are more constructs. Each type of thought does indeed, if persisted in, become more and more crystallized over what you

call time in each individual's experience. And collectively, this can be shared across selves in the community of consciousness of which we spoke earlier.

These various types of thoughts have their own energy, their own frequency, and therefore form things that reflect that particular type of energy from which they were produced. These things can come in the form of events, actual items found, created, or manufactured, or other creations of one could say of an infinite nature. For thought is infinite and each entity can realize all things are possible through thought.

Again knowing that thought of whatever type is made of a pure form of energy helps to understand that all things are indeed possible, for energy is infinite and malleable, creative, and of what you may even call a blessed nature, given that it is from the One Infinite Creator.

We would give a final thought through this instrument. Speaking to the questioner's example of the thought of hope, and say indeed that hope begins in the hearts of all entities as an energy, an energy born out of the great original thought of love from which all things come. Hope is a pure form of thought, an ideal similar to the thought called joy, or love or peace. And we say, indeed the more the shared community of selves begin to focus their thoughts, their energies, upon such high ideals, the more the greater consciousness of the planet shall be advanced into the higher frequencies which shall yield more of same, and a higher form of physical crystallized creations as well.

We are those of Q'uo. We have been with this instrument and we now transfer this contact to the one known as Gary.

(Gary channeling)

We are those known to you as the principal of Q'uo, and we greet this circle once again through this instrument. We wish to give thanks to each who has spoken our thoughts on an exploratory question which has stretched the instruments to say degree, in the positive sense of growing and learning to go beyond.

A thought is a very fundamental kind concept to consider, wrapped up so intricately into identity and illusion and the birth of the creation itself. On your level of experience, a thought moves across the screen of your inner awareness, contained within and known only to your mind, it would seem, as it's experienced on its most elemental level. In the intimate setting that for many of your peoples seems to occur within the head or the skull, where most of your entities find themselves in compulsive, unending, almost uninterrupted patterns of thought, one following the other.

Indeed, many of your entities seem to be run by thought, recognizing not what is being obscured or hidden by this runaway train passing through the mind, of beingness of open, endless spaciousness, and of the love and the light that lives therein. Thought on your level is an image, or a reflection, or a representation of some aspect of reality. Those images and reflections often fragmenting that reality and constructing the walls, the boundaries, and the distances between entities, creation, object A, and object B, in order to create an illusion. Much in the way as the questioner described, the thought seems not to be the thing. And from the standpoint of separation, that is indeed often the case,

whereby the thing being thought about seems separate, in one way or another, from the exercise of reflection through the processes of thought.

Yet, we ask the seeker to consider the nature of that thing being thought about, whether that thing is an emotion, an experience, a material object within the world, something of intimacy of the self or between self and other self, and ask if that thing or object or experience is not also thought itself? Examine the nature of all of that which appears to your senses, outer and inner, and ask to what degree those things have solidity, substantiality and substance. Is it so easy to call one category "thought" and another "thing" or that which has a free-standing existence outside of thought?

To look more closely at creation and its interrelationships and its way of coming into being, and to trace that to the genesis of all things, the seeker may recognize that it is all in its own way thought. The Confederation gives a name to this concept in order to communicate it to you, rational entities in third density, we add some descriptive adjectives and they're to give this thought its proper placement and significance in your own thoughts structures, and that term is "the One Great Original Thought."

Without that thought, there is no creation, there is no experience of self and other apart from an infinite and indivisible mystery of unity which has no discernible quality or boundary or spatial or temporal aspect. From this ineffable mystery comes a thought, which is that the Creator can know itself through an exploration of many-ness and thus is the first gift of consciousness made. That begins or commences what you in your patterns of recognition may see as a sequence that continues and continues and expands and distorts, and moves through stages, you may say, in unbroken sequence to eventually think into being through the additional use of thought galactic suns, solar system suns, and eventually through this progression, the thought of the third density entity, that which is your station at this time.

You, as Ra so poetically described in their very first session with the trio, are dancing thoughts in the mind of the Creator in a ballroom where there is no material.³ Though you reflect upon yourself and feel a vessel of clay and your various attributes liked and disliked and your binding to geography and circumstance and biographical limitations, which all seem so very solid, are from the greater perspective a thought in the mind of the cosmos, much in the way that a thought as an entity of its own limited will lives with inside your mind. And in this way, you as a third density entity can see the linkage in the Logos chain and how you as third density entities are identified by us as the Confederation as sub-sub-logos, for you have within your capacity these same abilities to wield, and use and harness that thought which is both creative and destructive.

How does that thought become a thing? On its own level, a thought is already a thing. It has a lifespan of its own. It is colored by its particular host as it's experienced and enters the awareness but has an identity that is at once independent of the particular mind within

³ Ra: You are not part of a material universe. You are part of a thought. You are dancing in a ballroom in which there is no material. You are dancing thoughts. You move your body, your mind, and your spirit in somewhat eccentric patterns, for you have not completely grasped the concept that you are part of the Original Thought. -

which it finds itself. It has a form or a shape as you might perceive it. On the level of time/space it can be made visible, you might say, and interacted with. But it becomes a thing, as we have spoken to through previous instruments, through the process of manifestation, often unconsciously so, though a thought can certainly be consciously developed and pursued through inward and outward action.

Consider where a collective of your entities holds a thought, say a prejudice *toward* ... this instrument smiles knowing that his spouse would correct his pronunciation ... "toward" a minority or other disliked group and the way in which that thought creates space then for it to become a thing, shall we say. Not necessarily an object like a chair, but to become manifest as an activity or action, say, as a demagogue who utilizes and embodies and puts into motion this thought toward the persecuted group, or the way in which the thought of unhealed or unprocessed anger may manifest itself as that bodily condition known as cancer.

To speak of the ways in which thoughts become things in fourth density is out—though addressed previously—is outside of the scope of this circle and this particular instrument's capacity and time. But we may indicate that such a statement is also a way to describe how one creates their own reality with the aid of, or hindered by, as the case may be, the experience and use, skillful or otherwise, conscious or unconscious, of thought. And as fourth density removes the veil and clarifies the nature of the self in relationship to their thoughts and the thoughts of all other selves, then it becomes much clearer how thought manifests reality, or how reality which emerges is expressed and reflected in thought. And as your third density light wanes, and the fourth density light increases, the loop between that which seems to exist only on the level of thought, and that which manifests within the individual or the collective body or indeed the planet, itself becomes shorter. The progression accelerates. Thoughts today are reality tomorrow, and so forth.

And before transferring this contact, we would suggest, as always, to the seeker that they engage in that activity which brings the mind to a point of concentration whereby they are not being pulled this way and that by their thoughts, where they are entering into the silence and stillness of beingness itself, where there is no thought—that which you call meditation. This is necessary to the wellbeing, not only the wellbeing of the self, but the rediscovery of the wholeness and the perfection and the truth of the self beyond and prior to thought.

At this time we take our leave of this instrument and transfer our contact to the one known as Jim. We are those known to you as Q'uo. Adonai.

(Jim channeling)

I am Q'uo and am again with this instrument. We are most pleased with the progress that each channel has made this evening in transmitting our thoughts that are regarding how your thoughts may become things. As you become more and more the One Creator, your thoughts become your experience as they guide you through this octave of being.

We thank each of you for making room within your minds for our thoughts to become that focus that gives you the ability to create a channel for not only our words, thoughts and

images, but for the Creator to move into your daily experience as you move into communication with those about you, communicating the love in the light of the One to all you meet. At this time we shall take our leave of this instrument and this group. We leave you in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.

Intermediate channeling circle October 19, 2021

<https://www.llresearch.org/channeling/2021/1019>

Topics: Attention, will, and faith; attitudes of avoidance; physical ailments impairing one's spiritual practice; feeling empty and unfulfilled.

(Jim channeling)

Q'uo

I am Q'uo and greet each in the love and in the light of the One Infinite Creator. What a joy it is to join your group this evening. We are most happy and honored to be asked to join your circle of seeking. To continue the process that you have been utilizing for lo these many years. To become instruments of the One Creator, funneled through our perceptions of that Creator.

We would at this time ask if there might be a query with which we could begin to channel that love and light through this instrument.

Gary

Yes, there is, Q'uo.

In [42.12](#) Ra says, "There is but one technique for this growing, or nurturing, of will and faith, and that is the focusing of the attention." They go on to say, "Thus it is a matter of wishing to become able to collect one's attention and hold it upon the desired programming." So A asked about that quote and one in [41.22](#).

"Can you elucidate on how the process works of wishing to become able to collect one's attention and hold it upon the desired program?"

Q'uo

I am Q'uo and am aware of your query, my brother. We would begin with our usual request that you look at what we have to say with your own clear vision and utilize the words and concepts that have meaning to you and disregard the rest. If you will grant us this simple favor, we will feel more free to speak those thoughts which are ours to speak.

In the process of realizing one's own personal desire to seek the Creator in the most efficacious manner possible, it is well to take into account the many distractions that each seeker of truth encounters in the daily round of activities, and in the experience of your third-density illusion. For beyond the veil of forgetting, there is not this type of distraction that causes one to lose the focus upon the basic nature of all creation, including the self that is unity with the One Creator. Thus, you are facing what we would call a challenge within your third-density illusion as you seek to find that will within yourself to know the Creator, to be able to feel the Creator moving in your meditative state into a manner of communication that you may perceive in a variety of ways—whether it be words, images, inclinations, thoughts of joy and inspiration.

Such communications with the One are unique to each. The will to find this focus, this single pointed focus, is also enhanced in its functioning by an equal amount of faith that such a process can indeed put one into a state of consciousness that is likened to the facet of the Creator's gem or jewel so that you begin to radiate the love and light of the One Creator to all those about you, whether in the meditative state or in the conscious state. For you are awakening within yourself the capacity to encompass a larger and larger portion of the totality of infinity that is the Creator, as you were able to focus your attention inwardly in meditation with the desire to become one with the Creator.

This type of blending of will and faith is a kind of empowering of the conscious mind to begin to travel the journey down through the lower levels of consciousness into the subconscious mind, and further on into the planetary mind and the cosmic mind of the One Creator. This is a very deep and fulfilling dive into unity with all that is. As you focus your attention on this journey of seeking and serving the One Creator, you yourself begin to expand in what you would see and feel as an outward nature, so that you touch upon more and more of the creation around you—and not just touch upon it but you become it. As you find this focus becoming more intense as time passes, you will be able to uncover the gems of your own self, that you will see and experience as expanding into the infinite reaches of the One Creation.

This is a natural process that is experienced by all entities that are in the, as you would say, inner planes or higher densities, in both cases, so that they are in this state of consciousness at all times, to some degree. You, having the veil of forgetting to move through in a more or less clear fashion, are challenged by that same veil so that your effort of focusing your attention on seeking the One Creator in all things carries a great deal of weight of, you may call it, success or union or victory over unconsciousness. This ability to finally focus your attention becomes your great tool of inspiration and evolution, as you are more and more able to reach that focus in meditation, and then carry with you the bounty of the open heart that you have reached in meditation with you when you come out of meditation. This allows you to see with a clarified vision that you inhabit an illusion with different portions of the One Creator who are also seeking to know more firmly and fully, how they also are the same as you, your other self, the One Creator.

This is the journey of the third-density illusion and this is the great joy that awaits you as you continue to improve your focus in a single-pointed fashion, and become able to resonate in harmony with the Creator in all things, in all people, in all times, because you

have done that within yourself. At this time, we shall transfer this contact to the one known as Gary. We are those of Q'uo.

(Gary channeling)

We're those known to you as the principal of Q'uo and we greet this circle once again through this instrument. We may ask if there is a query to which we may respond.

Austin

Yes, Q'uo. We have one sent in from L, who asks, "How does one choose to stop avoiding and to change their attitude towards experience, especially after having avoided it habitually for so long? And how do will and faith play into all of this?"

Q'uo

Thank you for vibrating this question and we thank the one known as L for its asking, as this is a question that many upon the spiritual path would do well to consider.

That one recognizes patterns of avoidance is reflective of such an entity's experience that may speak of ways in which they feel off-kilter or out of harmony with the experiences and circumstances and relationships of their life. There is perhaps a sense that to not avoid would be to meet the moments and myself more squarely with greater trust and openness.

To then digest and metabolize that which is occurring, and to live life more fully from a position that is not seeking to run away from that which may be perceived as uncomfortable, or to find security in the routine or to the... we pause to deepen this instrument.

We resume and find some fatigue with this instrument, described as a fuzziness somewhat impeding this connection, but find the state of the instrument satisfactory nonetheless to continue.

There is perhaps a sense within the seeker that there may be greater riches to be had, shall we say, by openly facing and countering that which the moment brings. And for such a self wanting to heal that avoidance pattern it is well to sit with the self and attempt to replay those moments that live on in memory—the closer to the actual experience the better—to discover what it was that triggered this avoidance mechanism. What caused the self to put on its armor or to simply choose another path? What was it that was uncomfortable or which the self wished not to face or to know? Was it a vulnerability? Was there a perceived threat? Was there an attachment which one wished not to relinquish? Many are the reasons unique to each seeker.

This practice, to bring in other elements of the questioner's question, requires consistent use of the will and the faith that this exercise will bear fruit, for the process of knowing the self is not one undertaken in a single exercise, self-analysis, or visualization, but it is the setting and the execution of intention that must be carried out over time. The more

consistent and true and unwavering the focus, the more efficacious the process, the more likely to find that which the seeker seeks. And the ongoing unfoldment of sitting with the self and understanding the mechanisms which contributed to this pattern, the self begins to reveal itself to itself. There are strands of biography woven into these patterns that connect to perhaps the relationship between the child and the parent in the early years, when avoidance was exercised for reasons perhaps of protection, or a desire to avoid that which is painful.

Perhaps the roots go deeper, but they do proceed at this moment, particularly as the questioner noted, a history of such patterns. But the gaze and this process of knowing the self is not one which should look through the lens of self-judgment, or castigation, or the locating of deficiencies within the self which would pan out any sense of unworthiness. Instead, compassion is requested for the self as the self discovers the workings of its own mind and heart that may not be so visible to the conscious waking awareness, as it provides upon the various momentums set into motion long ago. For it is only upon stopping to gaze with a directed focus, the focus directed by the question one is asking oneself, that one can begin to see that which has not before been seen or apprised by the conscious mind.

And this discovery must be brought into the heart, as we were, indicating of acceptance. And in terms of this particular pattern of avoidance, one can develop an awareness that which is being avoided need not be feared, or run from, or turn from that which is being avoided. Ultimately, there is no harm or threat to the self, or any sort of loss, which is not productive of growth. That there is something quite valuable awaiting the self when the layers of resistance, and rejection, and avoidance can be peeled back, so that the self may come into contact with the self. For to avoid is to choose to be partial, to choose not to embrace the entirety of the self. That circle which defines self has infinite layers moving ever-outward and ever-inward.

And as the self incorporates more of the creation into itself or discovers itself already in the creation, the more that circle of identity grows, expanding eventually to include all entities, all places, all circumstances, events and energies, so that the self understands that the self is all things. The self is one. It takes repeated exercises of trust, first and foremost in the self, and then universe, that which is being avoided can be not only faced but brought into the heart that takes a level of trust, that is made possible at first by faith, but gains ever greater traction through repeated experience that affirms to the self that, it is indeed okay to move forward, to open that which is hurtful can, if processed through the heart, be loved and serve the entity's own growth and helping the entity to peel back the illusory notions and stories about the self.

That this entity asks such a question indicates that a good deal of work in self knowing has been undertaken. To simply identify a pattern is a step away from the purely unconscious, shall we say, sleeping entity, and onto the path of becoming aware of the self, and harkening to that which calls the self into greater growth and self-revelation. Continue, our brother, listening to that voice and applying your practices. And with each step, and the next, and the next, you will find more and more of your whole self awaiting you as you feel ready to set aside those attachments of illusory identity that give you snug in their place.

At this time, we would transfer this contact to the one known as Trisha. We're those known to you as Q'uo.

(Trisha channeling)

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

Austin

Yes, thank you, Q'uo. We have another one sent in from P, who writes, "I am worried about the effect my physical illness is having on my spiritual path, one that I've only just started in life. I felt I was making pretty good progress, learning my lessons and seeing love in places I never did before. But this illness, whatever it is, knocks me out so that I cannot even meditate much anymore. I feel as if I spend most of my time now, wrapped up in my illness and trying to fight through it, rather than spreading love. How can someone who is so overwhelmed with such an illness and can hardly meditate anymore, still follow their spiritual path and also give back to the world?"

Q'uo

I'm Q'uo and I'm aware of the query. This instrument in particular is fully aware of how the physical vehicle can act as, what you may call, a roadblock or hindrance to one's spiritual seeking. But we would caveat that by saying that, that roadblock, that hindrance, is only illusory. It is, dare we say, self-created, and it is also a potential motivator for spiritual growth as well.

We realize that conditions you experience in your physical vehicle can seem overwhelming, can feel overpowering, can leave the entity feeling drained, unfocused, without direction, even hopeless.

We wish to humbly state that those sensations, however great in magnitude they may seem, are fleeting just as every other experience in this incarnation is. We do not wish to devalue or minimize the experience of the questioner. For we, through this instrument, can see how the words we're saying can seem to diminish the suffering that one can experience via the physical vehicle.

We will start by saying that one may view such trials and tribulations as potent medicinal opportunities for spiritual growth and the lesson of acceptance.

Through this instrument, we can witness an experience of feeling flustered but wanting to do so much, wanting to be so much, wanting to learn so much, but feeling as you would say trapped in a shell, that keeps, in the entity's mind, them from moving forward. We dare to suggest that sitting with that frustration and that pain is an opportunity pregnant with the potential for developing acceptance. This acceptance we speak up is not a simple acceptance of acknowledging a sensation or emotions existence, rather the acceptance we speak of is one of unconditional love for the experience.

We understand that pain and discomfort are not usually sensations that entities within your incarnation seek actively. However, it could be seen that these moments are also what you may call experiments.

We refrain from using the word gift for we know that may come off as insensitive. However, that pain, that discomfort can be accentuated, sat with, pottered over, meditated upon, and accepted. We realize we used the word or rather phrase, meditated upon, when previously, the questioner stated that meditation does not come easily in the current state. My dear seeker, we would suggest that meditation can take many forms. Of course, you know of the meditation of sitting in silence, allowing the divine to release itself of its chaotic incarnational environment, and grasping for that connection to the unity that exists underneath all.

However, there are other forms of meditation, of seeking connection with the unity, with the Creator, with love. For instance, prayer and intention setting are two intentional practices. Two practices wherein the seeker may sit with what they are feeling in their heart and soul, and speak it into the universe, whether that be in the instance of prayer. Perhaps expressions of desire, or asking for guidance. Or oppositely, in the instance of intention setting, the expression of what this instrument plants or seeds for themselves.

We would also suggest a practice of any other form of relaxation that this questioner can find. Any practice that allows the entity to release itself from the finding of the physical vehicle can be a most beautiful, and intensive, and helpful exercise or experience.

Perhaps we would say to this questioner that, if they wish to continue their spiritual practice that they feel they only recently began, but are experiencing the obstruction that is the physical vehicle; that this entity's statement of desire to continue the spiritual journey is the intention setting; that they are already taking steps. We would caution the questioner lovingly to not be so hard on themselves, to practice patience for the self, for the body, or that which comes easily, and that which comes without much ease.

Each moment is ripe with opportunity for every entity to be, but a fraction of the Creator, experiencing itself.

And that experience is limitless in how it can be defined.

One final [thought] that we would share with this questioner, and we state it very humbly again knowing that it could be misconstrued as being insensitive to the questioner's experience, that this instrument personally believes entities who received these tough physical experiences asked for and received them, for the Creator knew them to be strong enough. And it is only with time, and love, and full acceptance of the self that this instrument, and the questioner, may find and discover how truly strong they are.

We thank the questioner for this question. And we will now take our leave of this instrument and transfer contact to the one now as Austin. We're those of Q'uo.

(Austin channeling)

We are Q'uo. We are now with this instrument.

We would take a moment to express gratitude and appreciation, not just for those seekers within this circle, but to all seekers who are made aware of our words through whatever

means. For as we speak through these instruments, it is the collective harmony, and vibration, and will, and calling to which we respond. And we are honored by the ability to interact in this way, and in other more subtle ways with all those who call.

We may ask at this time, if there is another query to which we may speak.

Gary

Yes, Q'uo. There's a query from A, who writes, "What can we do when, despite doing everything right, and having our needs mostly met, we still felt empty inside without a defined purpose, or just not content enough with how our lives have turned out? What is the wisest way to humbly ask your higher self for guidance with your purpose in life?"

Q'uo

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

We thank the one known as Andre for posing this question, for we feel that this is a pertinent question felt among many seekers who discover their will to seek, the flame alight within them, calling them to a greater service, and to a greater purpose within their life. And yet, when taking an assessment of the circumstances about one, they feel as though the potential is unmet, and that there is more to be done. This, my friends, is a very common experience. And indeed, it is an experience that is as equally important and valid to the seeker as is the experience of fulfillment and joy. For all such experiences are catalysts for the seeker upon the spiritual path, and were all catalysts imbued with the feeling of satisfaction and contentment, then progress, and self-reflection, and the urge to move upon the spiritual path would be much less present.

We receive this query with great care, as it is our desire to encourage seekers to understand the context of such experiences, and to understand that they may be utilized—not just to cause the seeker to seek guidance, but to also seek fulfillment with oneself and one's present circumstances, no matter what those circumstances may be.

We will address this side of the coin, if you will, first.

The feeling of emptiness, generally, is manifested within the self because the self recognizes a greater perspective. Yet, we find that this greater perspective that can be seen as potential or desire for greater works, may sometimes be a distraction and cause the seeker to lose sight of the opportunities within one's life—for love, for recognizing magic, for seeing the Creator imbued within all aspects of the creation. We find some humor in such a question, for it is impossible for us to not see any aspect of the creation as being full of the love and the light of the Creator. And each aspect of the creation, having an opportunity for the seeker to be rich with contemplation, and fulfillment, and love for the seeker to receive.

We do not mean to make light of what is generally a difficult and sad experience for the seeker, but only to share that it is a unique aspect of your density that allows for this experience--that aspect being the veil of forgetting that allows the seeker to be blind to the

fullness of creation, for the light of the Creator to be hidden and thus requiring the seeker to do as its title implies—seek that light and find it within the creation. This need not happen by some great service or ambitious work.

This need not be a grand journey for each individual, for each day that seems to be mundane and lacks the fulfillment that the questioner seeks is potentially in itself a grand journey for the seeker to find that which it is seeking. And the seeming banality of such a day-to-day experience may be just one hurdle put in front of the seeker, the hero of this journey, to see through and to, if we may use a misnomer, overcome in its quest to find the object of the seeking.

We suggest to the questioner, and to all who may feel similarly, that the attempt to discover the love and the light of the Creator in the most regular aspects of one's life, with patience, persistence and increasing will and faith, may yield a treasure greater than one may imagine coming from a grand journey and tapping a grand potential outside of the self, and outside of one's present circumstances.

To then speak to the other side of the so-called coin, we can confirm with some irony that, indeed, for each seeker, and for each individual, there is more. And the potential that such a seeker intuits is indeed available and very real.

Each seeker upon the path of service to others has the capacity to yield great service for all those around them. And if this desire to bring about love within one's life persists, opportunities will arise to the seeker. We often find that these opportunities go unperceived, or, as we spoke about previously, perhaps avoided for discomfort or fear. For those seekers wishing to discover what grand journey may lie before them, we encourage them to look to those areas of their life in which they practice this avoidance, or they discovered discomfort. And they may find that within those areas, they may have previously been blind to opportunities to progress upon their path in a more significant way that presents to them more fulfillment and more opportunities beyond.

The method for requesting guidance from one's higher self or the unseen family available to each seeker may be quite simple. Such may be done through prayer or contemplation, either silent or spoken aloud. Through ritual, either designed personally for the self and repeated to increase its power with each iteration, or through rituals available that have been practiced collectively by others who have walked the path previously. One may find communication returned from this unseen guidance in many forms as well—whether it is slight intuitive suggestions; those things that draw the attention of the self in day-to-day life; communication through dreams, whether in sleep or waking dreams; or many other multitude of ways, that the unconscious delivers to the self communication from beyond the boundaries of the self.

This is indeed a grand journey that you are upon, my friends. And we hope to offer you some comfort in offering our perspective, that though there may be an abundance of difficulty or a lack of fulfillment in any given moment, it is not the way of the Creator or the creation for such experiences to persist indefinitely. And as you continue to walk the path, the scenery will change and will provide more and more opportunities to witness the majesty of the Creator manifest within the creation, and see that majesty reflected within

the self, for you are the Creator, and all of the love and the light of the Creator is available to you at any moment upon your journey.

At this time, we transfer the contact to the one known as Jim to offer our closing thoughts for this evening. We are Q'uo.

(Jim channeling)

I am Q'uo and am again with this instrument. We are most pleased to be able to utilize each instrument in a matter which we have noticed has increased each instrument's ability to perceive the words and concepts which we offer through each in a matter of greater clarity and profundity. We are as you, instruments, we seek to serve the One Creator in all things and in all entities. And we feel as though this process that we have utilized this evening is a fine example of the concentration that each instrument has attained that allows a more effective representation of our words and thoughts. This type of focus and dedication is the kind of qualities that come with an advanced practice of learning what you call, the art of channeling. This is a fruit, shall we say, of much labor. And we thank each of you for being dedicated to becoming more fastidious channels and more inspiring channels. For as you become aware of the words and concepts flowing through you, you are also being imbued yourself in your very being by the inspiration that you transmit to others. This is a very desirable outcome and signal of progress that each has made.

We are known to you as those of Q'uo. We shall now take our leave of this instrument and this group, leaving each in the love and in the light of the One Infinite Creator of who we are all a portion. Adonai, vasu borragus.

Intermediate channeling circle November 5, 2021

<https://www.llresearch.org/channeling/2021/1105>

In metaphysical terms, what is the dance that Ra refers to in this quote? "In truth there is no right or wrong. There is no polarity, for all will be, as you would say, reconciled at some point in your dance through the mind/body/spirit complex which you amuse yourself by distorting in various ways at this time." ⁴

(Jim channeling)

I am Q'uo and am with this instrument at this time. We greet each of you in the love and in the light of the One Infinite Creator who is all, in all things. We are honored, as always, to be called to your group this evening to speak to you on the question that you have presented to us. Before we begin, may we ask our usual favor? That is, that you take those words and concepts that we shall offer you this evening and use them as you will,

⁴ Ra [1.7](#)

keeping those that are helpful, disregarding those that are not this time helpful. In this way, we each recognize that we of Q'uo are not ultimate authorities. We are happy to share our opinions as long as you realize they are our opinions.

The question this evening is one which basically describes the spiritual journey of each conscious entity through this octave of beingness that is the path or the road to the One Infinite Creator, which paradoxically, is a path that leads you within yourself and not an external path only. This journey you are upon is a journey which realizes the necessity of being able to polarize your consciousness in some fashion, whether for service to others or service to self, in order to make this journey through the densities of experience, moving evermore highly and powerfully into dimensions that are more densely packed with the love and light of the One Infinite Creator.

However, as you are on this journey, you are dancing in a manner which accepts, for the time being, the description of the journey as being one which has the rhythm of polarity. This rhythm is that which you hear within your being in a manner which causes you to take one step upon another, and another, and another within the created realms of experience. You have within your own being the completed essence of the One Creator that gives you the impetus to move in a fashion which uses polarity for a certain amount of what you would call time. As you experience the ascending progress through each of the densities of love and light, there is for each entity the appearance of polarity that might be utilized in a certain fashion to accelerate this journey. Rather than resting within the inner planes of all creation, this is a journey which you have consciously chosen to take, to see, and feel, and be the One Creator that you so ardently seek when you are within the polarized realms of experience. This is a process that has a certain rhythm to it so that you are able to move your mind, your body, and your spirit in a certain fashion that allows you to become part of the illusion of separation that is, in truth, only a means towards an end of giving the One Infinite Creator more and more ways in which, it might experience Itself and know Itself through all of your actions, your choices, your thoughts, and your very being.

This is a noble journey that you make to feel, and see, and be the individualized portion of the One Creator which has the ability to experience the illusion of clarity, the illusion of separation. We call these the illusion, for in truth, as you are now and have always been, you are the One Creator who has this infinite ability to give meaning to any choice that you may make upon your spiritual path. All of these choices are means by which you come to know more and more the nature of the One Creator as being unity, which is the quality of all of the creation that this One Creator has created in order that it might, through each of you, dance to the tune of seeming separation, and then become more and more aware of the unity of all things as the dance continues through each ascending density. This is the play. This is the dance. This is the experience of the One, in each portion of its beingness, that each of you represent as you move upon your spiritual path in each ascending level of experience.

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

(Austin channeling)

We are known to you as the principle of Q'uo and we are now with this instrument. We are excited by the prospect of responding to this question and addressing the notion that the journey of the seeker may be likened to a dance, for this gives us an opportunity to highlight the contrasting perspectives between the veiled experience of third density, and that which we experience without the veil. A question such as has been posed this evening has an obvious answer for any entity who sees with unveiled eyes, and can witness the full dynamic of creation, primarily that which is beyond your perception of time/space. In this perspective, it is quite apparent that all of creation is one magnificent song sung by the Creator. Every aspect of the creation, every moment that you experience, all catalyst of joy and sorrow, of pleasure and pain, all that is available to you and to all entities has a quality that is able to be witnessed within time/space that may be likened to a vibration or a rhythm. And as we view a single entity, or a group of entities, or all of the creation, we see the symphony created by each unique expression of the Creator. And from our perspective, we are able to recognize and witness with great awe the immeasurable complexity, yet incredible synchronicity, of these vibrations as they express themselves as the journey of the seeker and the journey of the Creator.

Indeed, the fact that you in third density, veiled of this perspective, may ask such a question is important and telling of the journey of the third-density entity, for the purpose of the third density is to create a certain bias within the individual seeker by what we have called the Choice, that choice being between the polarities of service to others and service to self. As entities within the third density progress upon their journey, they may at times recognize certain rhythms or patterns, or to speak to the poetic nature of this question, may hear certain songs or harmonies that they resonate with. Yet these tunes may be muffled, or the attention of the seeker is not yet honed enough to concentrate upon a single rhythm, and what is experienced is more akin to a cacophony.

And yet, as each seeker continues the erratic movements to match this cacophony, there begins to unfold a certain pattern within the seeker's mind. The seeker begins to recognize a deeper rhythm and feel called by a song they hear. Perhaps, at first, seemingly very far away in the distance and very difficult to discern amongst the noise, but more and more, as the seeker begins to move to this tune, it is realized that this beautiful song heard in the distance is the love and the light of the Creator beckoning the seeker to make the Choice and to dance in more elegant, and intelligent, and regular ways to the rhythm of this song.

The question may arise, then, for the seeker upon the positive path that if, in truth, there is no polarity, then why does it seem as though one must choose to dance to a song that comes from elsewhere? This, my friends, is the difficult beauty of third density, in that for you, a portion of the Creator that has forgotten its origins, this song may seem to come from elsewhere, and it may seem as though you must choose to learn to dance to this song by continually seeking the love of the Creator and choosing to serve other selves within your life. Yet you will find that as you become more and more in tune with this song - or in other words you continue to polarize towards service to others - that your experience is very much that of the dancer who has lost herself to the rhythm of the song so that it seems as though the dance and the song are inseparable, that there is no distinction between dancer and dance and song. All is one singular beautiful expression.

This is the nature of your path as a seeker choosing the polarity of service to others. You have chosen a path that, despite it not being apparent to your perception, there is no distinction between the song you hear and the dance that you dance. And you must continually choose to dance this dance until you forget that it is even a choice, and the rhythm of the song moves you seamlessly upon your path. This, my friends, is a key to understanding the reality that there is no polarity, yet, one must polarize in order to realize and embody this truth and this reality. This is a most fundamental basic truth of the creation in which you find yourself dancing. All is the rhythm of the Creator, and though you may not be able to fully perceive it now, you will eventually become one with this rhythm and realize that you are the singer, you are the song that is sung, and you are the dancer that dances to this rhythm. All is one, yet, your experience that it is otherwise has a purpose that creates a deeper appreciation for this truth.

At this time, we take leave of this instrument and transfer the contact to the one known as Kathy. We are Q'uo.

(Kathy channeling)

We are those of Q'uo and we are with this instrument. We continue this response to your query regarding the metaphysical meaning of the term “dance” as it is understood in creation among your third-density entities making their way through the journey of the octave of experience and growth. The terms we have used—rhythm, pattern, song, harmony and dance—are indeed apt terms for the progression of the journey that each entity takes upon your planet in this third-density window of what you call, time, in which the distortions of experience are used in most elegant ways to reconcile various phases of experience, to bring each entity's spiritual growth to a fully matured level of understanding, and wisdom, and love that could perhaps only be attained through the use of this creative power of your free will that we call, the dance.

Indeed, each entity does hear and respond to the song of creation which is ever present and ongoing, as even has been called, the music of the spheres, the infinite symphony, the infinite music stretching across all creation, the harmonies, the beats, the rhythms are felt down into the very core of each entity's heart upon your planet.

It is an infinite symphony to which you dance, and also a very private individual symphony within a symphony, to which each entity performs this dance. There is the universal rhythm, and there is also the individual creative rhythm which together produce the most satisfying reconciliation at all levels of experience of each entity's growth, with each entity's pathway being a unique one that only that entity will choose of its free will. And yet, there is also the overlay of the universal, the infinite symphony which exists as an atmosphere of love, light and spirituality in which the individual entity performs its dance.

We may point out to you the image of third-density entities which may come together in a theater or a hall to witness a beautiful performance which you call a dance performance such as a ballet, or another type of dance being performed as an artistic experience, both for the dancers and for the viewers in which every participant, dancer or viewer, experiences the beauty, the pattern, and rhythm and the reconciliation of the story being told through that dance performance. And yet, there is a dance that the entities who come to the theater to view such a performance are experiencing; they are watching a dance

within the dance of their own life. And then, there is the greater universal dance going on all around them as well. In this way, we may point out that all levels of this dance are a thing of beauty, a thing of purpose, a thing of love, in which, it is both an honor and a duty to experience and which leads to that ultimate place of growth, which we call, reconciliation, where all is reconciled, where there is a kind of spiritual peace that, through the activity and the beauty of the dance, each entity resolves, feels and understands all parts of the experience that have contributed to the rising up of the entity through octave after octave of experience.

We point out once more the idea of free will, that in each moment of the dance which you undertake - for it is a dance of ongoing creation on the part of each entity in harmony with the greater universal dance throughout what you call, time - the individual entity can choose to dance more slowly, more carefully, more thoughtfully, or perhaps to even pause for a while to integrate notions of a course of action, for example, and then move on again rejoining the dance in solo or with others, on a small stage or a great stage.

It is all done with great enthusiasm, if you will, through the free will choices of each entity and entities together, cooperating in that larger dance. We see your movement through this dance as beautiful points of light interacting in most wondrous ways producing lovely results. Even if a single step within the dance may seem less than perfect or even a bit clumsy, it all leads to a most lovely conclusion. So, we rejoice with you that you perceive this experience in such artistic terms, for creation is, as a creative act and artistic one, with each of you serving as an artist and experienter in the most wondrous way.

We are those of Q'uo. We have been with this instrument. And now, we take leave of this instrument and pass the contact to the one known Jim.

(Jim channeling)

I am Q'uo and am again with this instrument. We thank each channel has participated the dance for this evening.

For indeed, all that you do as you move through your life experience is to dance to the step of the moment, the step that leads you into the moment, to process the moment and to move into another moment. Each moment being that which is infinite in nature, you are free to move in whatever fashion you choose, for you are the author of the dance. You are the dance and you are the music, as we have said.

We are very pleased that each has been able to give voice to our thoughts in a manner which is most inspiring, my friends. We feel that we are able to utilize each instrument to a greater and greater facility and comprehensive nature as these channeling experiences move forward in you know of as time. We thank you for your dedication, your conscientiousness and partaking of this channeling, the dance of One Infinite Creator that lives within each and within all things. We are known to you as those of Q'uo. we bid you adieu Adonai vasu borragus.

Intermediate channeling circle November 18, 2021

<https://www.lresearch.org/channeling/2021/1118>

Topics: What Ra mean when they spoke about Carla's purity; hope; the "geography and geometry" of the mind.

Q'uo

(Jim channeling)

I am Q'uo, and greet each in love and in light. And this evening, it is our great honor, once again, to be called to this group to help each perfect that skill of the channeling of the words of the Confederation that has been the work of this group for so many years. And now, we have been honored to be with you throughout these time periods and thank you for your dedication to this type of service. We, as always, come in the love and the light of the One Creator, for this is all that there is. And we find each of you also basking in that same love and light. And together, we wish this evening to move across time and space to be with each of you so that you may speak the words that we give you in response to the queries you give us.

We remind you that we are not ultimate authorities, and would ask you to take those words and thoughts that we give to you ... to each of you ... and use them if they are of benefit to you at this time. Please do leave behind any that do not have benefit to you at this time. If you will do us this favor as you know, it will allow us to speak more freely, to respond to those queries you have for us. At this time, we would ask if there is a query with which we may begin.

Gary

Ra said, "We were able to contact this group using this instrument because of the purity of this instrument's dedication to the service of the One Infinite Creator, and also because of the great amount of harmony and acceptance enjoyed each by each within the group." ⁵

That was not the only instance that Ra spoke of and emphasized the purity of the instrument's dedication to the service of the One Creator.

What did Ra mean when they spoke of the instrument's purity? How did Carla become so pure in her dedication to service? And how can the seeker in general do as much?

Q'uo

I am Q'uo, and I'm aware of your query my brother. This is a query which is close to the heart of this particular instrument. And we will attempt to speak in a manner which does not utilize the special feeling of unity with the instrument that this instrument has experienced for many of what you call years.

The one known as Carla had been of service in many ways before serving as the instrument for the Ra contact, for it was a portion of her life pattern to seek any means by which she might be of service to others. Beginning at a very young age when she was able

⁵ Ra 94.9

to partake in the family situation and provide what you would call the babysitting for the younger siblings that were born to her family. Sometime after she was within this illusion, this desire to take care of her younger brothers and to begin to serve the family in various ways was the beginning of her life path that she had planned previous to the incarnation.

Each entity within this illusion has those pre-incarnative choices that manifest as various lessons that can help each become more positively polarized within the incarnation as it is lived year by year. And in the time period that the life is experienced within the third-density illusion, each entity may then look within itself to see what types of patterns of experience or catalyst have made themselves apparent during their life to this point. These pre-incarnative choices will begin to make themselves known to the conscious seeker of truth in a way which repeats in what you may call a circular or spiraling fashion so that various ingredients may become a portion of a pattern within the life so that one may recognize the repeating experiences as being the type of lesson that may be concentrated upon in some manner to provide service to others.

As the one known as Carla progressed in her years, she was able to continue to look at the various opportunities that came her way to be of service to others. There were many that repeated in a fashion which made it clear to her that the One Creator was moving within her life stream in a manner which gave her increasing opportunities to be of service to others, whether it would be in the life pattern of the first mated relationship, or singing music that was uplifting and inspiring to others; or if it was as a later relationship developed with the one known as Don: to begin to blend their energies in a manner in which this type of channeling experience that we are now engaged in would be shared between them, and others within their group, so that the Confederation philosophy, as you may call it, could be shared on a larger scale, and become a means by which other seekers of truth could add to their own philosophical understandings of how the life pattern, that was individual to them, might be pursued in a manner that also was of service to others.

For this illusion that you now inhabit is that place or point of choice within the life pattern of all third-density entities. This is the density of Choice, shall we say, so that there is the conscious decision on the part of those conscious seekers who wish to polarize in the positive sense that would allow them to continue being of greater service to others, and in different ways this service then could be offered as well.

The one known as Carla had developed the ability to serve as an instrument because of the work with the one known as Don. This attempt to share the Confederation philosophy was pursued for a number of years as her primary means of service so that she was able at some point within the life pattern to offer herself as an instrument to speak the words that those of Ra were able to provide her in the trance state, as you may call it. This type of offering of the self to the One Creator had expanded from the beginning contact of fourth-density Hatonn who offered the advice of love as being the goal of this third-density illusion, to open the heart in unconditional love in order to make what you would call the graduation or the harvest. Then she was able to accelerate the type of channeling into those of Lattwi of the fifth density so that the wisdom of the light of the Creator could give a larger overview to the experience of love and making the choice of service to others. Thus, as the progression of channeling experience moved to those of Ra, she was able to make

herself available to those of Ra who would then be able to blend or balance the initial channelings of love with the intermediate channelings of light to begin to then explore the density of love/light or light/love, that which expresses a certain kind of power that is the product of blending love and light in a balanced fashion.

Thus, each individual seeker who wishes to become more aware of its own life path may explore the possibilities of discovering the pre-incarnative choices through meditative practice in which the question is asked at the beginning of such a meditation as to how the life pattern may be enhanced to become congruent with the previous or pre-incarnative choices. The dream state may also be utilized by such a seeker of truth who wishes to know more of its own means by which it may be of service, so that the utilization of messages from the unconscious mind through dreams could be a means by which this process of discovery could be practiced.

We would suggest that there is also the possibility of utilizing what you may call the journaling or the automatic writing so that the subconscious mind may once again have an avenue through which to offer thoughts that may enhance the seeker's understanding of its own abilities to be of service, and the direction in which it would be most fruitful to move in service to others and to the One Creator, which exists within all of the creation and within each being that seeks to be of service to others. For one is of service to the Creator as one serves others, for this is a universe of unity, and the One Creator moves fully and freely within each seeker of Truth and is available to help each seeker be aware of the most appropriate life path that may be pursued in this particular incarnational pattern.

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

(Kathy channeling)

I am Q'uo. I am with this instrument at this time. Is there a query, my brother?

Gary

Q'uo, this question is about hope. Our own recorded history on this planet, coupled with what the Confederation communicates is the history of our exploded planetary neighbors, tells a story of one calamity after the next. That is a small data set, but that's all we have. So, statistically speaking, large-scale catastrophic events are likely to recur, yet, the Confederation always shares a message of hope. Is there a time not to hope? Does hope ever have an effect on the spiritual or rather, the situational outcome? Why hope at all?

Q'uo

We understand your query, my brother. Hope, one may say, is a quality of the soul and spirit. It is felt rather than discerned by thought or by the senses. Hope, we may say, is a reflection of what is felt in the spirit of those upon your planet. It is a reflection of your reaching upward, of the spirit of an entity or entities. Hope is something that is felt deep in the spirit in times of calamity, crisis, or great difficulty. And it is that reaching upward that the spirit may do for the higher knowing or understanding of the truth of any situation.

The spirit of an entity may sense, through that higher faculty of understanding, in a wordless, but poignant way, the meaning of such situations such as your query describes. Without putting it into words, it may be understood on what you may call a subliminal level

that a great difficulty, or crisis, may be playing a role in the collective process of growth of entities upon the Earth at the time of such a situation.

While the mind and body are dealing with situational decisions, coping with outcomes of such difficulties, the spirit dwells within the entity always radiating upward and outward toward true understanding of what is really going on, as you may say. To the extent that this understanding can filter into the conscious mind of an entity or entities, this is where hope is born, where hope is carried throughout the experience. For through higher understanding, through that deeper knowledge that dwells within the spirit, hope can point the way toward right action in response to difficulties. Hope can point the way toward salvation of one kind or another. Hope can point away towards service to others.

You could say that hope is a spiritual faculty itself that blooms within the heart of an individual when it is most needed. The spirit will plant it there within the heart of an entity to point the way forward, to lift up the understanding of an entity so that that entity may keep going, no matter what the difficulty.

The cousin of hope is faith. Once hope is felt, faith, the companion to hope, can be born, for faith is hope extended out into what you may call the future. Faith that there will be a meaning, a purpose, an outcome that can be lived with, an outcome that can be supportive of the entity or entities living through such situations. Faith is hope projected upward and outward, again through the spiritual faculty within each entity.

Through these, entities can receive an upflowing of strength from within themselves. This is the role that hope plays. It is born of that inner knowing and inner connection that each entity has to its Creator, whether or not an entity is conscious of such connection.

Is this response sufficient to address the query, my brother?

Gary

Sufficient and beautiful, thank you Q'uo.

Q'uo

Thank you. We are those of Q'uo and we have been with this instrument. We now pass the contact to the one known as Gary.

(Gary channeling)

We are those known to you as the principal of Q'uo and we greet this smaller than usual circle again through this instrument. [We are] looking forward to exercising this instrument's reception of our transmission and relay of our thoughts, as it has been a couple of circles since our last cooperative exercise with this instrument. We give gratitude to each for their fidelity, first simply in taking the time in the busy schedule and clearing the space in the busy mind for the sole purpose of offering oneself in service to the One Infinite Creator that love and light may, in this particular form, reach interested spiritual seekers intent upon the journey of self-discovery.

At this time, we would open this instrument to any query that may be available.

Jim

Q'uo, we have a question from A. He says, "In 5.2 Ra said, 'We begin with the mental learn/teachings necessary for contact with intelligent infinity. The prerequisite of mental

work is the ability to retain silence of self at a steady state, when required by the self. The mind must be opened like a door. The key is silence. Within the door lies an hierarchical construction, we liken unto geography, and in some ways geography, whoops ... geometry, for the hierarchy is quite regular bearing interrelationships.' Can Q'uo elaborate on this hierarchical construction of the mind? What does it look like?"

Q'uo

We have received the query from the one known as A, and we give our thanks. This is an area which lies well beyond the knowledge of this particular instrument, so we may have some difficulties in communicating our concepts, but this instrument allows us to move forward and they trust that he will be able to share our thoughts on this subject.

It is indeed as Ra spoke. The mind is not what is often perceived within the conscious experience of the entity as, perhaps, a mental screen onto which thoughts, or jumbles of thoughts, come and go, where memory is projected, [where] the memory soaks in the attention such that it is as if the memory is relived, or a future scenario is imagined in desire or anxiety such that it becomes almost as if it were a lived experience in the way that it consumes and envelops the attention. This is the conscious experience of the entity and its mind. But it is a tiny, shall we say, portion in the fullness of the mind's terrain. Were one to have the vision that we have, beyond the veil, beyond or in realms of space and time unknown to your present experience, one can see something of a world within a given mind complex. It is, we give this instrument the notion of a three-dimensional hologram. It has, as this instrument knows it, though it remains inadequate to the metaphysical dimensions of the mind, the dimensions of length, width and height, shall we say. This however blends with temporal aspects which we cannot quite articulate with this instrument's limited understanding.

In mandalas, as you know them, and in fractals in their own way, one sees geometries of a repeating nature. This, in a way, is one such property of the mind. It bears structure. This structure is designed intelligently by intelligence, and is held together, shall we say, and manifested in these patterns of geometry. Of what patterns does the mind consist? This is an evolving function of the evolving entity. It is as if the mind consists as an unexplored and unactivated whole that the entity, through its own development, begins to shine different portions of light into, and thus bring to light and activate and reveal its structure, its geometry and its geography.

It is of such vastness that one's mind complex can be explored infinitely, in truth, for the mind contains all things. All facets of experience may be reflected in the mind, and each such experience or locus of awareness in the development of the entity, and in conjunction with the various activations, blockages and balances of the chakra, has what you may call a corollary location within that geography of the mind.

The instrument is looking to us for more about this geometry within the mind complex, perhaps how it formulates or relates to thought forms. And we may say as your thoughts often have a repetitive nature there is something of a link between that phenomena and the phenomena of geometry.

This instrument wishes to drill down further into this subject, but remains doubtful of its own ability. We would then bring this to conclusion by bringing focus to the earlier portion of the Ra quote regarding the silence that opens the door.

As this mind complex is a world unto itself, you may fruitfully consider a vast interior space beyond description reflecting anything which it seems to encounter external to itself and reflective within itself. And given that this mind complex is, or rather exists, mostly behind a veil, such that the entity's experience of its own mind is veiled and unknown to the conscious self, it is quite possible, and frequently the case within the third density, that the entity can become, you might say, lost within its own mind complex - roaming the halls, opening the same interior doors again and again, walking routes in circles, not grasping the exit or the availability of the upward movement or the spiral - such that the entity is bound to time and space, to the rise and fall of good and bad fortune, as you would call it, to circumstance, to growth and decay, to the shifting winds of opinion and energy; the entity is not yet rediscovering the eternity which undergirds all things.

The seeker is instead playing in the field of its mind, as it were, projecting that mind outward onto a world of separation, and taking that world of separation into itself, computing it through the various thought patterns that the mind produces infinitely, each thought an infinitesimal fragment of the whole.

The mind, shall we say, is loud, noisy, bright, and always in front of the attention, it seems, and creates for the seeker an individual identity that is separate from All. The mind is a wonderful and necessary tool for the journey of individuation and return to the One, but as it is an experience, it consumes and creates the identity and conceals the Creator from the self.

It is necessary to evolve the thinking of the mind and refine its patterns to make use of this tool, to engage in deep and considerate contemplation upon spiritual inquiry, to lift the mind from its circular ruts. There is much, much work to do in that department, and it is through silence that the seeker opens the door to that which is beyond the mind, that to which mind and body must surrender in humble acceptance and trust, in order to receive, in order to enter, in order to be made holy and transmuted into the sacramental that the self may go beyond this limit-making machine that is the mind, this comparing and contrasting and categorizing and analyzing device that helps the seeker to touch into that which cannot now nor ever be described.

And silence, as the ones known as Ra described, is the great key. And we would suggest to the seeker that the seeker asks oneself, what is silence within the self? Is it the absence of external noise? Is it the absence of thought? Is it a quality that is heard or perceived? Is it something that is created or cultivated? How does one enter silence? How does one abide in silence? What does one do, if it can be so called, with silence? These are questions rich for contemplation and we would encourage the seeker to set down the book and the phone, especially, and sit with these questions. Carve time out of that busy schedule free of external distraction to consider these questions and to take these considerations into practice as you would apply them.

At this time, we would transfer our contact to the one known as Jim, with gratitude to all who may receive our words through this circle and to these few humble instruments who gather to receive and relay our words. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo and am again with this instrument. We are pleased that we have been able to establish a strong contact through each instrument. We feel that you are proceeding to learn this art in a manner which is taking upon itself a kind of momentum that you are not only able to serve as instruments of Confederation philosophy, but more and more that philosophy imbues your very being and you are able to live that philosophy on a day-to-day basis. This is the hoped-for goal of all shared Confederation philosophy, and we are grateful for your continued perseverance and dedication to this goal. We are at this time taking our leave of this instrument and this group. We leave you all in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.

Intermediate channeling circle December 1, 2021

<https://www.llresearch.org/channeling/2021/1201>

Group Question: Q'uo, our question today is, what is the effect of self-judgment on the flow of love/light through our energy centers?

(Jim channeling)

I am Q'uo, and greet each in the love, and in the light of the One Infinite Creator. We are honored this evening to be called to your gathering in order to respond to the query of the evening. Before doing so, we would ask you our perpetual favor, and that is that you take those words and concepts that we offer to you, and use them in whatever way has meaning for you. And if there are any that have no meaning at this time, we would ask that you set them aside and do not concern yourselves with them, for we are your brothers and sisters who wish to serve, and we can serve to our fullest ability when you do as we ask and realize that we are not an ultimate authority, with every word needing to be believed.

And now, for the query, we find that you have asked a query which has a universal application to all seekers of truth. The self-judgment is a feature of each seeker of truth at some point in its journey of seeking to be of service to others and the One Creator which exists within each entity and each portion of the creation. The self-judgment is something that is a stage through which each seeker must needs pass, for it is incumbent upon each seeker in its own beginning of seeking and serving others to consider how it is able to do so. What are its strengths and weaknesses? What features of the classical seeker, shall we say, may be embodied in any particular seeker?

It is what every seeker considers at the beginning of the journey and also from time to time as the journey proceeds. For self-judgment, or self-reflection, is in some manner helpful to determine what the seeker feels are its strengths and weaknesses. And if this assessment

is refined as time moves forward, as you would call it, then the seeker is able to make an helpful step in the direction of positive polarization when it utilizes its strengths and seeks to enhance what it considers to be weaknesses. If this can remain as an objective process, where the seeker is able to accept itself in both its strengths and weaknesses, then it is engaged in a self-reflective mode of conscious realization that will help it to make progress in its being of service to others, and to recognizing the Creator within others, and the Creator within the self. For these are spiritual attributes, that all seekers, and all entities, whether they be conscious seekers or not, share with each other. For it is the nature of reality that all is One, that each seeker is the Creator, that the Creator exists within each seeker.

However, we are also aware that the self-judgment is a process that can easily go awry. For if one does not realize that there are steps that lead ever forward upon the spiritual path and feels that the self is lacking in some priority in its own assessment of its abilities, then it is more likely that the seeker shall have some difficulty in making progress, for it will be caught in a web of confusion and self-judgment that does not accept the self, but that sees the self as less than what it should be. And if one stays within such a quagmire of self-assessment, the progress is slowed to a halt in many cases, and the various energy centers, or the system of chakras as you may also call them, will be blocked in some fashion, according to the seeker's own estimation of its failings—the product of self-judgment.

This is a process or a stage of growth which all seekers, at some point, as we have said, will find themselves perhaps from time to time, needing to make a more compassionate assessment of the self rather than focusing upon the, shall we say, wisdom-oriented picture that is painted by a seeker who does not have the compassion to see that all qualities within the mind/body/spirit complex are those which can offer progress on the spiritual path if one can see and accept the self for having each of these qualities within its own being. Thus does the seeker begin to become more and more the Creator, for there is the perception of every quality that may be experienced becoming more and more of the 360-degree nature of the Creator that each conscious seeker of truth is attempting to become.

This is where you begin more and more to know yourself as a being which has each energy center as a platform upon which to stand and to survey its inner being and accept various of the qualities that are present in the day-to-day experiences with other selves, illuminated by the interactions with other selves. As the seeker then is able to accept itself, rather than to judge itself and reject itself, then it comes to know more and more that it is the One Creator, for there is no limit to the nature and the ability to express various portions of this nature of the One Creator within each seeker of truth.

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

(Trisha channeling)

We are those Q'uo and we are now with this instrument. As the instrument before was able to communicate using our words and their voice, the act of self-judgment is an inherent part of this illusion in this density that an entity must experience. Through this instrument,

we feel that it is somewhat of a funny paradox, though. For you see, self-judgment inherently puts the entity into a position where it is envisioning him, her, them-self as an individual examining an egoic quality, if you will, assigning value to various aspects of the self without fully embodying the fact that, while the ego feels very real and the entity experiences this illusion as an individual, in reality, the entity is merely an imperfectly perfect extension or fragment of the One Infinite Creator. We stress the phrase "perfectly imperfect," for that may land upon your ears as more acceptable than perhaps the phrase "exquisitely unique" or "perfectly unique."

This, for lack of a better word, selfish act that is self-judgment divides and pushes the entity away from the truth of its nature living out this dance within this illusion. It is when the entity loses sight of the truth that energy flow can be blocked within the entity. It is when the self adds in extra details to its identity, if you will—statements of judgment positive or negative—that one adds debris, if you will, to the channel through which one may experience and manifest its truth. We have heard you people call this "baggage," and we find that an apt term, that it becomes this extra weight, this extra burden that the self feels it must carry, that the self struggles to find a way to let go of.

We also stress again that judgment need not necessarily be negative in nature. Judgment can also be positive, and however that manifests, whether that be a healthy manifestation of pride or sense of accomplishment, while it may act as a balm to the heart of the entity, which we again say is a beautiful thing, for how difficult experience in your illusion may seem to you, it is yet again a distancing of the truth of the self from the Creator.

We realize while speaking through this instrument that this may be a confusing line of thought, that it could be healthy to view oneself with gentle criticism or gentle praise, in that it may lead to spiritual evolution, and we would absolutely agree with that. We are simply highlighting that it is still but an illusion, it is still this dance, this assignment of unique identity that you are you, and I am me, and they are them, without honoring, we correct this instrument, without fully expressing the truth of interconnection that is the philosophy that we feel is the truth.

As the instrument before stated, acceptance is truly key here. Accepting the self for their various actions and thoughts and feelings, understanding them, loving them, learning from them, but always at the core, *accepting them* is vital to the maintenance, if you will, of a clear channel of love and light through each soul, each entity.

We would perhaps ask the self how can one fully give love and light, fully be the full self, the full extension of the Creator, the full embodiment of the Creator if there are limits, limitations, and barriers that divert the flow or create disturbance? That is what self-judgment and non-acceptance can create. It can obstruct, it can weaken, it can divert the flow of the truth that is the energy that is you. It can dim the light that is the expression of the self. It can color the beauty of the expression of the self. So, again, acceptance and love and knowing the truth of the self, being gentle and forgiving and understanding of the self, not only works to clear the flow of energy through the entity, through the soul, through the heart, but also allows the self its most potent opportunity to express its vibrancy, its true beauty, its true perfection.

This instrument is feeling lethargic and insecure, self-judgmental perhaps, at this time, and with gentleness, compassion and gratitude for this attempt, she will release this contact and we will transfer ourselves to the one known as Gary. We are those of Q'uo.

(Gary channeling)

We are those known to you as the principal of Q'uo and we greet this circle once again through this instrument, who suffers from some self-doubting as a carryover from his previous performance as an instrument and seeks something of a warming up of his instrument before tackling the question. So, we would speak to our joy at this opportunity to be able to blend our energies with your own as a carrier wave that we transfer to your location and space/time and time/space. This is not merely a one-way beam, shall we say, but a two-way exchange of energies as we dance in shared intention to humbly be of service to others by attempting to give some voice to the way of the Creator in an illusion.

And this evening, in your time, you will explore or ... we correct this instrument ... continue exploring that tenacious and sometimes insidious pattern of self-judgment that is so widespread in an illusion that has not set its collective compass upon truth-seeking, but has instead settled with many other ways to attempt to value and evaluate the self's place in society and desirability to others and ability to perform, to achieve, to gain approval.

These criteria, or fragmented systems of evaluation, seldom take into account the underlying perfection of the self, the perfection that doesn't simply exist underneath whatever the distortion of the self, but the perfection that also is manifested as the particular imbalances and blockages that the self works with, or lives with, on a daily basis. Your people's systems of evaluation do not make space, generally speaking, for the divine nature of self and other self, and the true purpose of the experience and journey of life.

These systems of evaluation have a collective blindness, so to speak, built of and for the illusion; they look not beyond it. And there is much pain and suffering engendered in these ways of seeing, for they rebound and ricochet across your world through countless voices, and countless forms of messaging, that each within your sphere is absolutely bombarded with, that speak about how the self is fundamentally unworthy and can achieve some worth in the society's eyes by way of acquisition, often associated with the appearance of the entity or perhaps the behavior, the acceptable behavior, or desirable behavior of the entity; or the material goods or some other way by which one becomes elevated in the eyes of others, acceptable in the eyes of others. And many of your peoples, therefore, expend great quantities of energy, even lifetimes, chasing those elusive goals, seeking that acceptance from the neighbor or from the larger society.

In a way, it is a chasing of a mirage, for multiple reasons, including as we have described, the limitations and blindness of these temperature readings of the self, [along with] the socially constructed nature of these shifting ways of evaluating the self whereby one culture may uphold one form of behavior or appearance and the other culture its opposite, perhaps. But it is also a mirage to chase this acceptance, and to engineer oneself so as to conform to these standards and rules, because the self is seeking to gain outside of itself that which can only be accessed and allowed inwardly, on an interior level, shall we say. For it is not so much others that are judging the self, however that may be happening, but, it is rather the internalization that the self has made of the judgment of others, whether real

or imagined. It is the internalization that the self, your third-density entity, has absorbed from its environment, whether correctly apprehended or misapprehended. Either way, that which is perceived to be the world's values become the self's own, and in the workings of the self, the self is measured constantly against these standards. And, lo and behold, no big surprise, as this instrument might say, the self is found to come up short in various ways, not having met the standard and therefore not being acceptable.

These processes are repeated so often in the entity's life, and often so mindlessly, indeed, [and perhaps even] carried over from past lives, that they become etched into the workings of the entity, becoming part of its makeup, or configuration, shall we say, which would show up in your energy system as blockage, imbalance, and a dimming of the radiance that is available through each chakra. Which is to say, that self-judgment may not always be a consciously undertaken activity. The self in a moment in its experience may not be consciously thinking, "I am unworthy," "I do not belong," "I am unacceptable," in whatever ways such energies may be articulated by an entity, but rather these gears often are operating in the background.

And the entity with no awareness, or dim awareness, or acute awareness may experience the symptomology of these programs within the self, which often have roots in the subconscious. And lacking awareness, the entity may be confused about its pain, its self-identity, why it is that it looks outward for this love and this acceptance from others, or why it is that it seeks to conform or to mold the self in order to gain that which is sought without realizing, through self-awareness, that it is the self which is judging self; that there are programs within the self put into place by the innocent and unaware entity which inform the self that it is indeed unacceptable to be itself, for one reason or another. It is excluded from the group, it does not have permission to shine, to radiate, to feel whole or at home, to be authentic, to be vulnerable, to speak to this or that person, *to be worthy*.

Unaware, this entity is, that its own programming [becomes] like a dam against a river literally blocking the flow of the Creator's Love and Light, that which absent of said dam would flow into the system in an embrace of the Creator's view of the incarnate itself, which is one of infinite love. There is no beauty standard, shall we say, from the Creator. There is no way possible to be ugly in the eyes of the Creator, to be fallen or wretched. There is no way to be cast out in the context of infinity, for as those of Ra have said, a unity cannot abhor anything, because unity contains all that there is.⁶

If one can imagine the parent and the beloved child, and with what purity, utter devotion, and unreserved, unqualified love that this parent may have for this child, it is but a small sliver of window into the infinite depth of love that the Creator has for that portion of Itself which believes itself to be a separate entity within incarnation. This love can be allowed to meet the self at the red-ray level, at the orange-ray level, at the yellow-ray, and upward, and every portion of the identity which is centered or intersects with these centers and their balances - whether it is the way that the self talks, whether it is the perceived intelligence level, as you might call it, of the entity, whether it is what they own or do not own, or whether it is their ability, in this or that way.

⁶ About one of Ra's tangos with the Egyptians, they said: "We spoke to one who heard and understood and was in a position to decree the Law of One. However, the priests and peoples of that era quickly distorted our message, robbing it of the, shall we say, compassion with which unity is informed by its very nature. Since it contains all, it cannot abhor any." [1.5](#)

When the eyes of self-judgment, or the programs of self-judgment have been healed or made transparent, the Creator's light may shine through the self to can gain a clearer picture of these various aspects of the personality shell, and its biography, its journey. For without these clear eyes, which are made clear only with love and the healing of judgment, the self has a very muddy picture of self; and lacking clarity, the self will likely operate in ways that miss the goal, so to speak, insofar as the entity is not engaged in the work of self-forgiveness but is working to satisfy shadows with shadows, is working to get and receive instead of focusing upon sharing and giving that may come infinitely through a self which has come into an acceptance of its beingness.

In terms of healing that self-judgment and doing that work of self-acceptance, we would as always encourage the seeker to spend time daily in the silence. Those programs of which we spoke and those thoughts which grabbed your mind have a way of taking over, shall we say, the mind/body/spirit complex, seducing it into unconsciousness, unconscious identification with mental patterns that run on their own. Time spent in silence is the key to gaining the necessary distance so as to become aware of the operation of these programs and these thoughts.

And [we would encourage the seeker] to ground the self in the contemplation of the self as the Creator. It is only from the Creator that this true self-acceptance may come. That Creator's acceptance is beamed into your illusion through various devices, perhaps your mother's embrace, your father's eyes, your lover's care, which may give you a clear reflection of yourself, but ultimately, the self must spend time with the Creator in its own heart, outside of the values of the illusion, shall we say.

There is much torment within you, our third-density friends, where you unknowingly deny your true natures through this faculty of self-judgment. In a way you could see it as an act of harm of the self, though it is a potent and endemic catalyst that, if used, ultimately spurs a journey to the One Creator. But it is perhaps one of the most difficult things that you will encounter upon your journey: to release what is so deeply ingrained within your thinking, the self-judgment that feels right to limit the self in this way. It is not something that happens to you, per se, but is part of, often, the structure of your identity. It is as effective as a wall in some regards. But the way that barrier comes down is through love, contemplation upon love, allowing the self to love and cherish the self.

It can start with the intention and the acting as *if* the self loved the self. It can include work upon becoming aware of the ways in which these programs operate within the self among many, many avenues open to you, including in working with others and sharing with others authentically the processes underway within you, and the pains and the joys of your interior experience, and the trust that what it is you are experiencing is valid and worthy, and is part of the material for your own growth.

Aim your intentions, my friends upon this self-acceptance. The self does not meet the Creator within by becoming worthy, but rather, realizing that the self is already worthy, already forgiven, as the self is. The more that the self can dwell in this forgiven, redemptive state, the more that the Creator within can shine through and illuminate and brighten your world and reach the hearts of others, offering them a window into the possibilities of freeing their own hearts and minds from the inner prison walls of self-

judgment. The Creator does not judge you. The universe does not judge you. It is only your thoughts; and it is within your power to heal and to release those thoughts in contemplation of the truth of the One Infinite Creator.

At this time, we thank this instrument for its service and we transfer our contact to the one known as Jim. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo and am again with this instrument. We have found much this evening to rejoice for than we have in many previous sessions, for we have a feeling that there has been not only the accurate transmission of our words and thoughts, but also the taking within the self of these words and thoughts of self-acceptance that overcomes self-judgment, so that there is the possibility of healing not only for the instruments here gathered this evening, but also for those who shall read these words and take them into their own being, so, that there is a possibility of a great healing emanating throughout the readership of these transcripts, and we are most grateful to be part of this healing process. We thank each instrument for its portion of our process of projecting our thoughts and words to you. We are most grateful for your journeys of seeking for they illuminate a great portion of our own being as we are one with you and that journey that we are all making back into unity with the One Infinite Creator.

At this time, we shall take our leave of this instrument and this group, thanking each as always for their ever lasting love and projecting of it as light to those about them. We are known to you as those of Q'uo. Adonai vasu borragus.

Intermediate channeling circle December 13, 2021

Group Question: Confederation sources speak of the pure seeker, the pure channel, pure desire, pure love and wisdom, and something of the process of purification. What does it mean to be pure? What is the value of being pure in any particular way? And by what means does the seeker purify themselves?

(Jim channeling)

I am Q'uo and greet each in love and in light this evening. We are with this instrument at this time, and shall be within each instrument as we pass around the circle in our effort to provide an answer to your query this evening. But before we do this, we, as always, would ask you that simple perennial favor to take the words that we speak through each instrument and use them in any way that is beneficial to you. And the second part of the favor is to leave behind any words that are not useful to you at this time. If you will grant us these favors, as always, then we will feel free to speak our opinions and share with you those thoughts that may hopefully be able to answer your query as to the nature of purity.

What is purity? And what value has purity? And then with these two portions spoken to, how then, does a seeker become pure? These are the most salient questions, my friends. For as you are seekers of truth within the veil of the third-density illusion, it is a process that you go through in every day of your life as you seek to become pure.

By pure, we would say that you are of one quality, and that quality might be described as desire: the will to become able to shed all desires other than seeking the truth. For within your illusion, the truth is oftentimes not easily ascertained. The truth seems to be that which has increasing levels of meaning. As you begin to perceive the lower levels, then you ascend to greater and greater truths. And it is your purity of desire to travel this path of seeking the expanding nature of truth, the truth of the nature of the universe, the truth of your relationship to this universe and of the One Infinite Creator, the truth of how you may best travel this path as you seek to become pure; pure in desiring only to be able to apprehend this truth, the exercise of your will balanced with faith that such is possible. This type of purity is that which continues to become more and more the only quality of your being as you move forward on your journey of seeking the truth.

Thus the purity, as we would describe it, is that which contains no dross, no incidental qualities, no hindrances to perception. This is the work of the adept, my friends. Such purity is not easily achieved and yet, as one continues to travel the path of seeking the truth, one continues to purify oneself, and this is a great value of so doing. For as you purify your desires, you are casting a seed within your mind/body/spirit complex, the seed of pure seeking, the seed that, when you fertilize it and water it with your attention more and more effectively, grows within you more strongly, more vibrantly, more expansively.

This is a noble journey, my friends. There is no more noble journey, my friends. And how then, does one accomplish this purification of the self? We would suggest that this is a process that is unique to each seeker of truth. For each of you has an identity that represents a portion of the One Infinite Creator. This identity or quality, and we would say, *equality* with the One Creator, is that journey that you seek that does not travel into distant lands but that travels within yourself. For this journey is to discover in some fashion, unique to yourself, how you are the One Creator, and how you become the One Creator.

Once again, though this journey continues for many millions of your years, as you would measure the densities of light that formed the creation of the One Infinite Creator, it is a journey that continues to be interiorized, no matter the density of your dwelling. This is of the greatest value to any seeker of truth, to be upon this journey in such a conscious fashion, that there is no other desire within the seeker other than to do the will of the One Infinite Creator, to become the will of the One Infinite Creator, to become the One Infinite Creator.

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

(Austin channeling)

We are Q'uo. We are now with this instrument. Through this instrument we wish to express our gratitude for this instrument and this circle for its increasing fidelity towards the process of tuning and challenging. These rituals, performed repeatedly, act as a purification process for each individual instrument and the circle itself. And this increasing purity developed by the repeated act of these rituals allows us to join even more closely and express our thoughts in more intricate and meaningful ways.

Our gratitude extends also to all those who are aware of our words and take them in with discernment and reflect to us the calling that we are joyed to respond to. This continuing

contact offers us a chance to be of service, which is our greatest desire, one which we have continued to purify in our own seeking for much of what you call time.

As we speak to the uniqueness of each individual's journey of purification, we are welcomed by certain distortions within this instrument that speak to a sensitivity towards the uniqueness of each individual's interpretation of certain spiritual concepts, especially those that we present to you through the instruments within this circle.

This instrument is sensitive to what it calls semantics and we appreciate this sensitivity, for it allows us to emphasize that as we speak of concepts such as purity and truth, that these words are meant first and foremost to be catalysts for each individual's inner journey, and are not intended to be exact prescriptions or instructions—though any guidance any seeker may find within these words, we are very happy to accept.

This is why we begin each of these sessions with our requests that seekers utilize those words most useful for them, for we wish most of all to aid each seeker in that ongoing journey of inner discovery through offering concepts that spark the seeker's interest and inspiration and contemplation, more so than we wish to specifically guide seekers in understanding such concepts in specific ways.

In this particular topic [of purity], we find this disclaimer particularly important, for the concept of purity has historically among your peoples been used in ways which have not aided spiritual seekers upon their path. And we find that such a concept has an unusually high chance of becoming a stumbling block of requiring seekers to perpetuate experience and require further incarnation rather than allowing the seeker to walk the strait and narrow path and come closer to the upward spiraling light that carries the seeker through the journey of densities.

When examining how this concept may be misapplied in such a way, one may look to how the concept of purity can be used in terms of self-judgment, of finding that one does not measure to a certain ideal, and thus the self is judged as a failure. And this dynamic has been further exacerbated by religious systems and other spiritual philosophies by necessitating that the seeker who does not match a certain requisite purity then repent and partake in certain activities intended to purify the self. These activities, when undertaken through threat of eternal suffering, or through fear of prolonged difficulty in the afterlife, can cause the seeker to distort the concept of purity so that it becomes a drag upon the seeker's journey.

This is a difficult concept to communicate, for it seems as though, to any sensible seeker within your density, that to measure oneself in terms of purity, one must necessarily judge oneself. We may do our best to resolve this seeming paradox by suggesting that this judgment is, as we have spoken, a certain semantical difficulty, for judgment can take the form of simple assessment of the self and understanding the self in comparison to some ideal, but then this comparison can take upon itself a charge of control and harshness towards the self, feelings of failure and the feeling of necessitating self-punishment, or types of self-flagellation, in order to make up for what is seen as a failure.

The root of this confusing concept may be seen in how certain systems of religion upon your planet have been influenced by forces known to you as the Orion Empire, to take what can be a legitimately positive tool for a positive seeker—such as the concept of purity

and ideals—and turn it into a confusing concept by introducing the concept of self-control or even control of others so that an individual or a group may believe in their heart of hearts that they are seeking a positive higher path of service and light and yet, when it comes to assessing the self or others, the measure of purity results in a desire for control and separation of that which one finds unacceptable

This, my friends, is a key that we believe is necessary for each individual to understand how a positive seeker, wishing to shine the light of the Creator and service to others, may utilize the concept of purity to further their desire. The key to the positive path is acceptance, and the key to the negative path is control. When these two concepts are twisted amongst each other, this creates the distortions that perpetuate the necessity of incarnation and experience. Look within the self and find where those concepts of control, of harsh judgment, of assessing oneself as a failure to meet a certain level of purity arise, and sit with those ideas and those currents within the self and observe them. Notice that they play out in certain energetic patterns that have been impressed upon you, not just in this lifetime, but in previous lifetimes; and impressed upon your society so that they have been made present within the self, simply by virtue of being present within the society.

As you witness these currents, offering them your loving acceptance, they may dissipate. And you may find a softer way to evaluate the self. It is true that you will inevitably fail to meet a certain standard of purity again and again, and again and again. This is the very purpose for your incarnation, for third density presents the opportunity to receive these reflections known to you as failures. But these reflections become most useful when one is able to receive them with patience for the self, with kindness for the self. And as you cultivate this inner patience and this inner kindness, you then cultivate a patience and a kindness that is extended outwards to your fellow other-selves, and any judgment or harshness or control that was projected outwards may also be dissipated. As the self becomes loved and accepted by the self, so does the creation about one.

This is not an easy task for you to achieve within your reality, for we understand the vast numerous influences that have ingrained themselves within each individual and each seeker upon your planet. But the very act of attempting to find a more loving and more accepting way to view the self and to pursue purity of the self in any capacity is such a meaningful act that it resounds to the infinite depths of your being and the infinite reaches of creation. And the creation resounds in joy with each attempt.

At this time, we take leave of this instrument and pass this contact to the one known as Trisha. We are Q'uo.

(Trisha channeling)

I am Q'uo and I am no with this instrument. We will begin by stating our gratitude for the efforts and energy this circle creates in their attempts to serve by allowing us to speak through them. This instrument in particular is thankful for the word spoken through the one known as Austin, for this instrument has a long storied personal history of a somewhat dysfunctional relationship with the term purity, with the idea of purity

As was previously stated, the idea of purity has historically been used to “other.” We use that term as a verb to *other* self from self to cause separation, to cause rift, to create inner harsh and outer harsh critical judgment for the self and other-self. For you see, the way the

term purity has been played with on this planet insinuates that purity is a singular position or existence or manifestation, that anything less than perfection is a mark against purity, that

anything outside of perhaps what one may see as planned or quote “good” is a blemish, is something to distance oneself from, is something to hate, is something to judge, is something to ignore, is something to bury deep within and try to forget.

Dear seekers, we would like to remind you that at the core, at the center, at the root of all that is yourself, your other-self, the environment in which you find yourself, every aspect of this illusion is inherently pure. Pure in the sense that it is perfect and imperfect, which is quite perfect.

In this previously mentioned idea of acceptance versus control is so key in terms of relating to the term of purity, the concept of purity. When self can fully and truly see the self as perfectly imperfect, as an extension of the Creator, as a piece of this larger puzzle, as an object in this illusion, one can see that one is naturally pure for there is nothing else but purity. That is not to say that there is no room for growth, for there's always room for growth and evolution, but with the knowledge and the gentleness one would afford the most beautiful aspects of creation, for you are just that, you are deserving of the patience and the gentleness.

View this illusion in which we exist as a masterpiece Be it a painting, a song, or a sculpture, it is *as it is*—a highly complex, intricate [work] of many pieces, many brushstrokes, many notes, each of them [brought] together in this dance to create this perfect whole picture. There are no blemishes. There are no mistakes. The brushstroke that is you, the note that plays when your soul things, that is pure and important and necessary to create the larger whole picture. When one can see oneself with that kind of humble but true love and regard, then one can accept oneself as pure, which then provides avenues for the self to accept one's imperfections whether they be seen as imperfection in action, imperfection in thought, imperfection in existence in a general sense.

Purity, in the eyes of this instrument, is not something one seeks to be, but is something one realizes one to be, what one remembers one to be. Purity is the fullest expression of the truth of the self. Purity is the free flow of love within self and out of self. It is the full realization of every aspect of the Creator as part of self. So, to seek one, we correct this instrument, for one to seek purity, in the mind of this instrument, is to be a self with kind and gentle hands upon the self, seeing the self as this child learning with each step, striving with each step to be the best version of the self; and by best we mean what comes naturally, what is at the core of the self. Best does not mean some an attainable goal, just as purity doesn't; we mean simply the freedom of self to be self.

Dear seekers, we fear that we might be on repeat with this instrument but we do want to again express how purity, the pureness of your soul, exists regardless of action. You cannot be anything other than pure. It is merely different facets of purity, different flavors, different hues. How can you not be anything other than pure? Of course, there will be moments when perhaps your actions do not fall in line with who you see yourself to be, or your thoughts, or even the way you see your physical vehicle.

The realization that you are learning and can forgive yourself and learn from the experience, learn to love and accept the self rather than demonize the self, is perhaps one of the purest manifestations of being. Acceptance is key. Love is key. Radiance of both is key, and expressing that within the self and toward other-self, toward circumstance, toward every aspect as difficult as it may be, is purity in its fullest, most vibrant expression.

At this time, we will leave this instrument and transfer the contact to the one known as Gary. We are those of Q'uo.

(Gary channeling)

We are there's known to you as the principal of Q'uo broadcasting our beam through this instrument to this circle and outwards to any who may come upon our words at a later time. We reflect on this instrument's own human appreciation and admiration for those dear other-selves in the circle who have articulated our thoughts, each in their own flavor. He found it a particularly edifying experience.

This subject of purity is one that, conscious or not, will come to the attention or mentation or decision-making processes or desire-aiming procedures for he or she who seeks to become ever more one with the Creator, ever less a creature wholly identified with and asleep within the illusion, and ever more awakened to the true nature of self that always was and ever will be.

What is it? My friends, that [question] positions the self, so to speak, upon such a spectrum, illusory though it may ultimately be. What is it that makes of the human a transparent vessel such that, as with the clear windowpane, the light shining through is visible, and not so much—save for glimmers at a certain angle—the window itself. On one end of that spectrum, what is it that binds the entity to a consciousness locked in separation in the generation without end, often unconsciously, of suffering for the self, not infrequently inflicting suffering upon others?

Illusory though it may be, that windowpane that is the mind/body/spirit complex system becomes covered, shall we say, dirtied or muddied. We would not use these terms to suggest that this is in any way a lessened state or any quality which should be resisted or judged, because that which covers the windowpane in this metaphor is, as we spoke at length through the previous instruments, the judgment for the self, the lack of forgiveness for self and others, and the many ways in which one ensnares themselves in the patterns of the illusion, the separation-based fear, the desire to control that which is perceived as threatening to an insecure and fragile illusion of separate identity

When these windowpanes are obscured by that which is accumulated upon their surface, it is not just the other-self or other-selves which are not perceiving the Creator's light shining through [the self], but it is the self who operates within a darkness, feeling perhaps the symptomology of the pain of darkness and being cut off, yearning for relief, for freedom, peace, connection and joy, but not understanding that the source of such is, as we have been alluding to tonight, and that is the recognition of the self as the Creator, the gentle and forgiving-loving embrace of the self as it is, as a perfect or perfect/imperfect representation of the Creator.

In this state, as many of your people know it within the illusion, the desires become mixed, shall we say. There is or there may arise a multitude of desires, desire for status, desire for imperviousness to illness, desire for accumulation of wealth, desire to chase constantly the elusive quality of pleasure, desire to run away from that which is painful, etc. And meanwhile, at the center of this desire all along has been not so much the desire for status or wealth or prestige, but rather it has been the desire to seek and to become one, to thus discover that core desire which lives within the self but which has become obscured and hidden or denied and abused is what may be called a process of purification.

Through the processes to which we continually commend to the seeker, of working with one's daily catalyst, of seeking the love in the moment, and of practicing forgiveness and balance, one's desires can become distilled. Why was it that I was seeking that pleasure? From what basis do I view the attainment of goal? How is it that I am moving forward in my days? These another such questions the seeker may ask the self in order to become increasingly conscious of the mechanisms in operation within the self at all times, and to see what is perhaps less than true and more true within the self within a context constantly of seeking to accept and love the self, however, seemingly mixed or quote unquote "impure" the desires and the motivations.

Through this increasing self-knowledge about that which is in alignment and perhaps less-than-aligned with the core of being in the seeking, that which generates suffering for self or others and that which does not, that which moves toward control and that which moves toward love, when can come into increasing understanding of the configuration of self and that which is blocking the upward and the downward Love and Light of the One Creator. And through persistence when can come to refine these desires so that that which is not in service to the Creator through the positive polarity, or life affirming, can be healed as it arises from that which is unhealed within the self. And the self can increasingly purify the heart so that it is unclouded by jealousies, resentments, competitions complexes of superiority/inferiority, possessions and so forth, and thus unclouded become a center of love and love only, love in total, love without That which would obscure the heart.

This instrument is quite dissatisfied with his own channeling, feeling that he is but skimming the surface, and stumbling at that.

We would close with this instrument in the reaffirmation of the understanding that the self is and has been pure all along; that which seems to be other than purity is the material of the illusion which has, shall we say, accumulated around the shell of the self through the self's own actions and attitudes and ultimately through the self's belief about who the self is, what it is made of, what its needs are. It is through contact with the truth that exists already within the heart of self most above all that the self comes to release the struggle and the tension and the striving in the surrender of the Creator's opinion of the self.

At this time we will transfer our contact from the one known as Gary to the one known as Jim. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo and am once again with this instrument. We have been very pleased with each instrument's generation of thoughts and words that we gave to each for a specific purpose, that each might provide an intimate and unique interpretation of the answer to your

question this evening. We feel that this has been accomplished and that any doubts that may exist within the minds of any instrument are simply those thoughts that shall drive one onward into the further purification of the ability to channel any word or thought; it is a type of angst that exists to help move the channel forward in the channeling process. We thank each instrument for its dedication to the learning of the art of channeling which has been continuing to improve within this group over much of what you call time, and at this time we feel that there is a great deal of experience that has been gathered by the continued exercise of each instrument. The exercise is much like the muscle of the physical body that gets stronger and better with continued exercise.

At this time, we shall take our leave of this instrument and this group. We leave each in the love and in the light of the One Infinite Creator which dwells in all and inspires all to seek the One. We are known to you as those of Q'uo.