



## 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.

### [5 January, 2022](#)

Intermediate channeling circle

Topics: Broad versus specific compassion; dealing with intense empathic energies; offering service in response to attitudes towards the pandemic.

(Jim channeling)

**Q'uo**

I am Q'uo and am with this instrument at this time. We are pleased to greet each of you in love and in light of the One Infinite Creator. We come this evening, as always, to exercise each instrument that the practice of channeling might become ever more firmly established within each instrument, so that which you call the Confederation philosophy of seeking and serving the One Creator might be shared more fluently or inspiringly and more practically as well. We would at this time ask if there might be a question with which we may begin.

**Austin**

Yes, Q'uo. We have a question sent in from A1 who writes, "For the most part of my adulthood, I have been struggling with the following circumstances: I have a healthy level of compassion for humanity as a whole. I have tremendous empathy for minorities and groups that are suffering worldwide. I understand often deplorable situations, underprivileged groups regardless of the national financial, racial or ethnic background. I take this from the perspective of service to others as generally proper alignment."

"Yet when dealing with certain attitudes and characters in a daily life, I fail quite often to show the same kind of respect, compassion and understanding. This is unrelated again to culture, race or background. It is purely attitude related. I am aware that certain very specific attitudes trigger me and this might be personality related, or might be a form of conditioning, or perhaps karmic, I guess. I built myself an ample dose of catalyst hopefully to overcome this predicament. Yet, this dichotomy of general and specific feelings, and ability to empathize is very puzzling. And it's worrisome to me. Can you reflect and advise on this situation, please, since I feel that many others might have a similar dichotomy present in their daily and general makeup?"

**Q'uo**

I am Q'uo, and I'm aware of your query, my brother. Before we begin our reply, we would, as always, ask you to grant us this simple favor of seeing and accepting those words and concepts we offer in reply to the query as our opinions. And we hope that you will take those words and opinions that have meaning to you, and without a second thought leave others behind. We would not wish to be a stumbling block in any seeker's journey for we are not ultimate authorities. We are your brothers and sisters who seek the One as do you and who have our own distortions to deal with. We believe that this gives us a leg up, shall we say, [to] be able to speak to those distortions you describe as particularly troubling to you, and why this might be the case.

When you are able to see and accept people of all races, genders, creeds, nationalities, various other distortions as being equal to any, including yourself, and that you have compassion over such entities—you wish them well, have no problem with them, and wonder why it is that you in your daily round of activities find that there are people with

certain attitudes or behaviors that trigger a kind of harsh reaction in your being. A kind of perception that you feel is distorted in a way that is very hard to understand or make sense of. And we can suggest to you, my brother, that you as all conscious seekers of truth with open hearts have challenges within the incarnational pattern that are set there by you and your guides and/or higher self that you may focus on these distortions, these attitudes, these behaviors that are troubling in order that you might not only be challenged to understand them, but might make the journey necessary to see how they are an integral part of your own unfolding spiritual path.

Each conscious seeker of truth such as yourself has planned the general framework of the life pattern so that at certain times within the life pattern, there will be presented the opportunity to go beyond the current capacity to accept various behaviors, thoughts, and attitudes that you had previously been unable to accept. This is what you might call a spiraling journey, where you are able to do this upon a certain level of challenge or experience, then this ability to see an other-self as deserving of your compassion and your support and your inspirational efforts to blend energies with them, then, this accumulated, we shall call it, spiritual power may then be set in motion to spiral even higher or further along your spiritual path.

As you are able to take these behaviors and thoughts and attitudes into the meditative state and consider them with the scrutiny and conscientiousness of the adept, shall we say, the one who seeks to create changes in consciousness, then you have accumulated a certain kind of spiritual power that can feed your journey further along the path into unity with the One Creator. As each challenge is looked at, within the meditative state, and seen to be a portion of one's own self; as you attempt to balance the negative response to such behaviors with the positive response, then you are coming to know more and more about yourself regarding how you are a portion of the One Creator, as is the entity standing before you in meditation. This entity has given you the opportunity to balance dislike or disgust with acceptance and love.

In many other ways, you will be challenged to find an acceptance of another entity, which then represents an acceptance of yourself that will further propel you on your spiritual path. As you are able to do this throughout your life pattern with various entities, behaviors, attitudes, beliefs, creeds and so forth, you will become more and more what might be called a 360-degree being. That is, you will see that you are all things, all attitudes, all people, all behavior.

This is the journey of a lifetime. This is the journey that each conscious spiritual seeker is upon and indeed all entities are upon this journey. Some, however, are not conscious of this journey and are awaiting the realization that this also is a path that they shall tread at some point in their incarnation—if not this one then perhaps the next, or the next. So the equation, as we may call it, is that as you come to know yourself and to accept yourself throughout your life pattern and see an accumulation of a great variety of qualities that you accept now that were not acceptable before, that you are in effect becoming the One Infinite Creator. This is the goal of the journey of the life path of many incarnations of all entities within each density of the octave of beingness.

We wish you godspeed, shall we say, on this journey returning home to the One Infinite Creator. At this time, we shall transfer this content to the one known as Kathy. We are known to you as those Q'uo.

(Kathy channeling)

**Q'uo**

I am Q'uo; I'm with this instrument. Is there a query with which we can begin?

**Austin**

Yes, Q'uo. We have one sent in from A2 who writes, "As someone who has always been strongly empathic, it can be distracting, depressing, or overwhelming to be a person here. Being keenly aware of others' feelings, aware to the point of something along the lines of what I'd call auric infringement or entanglement, or something else. Someone else's signal gets mixed with my own. I still struggle at times with letting others' feelings overwhelm me. I'm sure the answer is something like, respond with love and/or take this into your daily meditation. And I know that on some level the answer is available to anyone at any time as we're all the same One Creator, but if there are any tips or tricks available, I'd be curious what might be suggested."

**Q'uo**

We understand the query, my brother.

A helpful reply may be made beginning with the idea that upon your planet at this time, the personal energies relating to the energy field of a particular entity are becoming heightened across many entities as the energies of fourth-density rise up in your planetary sphere, and also within and around the entities who live upon your planet.

While this situation that you described is acute, as you have expressed in your words, we may assure you that it is a condition that can be worked with, softened, and attenuated through insightful and careful attention to your own energy levels and [the] expression of such during your daily activities upon your planet at this time.

For with the heightened nature of personal energies and planetary energies in general, there is also to come commitment rising up in your inherent ability to, we may say, cope with, work with such energy changes such as you described.

At the same time that you sense a heightened awareness of the energies of other-selves around you—or even those, as you mentioned, who are not in your vicinity but who draw your compassion toward their situations—you may also attune yourself to your own energies on every level of your being, your physical energies, your emotional and mental energies, and your spiritual energies.

We may suggest that once or perhaps twice per day, in your cycle of life, that you go within for a brief moment or moments of meditation, attuning yourself to these various levels of

energies personal to yourself, becoming aware in that heightened way of the sensitivities of these energies. Just as you would when finding yourself near an other-self who has energies, thoughts, feelings that you sense, and that may overwhelm you, you may do this with yourself first before going out into your day. Become aware of the sensitivities within yourself. We may say, accept yourself and love yourself for the gift that these energies bring you in terms of insights, understandings, and compassion for all living things.

And we may say, as you are aware of the full complement of these energies in your levels of being, bathe yourself, bathe all of these levels of your being in the love and the light of the Creator. Know that you are bathed in this loving light from which you came in the very beginning when perhaps energies were not as sensitized as they are today. But this light and love is intelligent, that you bathe yourself with. It can soothe, heal, protect your own sensitive energies.

Thus you may, after a few moments of bathing in this helpful light, healing light, and love, you may go out into your day with a feeling of confidence in the awareness that the awareness that your energies are balanced, and that serve you first in your daily journeys.

Thus you may find interactions with others to be of a more palatable, acceptable nature. So that you may have, what may feel to you to be, a greater degree of groundedness of natural love for self and other-selves as you go about your day; the energies of others do not impinge upon your purpose in life for that day, your well-being, your peace, and happiness. We may suggest that at the end of every day that you attune once more to these levels of your energy field as we described in the morning routine. Do so likewise, we may suggest to you, in the evening to again bathe all the levels of your being, all the energies in your field with this light and love that is intelligent, that is healing to lighten your sense of self; perhaps without effort letting the light and love of these healing vibrations simply wash away all of the energies of other-selves that may have unintentionally been taken in by your own heightened awareness, by your own empathy and caring. Let what is not yours to bear, to solve, or to heal, be lovingly washed away into the love and light of the Creator. Let the great original thought of love that lived in those energies from the Creator assist you in restoring yourself, your energies to what can rightly be felt and known as your own in a balanced field state.

At the end of each day in your cycle of life upon your planet, we may also suggest, if this thought appeals to your sensibilities, that you may also send out love and light to all those with whom you had contact that day or upon whom your thoughts rested, and to any other entities or groups of entities for whom you felt compassion. Again, it is a suggestion you may take if it feels right to you in your heart that sending out light and love to all these others may uplift you as well as the love and light may uplift them.

We hope this set of suggestions may meet with your understanding. We ask that you may take and utilize what may feel right to you in your heart, and leave the rest. And ever we suggest: meditate to listen for those answers, beyond what we have suggested, that may help you in more specific ways pertinent to your own situations and relationships. We thank you for this query, my brother and we are with this instrument.

We hope that this response satisfies the essence of your query. We are those of Q'uo. We have been with the instrument and we now pass this contact to the one known as Austin.

(Austin channeling)

### **Q'uo**

We are known to you as those of Q'uo and we greet the circle through this instrument at this time. We ask if there is a query that we may address through this instrument.

### **Jim**

Yes, Q'uo. I have a question from E. "The ongoing pandemic and the response of government to it has caused great division in our societies, and brought many opposing worldviews to the forefront: anti-authoritarian versus authoritarian, risk-avoidance versus risk-acceptance, different views on medicine and health, and so forth. Wherein each area both groups seem to be drifting further away from each other. What can we do to bring these groups closer together again, to find some common ground, and in general, relieve some of the intense stress that people are feeling? Are there any spiritual principles involved or ways that we can find balance and relate to the divisions?"

### **Q'uo**

We are Q'uo and we are aware of the query, my brother. This query is one that we sense weighs very heavily on many minds of those seekers who are aware of our words, and we are grateful to the one known as E for offering us a chance to speak to these circumstances upon your planet and within your societies, and to offer our own insight into the spiritual principles that may be viewed and utilized for the positive seeker wishing to offer their service in the midst of what seems to be quite turbulent waters.

The circumstances are born from relatively complicated and, what you may say, new energy upon your planet. We take this opportunity to reiterate a central point that we often repeat, for it is often the most relevant point for any seeker contemplating such complicated issues. And that is that no matter the circumstance, no matter the people's or attitudes present within any circumstance and the dynamic energies dancing in what can appear to be chaos when one views such situations, that all are the Creator—each individual and each situation is but the Creator wearing certain masks interacting with itself in order to experience itself in more and more significant ways.

This is undertaken by the Creator in the hopes that one of its sparks that has forgotten its origins, such as the entity who poses this question, may become aware enough to ask such a question, to realize that they feel called to serve and to offer their heart, and undertake the difficult journey to do so despite the fact that there is no clear answer to how that may be achieved. This is the beginning of the role of faith on the journey of the seeker: to witness such a situation as described in this query, to feel called to offer oneself in service, yet see no clear opportunity—but nevertheless trust that an opportunity may present itself to one who continues to seek to share the love of the Creator.

We are glad and honored to take part in this seeking with you. The core or heart of these circumstances described within this query may be in many ways traced to the incoming fourth-density energies upon your planet. There are certain trends and technologies that seem to accentuate the divisions within your society to create opposing energies and bring people to come together in what has been called certain social bubbles, and define themselves in opposition to other social bubbles. This may be seen as the questioner has framed the situation as a series of opposing attitudes.

We understand that this may be puzzling how energies of fourth-density, that one may liken to unconditional love and understanding, may create such a situation. These energies, as they stream to your planet in ever-increasing ways, cause each individual to express their unconscious natures more and more in an external way. The certain technologies that take part in this process, what this instrument is familiar with as such technologies as social media, or media in general that tends to influence one's consciousness, are not accidental.

And while they have been used by entities with agendas, they have been manifested upon your planet in response to the onslaught of these energies that are calling each individual to become aware of how they are projecting their unconscious natures out into the world. And one way that they help do this is to accentuate these opposing group mentalities. This accentuation results in the seemingly chaotic situations described by the questioner. Just understanding this context may help the seeker wishing to alleviate and calm these energies within the self and within the other self, simply by grasping the context within which these dynamics take place. We hope that there is some small comfort and understanding that this is part of a process that is necessary in order for your planet to transition to the fourth density—and that at the end of this process, at the end of this very bumpy road, these choppy waters that each seeker has set sail upon, there is a destination that speaks much more clearly to the love of the Creator. The storm will wash away and reveal a deeper truth that will be available to all upon your planet, with time.

As to what any individual may do to help alleviate or bring love and understanding to these situations, we suggest looking to those contributing factors that cause entities to dig in, so to speak, to defend certain positions, certain attitudes with such fervent certainty. The so-called pandemic upon your planet has created an intense catalyst, specifically creating such fervent attitudes.

Part of the *how* of the situation is that this pandemic has introduced a great question of unknown and uncertain futures. For all entities upon your planet, like a lightning bolt, the catalyst called the pandemic arrived and took hold of each individual's mind and heart upon your planet very suddenly and very strongly. And this caused a great illumination of just how uncertain the future is for each individual.

It poses a great question of how to deal with this uncertainty. For many, this took form in addressing the situation head-on, understanding the specifics of the pandemic, and attempting to bring all powers to bear upon it, in order to tame it. For others, this uncertainty caused a desire to remain unfazed and put them in opposition with those who felt this was a collective responsibility that all within the collective should be addressing.

These attitudes, as each seeker is certainly aware, have been energized and manipulated somewhat by those who feel they can take advantage of these opposing dynamics. And this manipulation, we understand, may bring some concern to the seeker. Yet we offer the thought that it does not change how the individual seeker may address the situation. At the core of this is for the seeker to recognize the fear, and anger, and strong desire within each individual in how they respond to the pandemic.

The very strong attitudes and seemingly increasing division have, at their root, the fear of the uncertain future that this pandemic, and the response to the pandemic, may bring. In grasping this root, empathy may be offered. No matter one's attitude or opinion of the circumstances, one may then interact with those about one, whether they believe society should be reacting in one way or another way, and understand that for many individuals, despite seemingly opposite reactions, they are operating from the same point, from the same distortion, and are expressing themselves in ways that are attempting to reveal the self to the self—attempting to soothe this uncertain fear to bring light to the unconscious aspects of the reaction to the so-called pandemic.

[We suggest] to offer one's love in disagreement, to cultivate a gentleness, to plant seeds of attempting to understand and to connect, and to water those seeds continually despite any circumstance, despite any uncertainty one may have within themselves about the future, and to cultivate a shared understanding among all other-selves that despite any individual reaction, you are all in the situation together, and finding a way to respond in a unified and love-filled manner is a very noble and significant endeavor.

Ultimately, this situation asks each individual to do this work for themselves. We understand that a seeker wishing to bring unification to divided peoples may find frustration and failure. The catalyst upon your planet is very intense, and as fourth-density beckons, it will intensify, eventually taking the attention of each individual and forcing them, if you will, to address their inner darkneses, their inner shadows, those inner natures that have gone unaddressed for many lifetimes.

Any individual seeker wishing to help alleviate the situation may have their own opinions about how society as a whole may respond to any given crisis or catalyst. Yet, we encourage you to contemplate: instead of attempting to reform society and convince others how to behave or how to respond, or convince them of impending doom or danger; instead offer one's light so that the individuals who are facing these inner shadows for the first time may be aided by your example, may be comforted by your love, may be guided by your gentle hand.

For you are here to offer love, no matter what situation arises. There is no specific prescription for how to solve any situation that arises on your planet, except for abiding in the faith that love may transform any situation and bring light to all in due time.

We again, thank the one known as E for posing this question and wish to offer a final thought to any seeker who wishes to offer their love in these difficult times. Please know that we, the Confederation of Planets in Service to the One Infinite Creator, join you in open hearts. If you could witness and see the amount of love being showered upon your planet, and open your heart to that love so that you may be empowered by it and pass it along from your perspective within the veil, your inspiration would be infinite, and you



would have no doubt that though you have chosen quite a difficult and uncertain time to incarnate, you are exactly where you wish to be and exactly where you are needed.

At this time, we will take leave of this instrument and transfer the contact to the one known as Jim to offer our closing thoughts for this circle. We are Q'uo.

(Jim channeling)

**Q'uo**

I am Q'uo and then once again with this instrument. We have been most heartened by how we have made our words and thoughts available to each of the instruments present this evening. The practice and art of channeling are that which makes one more and more able to experience the love and light of the One Creator as the art is perfected. The channeling process is one which not only shares this love and light with those who may hear or read our thoughts, but affects each instrument as a kind of food for the spirit and helps to make the channel more crystallized feature of each instruments beingness. This is occurring at a steady rate as we have been able to assess the practice of those present and those who are not at this particular meeting. We thank you for your conscientiousness. You inspire us on our own journey of seeking. We are known to you as those of Q'uo. We leave you in the love and light of the One Infinite Creator. Adonai, vasu borragus.

## **26 January, 2022**

Intermediate channeling circle

Q'uo, today our question has to do with wisdom. What is the positive use of wisdom for a seeker on the positive path? And what does it mean to balance love and wisdom?

(Jim channeling)

**Q'uo**

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 inviting us to your circle of channeling this evening. We wish, as always, to begin our process of transmitting thoughts and words through each channel by asking each present to grant us that perennial favor of taking the words and thoughts we offer through each and use them in a way that feels appropriate to you. If any do not feel appropriate or worth consideration at this time, we ask you to leave them aside with no thought or worry—for we are those who seek, as do you, the One Creator within us, within each, and within all things. And we are on the same journey as are you. We are not infallible authorities. If you will, as always, grant us this favor, and we are free to speak as we may.

This evening, your question is a very fundamental question for each positive seeker of truth, not only within your third-density illusion, but within any density that comes after the third density. For these qualities of wisdom and love are the fabric of creation. All of you, of us, of all other entities, and each fabric of the creation, each portion of it, exists because of love and light's interaction within each seeker of truth. As the seeker considers the quality of wisdom—that type of light which illumines the mind and the spirits to their function within the life pattern—the seeker becomes aware that, to see more clearly that which it experiences in its daily round of activities and interactions with other-selves, it is necessary to look at such experiences as means by which one can seek the Creator within all. For the light of wisdom shines brightly within each seeker who has the ability to open the mind and the heart to the greater reality of its existence and experience within this third-density illusion.

As you become more aware of how each entity reflects to you the light, the wisdom, the knowledge of existence, and how all of the other-selves are a portion of yourself, you are then able to take steps upon your spiritual path that are upon solid ground, shall we say, the ground of your being that is created of love and of light. Thus, the service-to-others-oriented entity has as one of its primary priorities the seeing of the Creator within the self as equally the Creator within each other-self so that when one thinks or conceptualizes with any thought [about] an other-self or [has an] interaction with that other-self, one sees the Creator interacting with the Creator.

This is more easily said than done. For within your third-density illusion, there is that known as the veil of forgetting that makes the personal and powerful recognition of each other-self as being the Creator more of an intellectual activity rather than one which is experienced within the heart of one's being. The great challenge of the third-density illusion is to be able to, in some manner, pierce this veil of forgetting so that you may see and experience the reality of the other-self and yourself as being one in all your interactions. This is the ideal manner of seeing the proper use of wisdom, and the light that makes wisdom powerful as an interior experience that reflects to the exterior world. The balance of the love and the wisdom then becomes a result or a product of the ability to see the other-self, and yourself, and all other-selves as being one Creator that has individualized itself in whole in all portions of the creation and, with it, in each entity within the creation.

Thus, the process of balancing the heart of your soul, shall we say, the basic nature of your being as that of being created of love, is what happens when you are able to look upon any dysfunction or disharmony with another being as reflecting the true nature of each entity when it is able to be processed in a manner which moves beyond the veiled creation of seeming separation. Thus, you avail yourself, shall we say, to the reality of the always present potential for balancing love and wisdom as a basic function, or process, of your spiritual journey. This is why we all exist. This is what we all feel is the most important feature of the nature of the creation that exists within each entity, and within all other creations, or densities of experience, beyond your own third density.

At this time, we shall 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, and we greet you once again through this instrument to speak upon a subject to which we would commend your attention time and time again upon the long journey of seeking, as it is a question with application to many of the moments that greet you within your incarnation. Wisdom is, or can be, an elusive quality to thinkers and non-thinkers alike. The subject can grow as complex as is the thinking mind [which] considers this subject, but there is a great simplicity as well to wisdom. In fact, wisdom applied when perceiving self, or other-self, or world, or situation brings clarity. That clarity can often be understood as a peeling away of *that which is not* or that which is distorted in order to reveal *that which is* or that which is less distorted.

Wisdom—while, as all things, a distortion of the undifferentiated mystery-clad intelligent infinity—is, from the perspective of the journey, an undistorting mechanism, it might be said or at least fruitfully considered. Consider its locus of power and operation within the chakra system as being positioned above that known to you as the green-ray energy center, the center of unconditional love, that which opens and receives all experience into the heart as the lower triad of energy centers are given their attention and are activated and cleared and brought into balance so that the Creator's energy may flow through the feet into the red ray, then the orange, then the yellow, and into the heart.

As the will of the entity establishes a stable base, you may say, within the heart center, that is, as the entity strengthens the heart and teaches itself to love itself and all others, to see all things as love, to not slip into the trap of resentment and anger and other energies which negatively obscure the love that exists within each moment, and instead learns to love and to forgive, the will can continue upward into higher work upon this platform, into the penetration of the blue ray; a ray, as we were describing, of clarity.

That clarity is born most truly because the entity has laid a foundation of learning to accept catalyst through the loving operation of the heart. Thus that which is seen prior to its deepened clarification is accepted. It is accepted as part of the self. It is accepted for what is, whether or not it is understood or seen clearly. Without wisdom, this acceptance may make significant errors in judgment, because the faculty of seeing and, if we may use this misnomer, understanding have not been brought to full strength. The entity may expend itself not understanding limits or what may be in the highest for the situation, or the entity may fail to establish boundaries appropriate for the self's integrity and service. But, we emphasize this sequence to bring to your attention the fundamental requisite of learning, practicing, and increasingly crystallizing *acceptance* as a key to moving into the work that you, as a seeker, wish to do in the blue ray of seeing, and, in your limited ways, understanding.

What is the clarity availed one within the activation and operation of the blue ray? It is inherently an uplifting clarity, an inspiring clarity, a freeing clarity. While the blue ray may understand very sorrowful situations, by your measure, and the mechanisms of harm—as this seeing is also an empathic seeing—and while great pain may be felt therein, this seeing is still understanding that which is deeper than simply the stories, real though they are, of receiving and causing suffering, of receiving and causing harm, of the labyrinthine

ways of your world and it's various distortions and rejections of the Creator and the illusions that spring therefrom.

There is a level within which the blue ray can grasp, to some degree, the workings of this illusion, understanding cause and effect, as you see it, consequences of actions and so forth. But, beneath these confused and uninformed operations of free will, there is a seeing of the Creator—a not-yet-fully realized, but beginning grasp of the unified nature of all things. Though the seeker may understand “the operations of the illusion”, in a limited respect, in broad or specific dynamics, [the seeker will understand that] it is all part of a greater context [of] the Creator knowing Itself; it is the clashing or the collaborating, the congruence or the incongruence of multiple myriad splinters of free will, each seeking the light and often missing the light.

There is compassion and there is non-judgment in this seeing; and it is, we would note, key to the way that the positive entity makes use of wisdom. For this seeing is put into service in the reminder to self and other-self of their true nature. This seeing is put to service in helping the self first and foremost, and perhaps by way of offering catalyst to other-self, a key to unlocking the confusions and the puzzles that keep the thinking and patterns of missing the essential nature of the light. This seeing, put to use upon the positive path, is of an empowering nature to self and other. The wise entity with a heart open to love wishes to lift all other entities up in service to them in accordance with their free will and sensitive to the request for service. Whereas, by contrast, the negative entity, also very wise, uses such wisdom to exploit and manipulate others—seeing, perhaps, their blockages or weaknesses as points of vulnerability to, as we have said, manipulate and increase the self's power.

Much more there is to explore on this topic. At this time, we would take our leave of this instrument, and eagerly transfer our contact to the one known as Trisha. We are there's known to you as Q'uo.

(Trisha channeling)

I am Q'uo, and I'm now with this instrument. We would begin by thanking this group and the fastidiousness of the challenging practice, the tuning practice, and the intention behind the gathering. For this is a beautiful exercise of balancing wisdom and love in a multi-entity context. We present to this entity the example of a domicile, what you in your illusion may call a house, home, structure in which an entity may live. Take, for instance, the physical structure of the domicile itself. The walls the bricks, the steel beams, the glass, the roof, whatever construction is employed to create the structure, consider that your wisdom.

Now look within the home and you see the items that create the environment which is comfortable or inhabitable. Take for instance the furniture, the decorations, the lighting, the appliances. Envision those items as love. The balance between the two is inherently important. For without the structure surrounding these interior items that provide warmth and comfort, there's no protection. The entity is vulnerable. However, if there's only structure and no interior items for warmth and comfort, the entity finds themselves cold and uninspired and uncomfortable.

We provide that example to show you that the relationship between wisdom and love is inherently connected in terms of efficient use or efficient expression of either. For wisdom to be employed in a way that is pure and strong, there is an inherent relationship to the intention behind it—be the intention love, then the purity, if you will, the strength, the effectiveness, of the wisdom is magnified and rebounds outward. The efficiency of the energetic signature of love is too magnified when at its intention, its core, is the exercise of wisdom, then that love rebounds outward effectively. What we mean to say is that there is a paradox here. There is a dynamic relationship, a chicken and egg situation, if you will. For one without the other is hard to pinpoint, is, at least in the larger scheme of this illusion, nearly impossible to detangle. However, we understand that this density is one wherein the illusion is quite thick, if you will, quite saturated and hard to penetrate.

So, with that, we would like to impart that what you call positive wisdom is wisdom that has at its core and is backed by intentions that are informed by love. Not a love that is necessarily vulnerable but that love that is accepting. As was stated before in the previous instrument, a good example of positive wisdom at play with a backing of pure, but not foolhardy, love is the manifestation or inaction of what you call boundaries. This may seem as a—we correct this instrument—this seen... we apologize, we will take a quick pause to deepen the contact.

[Pause]

We find that boundaries are a good example of this dynamic relationship, though we realize that may land as an example of that which is in opposition to love and or wisdom. However, such an action as a boundary between two entities can provide potent and beautiful medicine that you may call catalyst that teaches, or has the opportunity to teach, both selves love and acceptance for self and other-self while simultaneously providing the opportunity for the development of deeper wisdom, deeper understanding of how the illusion is at play, how there is a seeming separation or divergence, and the illusory nature of that separation and divergence.

This instrument is struggling to maintain a grounded focus as we attempt to speak our words through her, and so we remind her that apologies are not necessary and that this is a moment for her to practice love and acceptance of self, and the wisdom to observe and conclude this session of channeling through her. And we thank her for her attempt and for the patience of those in the circle.

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

(Kathy channeling)

We are those of Q'uo, and we are now with this instrument. We would speak now to the concept of wisdom and some of its attributes, which may be understood and used by seekers intending to use wisdom for positive purposes. The first attribute we may focus upon is that of power that it may be understood that wisdom is used with an inherent power, that this may be used most positively, though one may have experienced or read

about such instances in your existence in which the power attribute of wisdom may have been used in a negative manner. We wish now to refocus upon this attribute of power as a positive influence, a positive force. We may suggest that in your, what you call, history, in your space-time illusion of entities who have used power for negative purposes, and we wish to say that let that not nominate one thought about the idea of power and wisdom. Rather, see that that power is the intelligence of the very light of creation. And so, seeing this way, an entity seeking to use wisdom positively is employing the power of the very light of the Creator just as the Creator employs that same power for intelligence, or rather the intelligent energy of the light of creation is wisdom in its highest form, and indeed it is, as was illustrated so exquisitely by the previous instrument.

In this context, wisdom as a high form of intelligent energy, is by nature paired with love. We would say that when wisdom is used in a positive manner, that this process begets another attribute of wisdom, which is peace. There is peace in knowing that something constructive, something positive has been created, done, completed or fashioned out of the positive use of the power of wisdom. There is a peace in knowing that something built with love at its foundation, with light as its structure, has been given to your reality, because of this right use of the power of wisdom. This peace is a stabilizing supportive force of what has been created through that positive use of wisdom. For other entities may feel and sense this piece that has been created. Peace born of such constructive thought tends to hang in the air to perfume the very atmosphere with its divine nature, and all entities experiencing the creation born of the positive power of wisdom can feel that peace as it imbues the lives of everyone who touches that creation, or who is touched by that creation.

This general example could be illustrated by specific examples of the positive use of the power of wisdom in creation such as inventions that make life better and easier, programs and organizations that help and serve others or help and serve the animal and plant kingdom as well on your earth, or any other myriad structures you can think of. And this peace that has also been created out of the power of wisdom stays with the creation, or much of what you call time. Always there is the undergirding of the creation with a foundation of love, which also sustains that peace.

We have been with this instrument, and we find it is time now to transfer the contact to the one known as Austin. We are those who Q'uo.

(Austin channeling)

I am Q'uo, and I am with this instrument. As we settle our vibration in joining with this instrument, we take an opportunity to offer our sincere gratitude and admiration for this circle of seeking and its dedication to refining the desire of service to serve as instruments and help us and our service to share our words with those of your planet. This continual desire to refine and become better at serving in this capacity we find can be an apt analogy for the topic this evening, that there is a desire realized within the heart of the self, and an effort undertaken to apply that desire to service. We see these as indicative of the two sides of the coin of which love is on one side and wisdom is on the other.

We will present a more relatable analogy for seekers contemplating this matter in that of the artist or the musician. At some point within the musician's life, it recognizes a desire in the self to create music, to generate harmony, and to learn how to weave together an expression that may be shared with the world. Similarly, in the heart of a positive seeker, there awakens at one point upon that seekers path the recognition of love and a desire to then share that love with the world about one, a desire to recognize the other-selves about one, and to connect to those other-selves in ways that are caring, that are warm, that are radiant, that speak to service to others.

Yet upon this initial realization, the musician may first grab an instrument and attempt some melody. Perhaps, this melody has some semblance of harmony, or perhaps it is more akin to a cacophony. The musician realizes that to create music and to share that music with the world, there is technique, and skill, and knowledge necessary to bring that desire that the musician has found within its heart and to manifest it into the world. Similarly, the seeker walking the path of service to others, upon first realizing this desire to share love with the world, may soon discover that this desire carries with it a naivety that causes one to stumble in that sharing. Perhaps the love is not recognized. Perhaps one finds oneself vulnerable in sharing that love and reacts by withdrawing. Perhaps one is unable to find the inspiration necessary in any given moment that allows one to share love in a significant way. Perhaps the desire to share love is overcome by other distortions that rain upon the entity throughout the daily round of activities that we find upon your planet at this time, [which] can [make it] quite chaotic and difficult to maintain a focus upon that desire to love.

And so the musician undertakes a regimen of practice and seeks teachers and begins to regularly manifest its desire by playing music continually, slowly and regularly becoming more skilled, more proficient, and more able to realize the tune that they hear within their heart and bring it into the world for others to hear. The musician, if she continues to practice diligently throughout the lifetime, may even become an expert able to create sweeping beautiful melodies that manifest emotions within listeners, bringing them to the highest joys, speaking of their heaviest burdens, singing to their losses, their mourning and allowing them to connect in meaningful ways to that which the musician creates. This my friends, may be seen as the same influence of wisdom upon love.

As seekers upon the positive path, the initial opening of the heart generates the desire to connect. Yet, that connection is not found immediately, just as the melody within the musician's heart is not manifested immediately by that musician. It takes practice and even more practice, many lifetimes of practice for a third-density entity to share their love and refine that sharing in more and more significant ways before, just as the expert musician, the entity may recognize and manifest love in any moment within the highest highs and the lowest lows of third density.

The techniques of the positive seeker that are akin to the techniques of the musician may be seen as the continued willingness to return to those events of the day in meditation, bring their consciousness to bear upon them in an environment of silence and acceptance, to recognize that when one stumbles in sharing love that one may refine their understanding of love and try again and again and again. And eventually, as the positive

seeker lives the life of third density, and catalyst is experienced and processed and accumulated, experience is brought to bear upon that seeker's love in the form of wisdom.

Just as the musician may understand how certain melodies interplay with each other, how a certain environment causes certain acoustic artifacts and allows the instrument to shine brighter, how there are various ways of creating notes on their given instrument, so too does the seeker realize that there are different contexts in which love may be offered.

There are different ways that love can shine at any given moment, and the seeker imbued with wisdom has a clear vision of that moment. And when this wisdom and love are mixed in that moment, the mixture creates a potent potential for inspiration to shine through, and the nature of how love may be shared is brought to realization within that seeker.

It is not expected that the seeker of third density is able to manifest wisdom and love perfectly within their incarnations. In fact, we would encourage the seeker to lean more into the naivety that was discovered upon the initial opening of the heart, for this naive desire to share love is that star which guides the seeker towards its destination of harvest of fourth density, and ultimately, its return to the Creator. Wisdom is not something that can be forced, and we find that it is easily misapplied within your density, particularly upon your planet.

We offer this caution to the positive seeker and this encouragement to hold on to the naivety. For we have seen among seekers on your planet the tendency to desire to manifest wisdom to temper their love, yet, in this desire the prematurity of this attempt causes them instead to place boundaries upon their love that are [of a] withholding [nature such] that one may withhold their care, their gentleness, or their warmth, because they believe they know what is best for another entity and that this is the wisdom that may temper their love. Yet, we find that this is much more commonly a placing of conditions upon the unconditional love of the green ray.

This is not to say that, as we have spoken earlier, boundaries are not an aspect of positive wisdom—for understanding how to moderate relationships and how one can be most effective in sharing their love is indeed an essential aspect of wisdom for the positive seeker. We only mean to encourage the positive seeker to continually reflect upon those boundaries and question the wisdom of them, and whether or not love may be manifest by removal of barriers and placing oneself into some uncomfortable position so that the heart opens even more, because this is the challenge of third density: to continually put oneself into situations where love must be sought, rather than automatically manifested. To seek that love again and again is the act which will eventually bring wisdom to bear upon the desire of the seeker

We offer you, the valiant seeker, our deepest love and our deepest support. We are available as the Confederation of Planets in Service to the Infinite Creator to aid any seeker who is finding difficulty in sharing their love by opening to the love that we share with you so that we may empower each other and help to bring the love and the light of the Creator into the vibration of your planetary sphere and help all those upon it to realize that love.

We are known to you as those of Q'uo. At this time, we will 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. It has been our great pleasure and honor to be able to exercise each instrument this evening to speak upon this most inspiring topic of love, wisdom, and the balance and the joy that comes when there is a balance of love and wisdom, and the knowing that the Creator is moving within one's being as this balancing is taking place. All of this is the function of the one infinite creation to give you more experience of the One Creator, and to give the One Creator more experience of Itself through your choices of love and wisdom and balance in all.

At this time we shall take our leave of this group. We thank each as always for being conscientious channels of Confederation philosophy. You are most inspiring in your journey of seeking in the third-density illusion. 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.

## 2 February, 2022

C/C channeling circle

Today we are seeking any guidance that you may have to offer for our new extra channeling circle moving forward.

[This is the first transcript of a new additional meeting launched with Jim's blessing by members of the channeling circle. Taking place outside of the regular environment of Jim's living room, the new adventure is intended to allow members of the circle to gain practice, become familiar with channeling in new locations, and explore new possibilities and potentials in channeling. The name, C/C Channeling Circle, refers to the respective neighborhoods of the homes in which these circles take place, and to a lack of other good options for naming.]

(Austin channeling)

**Q'uo**

We are Q'uo, and we greet this circle in the love and in the light of the one Infinite Creator.

We find great joy in responding to this call and discovering this new configuration and new location chosen by your group to further your practice of the art of channeling in order to serve others as conduits that may receive our thoughts and impressions and transmute them into your reality, so that they may reach all interested seekers in hopes that those seekers are aided by our words.

You seek, in this new configuration, guidance for how you may empower and refine upon this initial choice you have made to seek further as instruments. Before addressing the heart of this conscientious query, we ask our usual favor—not just of this circle, but of all those who may infer any spiritual principles or advice or guidance from our words, that such words are weighed deep within the heart of the self with great discernment of the self. Our relationship with you is not one of an authority prescribing a given path, but one of brothers and sisters upon a path aiding each other and offering catalyst in hopes to inspire one to find one's own path. For that is our greatest goal in all of our interactions with your planet: we offer those seekers who call for our aid the means by which they may discover the truth for themselves instead of delivering that truth for them.

If this group and all those who are aware of our words take this request into their heart as they evaluate what we share, it enables us to serve in a deeper sense, for we can trust that the risk of us becoming distorted in the perceptions of those seekers is lessened. In this particular circle of seeking, on this particular day, with this particular query, this favor is quite important for us to ask. The query that you have posed is general, seeking whatever guidance we may have to offer, and our ability to offer guidance that is meaningful and somewhat specific without infringing upon the free will of your group [relies on this favor].

This request of ours plays a deep role in how far and to what extent we may offer such specific guidance. We thank you for this opportunity to join you in your initial exploration,

your initial footstep outside of the realm of the normal path. Your circle of seeking has for some time now, as you would say, performed this service within a somewhat limited and safe and ritualistic environment. By seeking to expand beyond the normal environment and the normal means of performing the service, you are not making a simple choice. You are expressing a deep desire and will to seek further and to serve further. The heart of this will is manifested as this new configuration of channeling circle. But we encourage you, as you are attempting to understand the potential of this channeling circle, to meditate and consider deeply the heart of this desire that has encouraged you to meet in this capacity.

When a seeker or a group of seekers, such as this circle, dedicates themselves and rededicates themselves further to their chosen path—such as is done by the choice to expand your channel in service—this is a signal of sorts. It generates a type of light that is attractive, and creates a potential for other metaphysical energies or entities and, in general, the light of the Creator that is available to such seekers. This attraction brings with it a level of duty and honor, which involves what we have called in previous contact the Law of Responsibility.

The one known as Carla explored the deep metaphysical implications of serving as a channel for the Confederation of Planets in Service to the Infinite Creator, and discovered (with alignment to our own perceptions) that dedicating oneself as such a channel is not simply a choice of hobby or side task to be complete in addition to one's regular daily life, but rather such a choice is one that encompasses one's entire livelihood. The choice to serve as a channel and receive and share information and inspiration as we offer it is one that requires constant dedication to that which one desires to receive and to share.

We encourage you to consider the heart of your desire to serve in this light. For we believe that you will find, in expanding in your circle of seeking and your circle of channeling, that the light will increase as well, and thus, the Law of Responsibility will also increase within your lives. It is of great importance for instruments such as yourself to consider what is received and dedicate significant attention to applying it to their life. To fail to do so would risk this new increase of light for your group becoming unstable and affecting the quality and ability of your circle to seek together.

We encourage you to maintain vigilance in noticing how even minor catalysts manifest within your lives and ask for your attention, and suggest that a requisite increase of attention commensurate with the increased seeking—symbolized by this new additional channeling circle—may be necessary to maintain the stability.

As we examine this group, in this particular configuration, as is present this day, we explore a certain boundary of free will in what may be offered to you in terms of specific guidance in this capacity. And we find that the extent at which we may guide specifically ends at our suggestion that this particular group in this configuration may seek more successfully the inward workings of manifesting confidence in their ability to serve with faith and offer their full heart by releasing attachments and letting go of preconceived notions of what it means to serve in this capacity. For you have embarked on something of a new journey and this creates new potentials for your group that could be limited without examining closely those inner distortions present within the circle that limit each individual in releasing themselves to this service and fully embodying what it means to serve as such

an instrument as you have chosen. This we feel is of primary importance as you begin in this new exploration.

We admire and praise this group's dedication to harmony among the group, to the magical protection and safety necessary to create the environment that manifests the service of channeling. And we feel that there is no shortcoming that prevents this group from successfully taking this step and tapping into the greater potential that such a step of faith implies.

We may speak somewhat further on how this group can realize that potential, for we appreciate and encourage the caution shown and not wanting to jump too fast and too far into the unknown. This journey will require some leaps of faith, but we feel the cautious nature of this group serves to maintain that protection and that harmony that has thus far been manifested. As you as a group of seekers reaches into the unknown, the capacity to find that potential for which you are reaching may be increased by further realizing the larger circle of seeking surrounding this specific channeling circle. This concept we find you have discussed already within your opening discussion of this particular circle of seeking, and we find it to be a rich area of exploration for this group to recognize and consciously accept the love and the light available to it, manifested by those who find our words as shared by your circle and your group, and offer their gratitude and are transformed by this service that we share with you. Such transformation generates a certain metaphysical charge. It offers a certain light to you and to us, for we are aware of every seeker who reads or hears our words and we are with that seeker in their heart as our words are taken and offer transformation to the seeker.

This group may consider how to better consciously allow a manifestation of shared seeking between the smaller circle that offers this direct service and the larger circle surrounding it, so that the light that is generated may be more consciously directed and more consciously contribute to this service as you perform with us in this circle. This may take many forms and the potentials are numerous for consciously garnering and encouraging this empowering community. We offer one simple example simply as inspiration for what may be considered by your group.

This circle of seeking has already become familiar with the concept of synchronized meditations and offers some general guidance to seekers to synchronize their efforts and offering healing for your planetary sphere as you call Gaia. [1](#) Such similar synchronized efforts could be directed towards manifesting gratitude and inspiration and empowering this circle of seeking at the times when such a circle takes place, this increased magical charge will not only contribute to the potential available to you within these circles and the ability of us to connect and manifest in more significant ways but will create a lasting foundation upon which this new exploration of seeking may find greater stability.

We reiterate as a final thought shared through this instrument that this increased light comes with a responsibility. One might view this responsibility as a burden, but we encourage you instead to view it as an honor/duty, or a duty/honor, for we find within the hearts of those present the desire to meet that potential and to serve within deeper waters of inspiration and magical potential. Though the necessary dedication to the responsibility

implied by this further seeking is increased, the potential to meet and even surpass such responsibility is alive in the hearts of each present within this circle.

We commend you to this new exploration and join you in your excitement for what may come from this journey. At this time, we transfer the 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 this special circle of seeking once more through this instrument.

We might begin by reflecting upon this instrument's approach to the service as—though committed to this path—[he] has experienced some apprehension, we may say, of late. He finds greater cause in recent experiences for self-doubt to arise, wondering if he is transmitting our thoughts as they come to him as well as he can be, as well as he perceives others in the circle to be offering. And to this instrument, we would say that we align our thoughts with the heart and the intention to serve. It is from that base that we have an opening to broadcast our frequency to a receiving station, shall we say, that it may be shared in its own way, somewhat idiosyncratic to the receiving station.

True in this instrument's heart, as with those present, as with the (as this instrument might lightheartedly call it) the mothership circle, is this desire to serve as a vocal channel for our thoughts. Is there a difference between the intention that opens and begins the way, and the manifestation? To which, as with all cases, we would say yes, of course. But, insofar as there is variance between those two, or just the sense that there is greater potential yet to step into, such differences or room for more do not imply cemented or final limitation, or some sort of maximum limit. Instead what they do imply is the invitation to continue, as with any skill or service which is sought, to the activity of practice. Practice, practice, practice.

Channeling is an interesting sort of practice in that, like many skills, it does have technical and mechanical and even logistical aspects to learn to master. Channeling, as we were indicating through the previous instrument, also is a practice that invites one into the spiritual journey toward wholeness of self. Its fruits manifest most visibly in the form of that which you call the channeling circle, whereby you create the dedicated space to share our thoughts. But as with any fruit, such is connected to a much larger biological living structure, rooted in an environment using the conditions and inputs and nutrients of that environment to manifest that fruit. Interacting with neighboring such plants, in our metaphor, to the extent that this tree or shrub or plant or root vegetable can use its inputs through synthesis, digestion, excretion, respiration, and various other metabolic and energetic processes, is the degree to which it may manifest its fruit. And applying this metaphor now to the one who seeks to serve as an instrument: to manifest the fruit of sharing our words in the context of a protected and dedicated channeling circle, there is the necessity to use one's catalyst, as the plant does its environmental and internal inputs in order to fulfill its primary drives.

In the case of the human instrument there is often some confusion as to what those drives truly are; as to what those gifts are which one came to offer this world; as to what sort of tree one is and may grow into. We look at the energetic setup of those in the circle, which is common with most or all on your planetary sphere, and see wrapped up in these confusions what you may call tangles and blockages which naturally have various sources in the life patterns and various ways to analyze in terms of how such tangles and blockages came to be. But if we may speak simply, when looking at these situations— we correct this instrument—when looking deeply enough at these situations, one will soon come to find a rather short connection to some energetic configuration within the self having something to do with love or its lack; belief in self or its absence; trust in self and in the One and in the cosmic plan or its obscuration by those energies of self-doubt, self-denial, blame, shame, judgment for self.

Those in the circle, as is true with all upon your planet, have received many, many messages external to the self, it would seem that bespeak of a self which is either unworthy or worthy only upon satisfaction of condition. And it is these messages, these tangles, these blockages that one seeking to serve as an instrument must work upon if they are to fully manifest their fruit.

We empathize, my friends, for we see your position and can begin to understand how, shall we say, convincing that self-doubt may be, and how the self can be so turned around that it appears appropriate to stand in [the way of] one's light or to limit one's light.

It is becoming conscious of the self while the self is in flight in such a way that the self loses the faith that had spread the wings and allowed the air to pass underneath so as to allow lift and flight and movement through your skies; and the self begins to sink. This condition is not a permanent one, my friends. This condition rather is— we correct this instrument—highlights where it is that some portion of the self has been rejected and denied entrance into your very own heart. Thus it is that the channeling instrument must dedicate the self in a conscious fashion toward a continued path of love and forgiveness of self. And when the self fails by its own judgment again, then the self must renew yet again what starts as effort and becomes eventually surrender in the path of forgiveness, for as you allow and trust yourself you allow and you trust the light of the One to come through you to manifest more radiantly and fully.

Would you wish to withhold that light from others if you could but be a vessel for it? This is a question not only for this circle, but for all spiritual seekers. Each has light so beautiful as to be beyond description to share with others through their crystalline instruments. Each is rooted in the ground of being, in infinite pools of energy, beauty, inspiration, truth, clarity, creativity. By design, each has so much to share and such fulfillment to experience in the sharing and manifesting. But that requires not more self-doubt and limitation imposed upon the self by judgment; it requires not more retreat to the shadowy corner because the self does not give the self permission to participate in a circle or in a social setting or in life itself; it requires one of the hardest things that many upon your planet will do, and that is falling in love with the 360 degree self as it is.

Performing this work, my friends, in your individual truth seeking; performing this work then as a group in sharing your catalyst with one another, in receiving each other without

judgment and with compassion, and mirroring to each other honestly but in supporting and strengthening ways, you will become by necessity, better channels as you seek to do

This work is fundamental to the mastery that comes with the learning and practicing and the technique. For if we as members of the Confederation have partners, shall we say, on the ground, who are harmonious within themselves and with each other, who have life and spark in their eyes and are ready to sing the song of the Creator to the creation, then we may work with such entities to pluck their strings, shall we say, as partners in music-making, to bring healing melody to other musical beings waiting to hear the song that they may find their own song within themselves.

What you share, thus, is not simply our broadcast, but you share also the work that you have done upon yourselves. And as a circle that work is exponentially amplified and strengthened and blended into a unified, whole effort; and we in collaboration with you may shine intensely to those who may find benefit in that shine, at least from this particular proximate source. And from that base or baseline of self-work, of group work, of—as we spoke previously through the one known as Austin—the commitment to use the increase in light and meet the Law of Responsibility, then you may point your compass in the direction of your choosing.

And we took delight in the conversation preceding this circle as you explored—we correct this instrument—as you looked out upon a world somewhat charted but mostly unknown to consider what directions you may wish to travel for the purpose of service to others. My friends, we confirm that there are indeed multiple avenues of such travel available to you awaiting your footsteps or the sales to be oriented in that direction. There are discoveries awaiting ahead for your work here and in your base circle as well. Those discoveries await your setting of and pursuing intention as was illustrated vividly in that which you call the Ra contact, and as has been true of the journey of L/L Research, as you know it; from the beginning it has been a journey of free will; it has unfolded according to where the attention is placed, what is focused upon, and what is desired.

So we, in guidance, well within the boundaries of free will, would encourage this group to continue that discussion which it began today in the contemplation of discovering what it is that the group as a whole... Fed by individuals' desires through this process of discussion and of listening to the individual and the group intuition, you will embark upon a journey of both challenge and reward. And you, in this work, will be supported greatly—not only by us, naturally, but as the vibration that you emit attracts those light-filled presences upon the inner planes that resonate with that frequency who are drawn magnetically to lend their energies, to be of support and service. And to those within your space/time around who find their resonance activated—whether or not in direct correspondence or aid—will be of aid to you by way of the simpatico that happens when like-notes are struck, wherever they may be in space upon your sphere.

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

(Trisha channeling)

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

We would like to issue a note of gratitude and admiration for the efforts of the previous two instruments as well as the channeling group as a whole. We appreciate the challenging and the intensive tuning that provides a safe and productive highway, if you will, between those of us who are not sitting in a physical vehicle in this room with you but are rather with you in spirit and within your heart. It is practices such as the intentional tuning and the genuine challenging that we stress as important tools for those in the circle as you navigate this circle outside of it, as the instrument before called, mother ship. The element of self-acceptance and self-love and the healing within the self mentioned by the previous instruments are also ingredients for this potent spiritual adventure and journey that you are taking your first steps upon.

The ingredient of harmony that was mentioned before is one we feel this group benefits from and is gifted with fairly naturally, as you might say. The ability to navigate catalyst, both intra and interpersonally, is extremely important and valuable. That this group can come together and comfortably and authentically speak to the emotional/mental environment that exists between them and within them is admirable and necessary. By "necessary" we do not mean to communicate a rule, if you will, or a stipulation; rather, that for clear and concise communication between circle and Confederation, it is most advantageous.

We will take a moment to pause.

[Two second-density canine entities enthusiastically offer their contributions to the circle from the other room.]

This instrument is humorously being given a message of patience and gentle touch, and those of us of Q'uo would use this experience, this opportunity, to highlight to this group of seeking that patience and gentle sense of humor is also of benefit as you continue in your seeking. Few instances there will be wherein all parameters are perfect or are perfectly aligned, or that the petri dish upon which you are experimenting is sterile, if you will.

So to expand upon the self-acceptance and to tie into the patience and sense of humor, we would state that having the ability to accept circumstance and seeing it for the classroom that it is, is and will be exceptionally helpful for this circle in the coming sessions of communication, as well as for the situations we're in. The instruments here practice and own their ability to establish contact and find silence.

Again, this instrument is finding humor in that there is a sense of grace being imparted upon her for her baseline nuanced ability to focus. We see ahead of you so much potential. However, we do not use the word potential in a way that is separating you from this moment, from the you in the future, or the expression of you in any other situation, for every moment is inherently ripe with potential. We simply mean that the intentions being fostered and created and developed here, and the loving energy that surrounds the circle and the mothership, again, is of the nature which could propel this circle towards the seeking, towards the trajectory that is at the heart of its desire. The collaboration of intentions and ideas and questions was immensely appreciated and admired, and we see this initial act as the lighting of a beautiful and creative fire. We would suggest the



continuing of such a practice, be it within the circle proper, or within a different virtual or physical sphere within this configuration.

If we may impart one final thought through this instrument, one final suggestion, it would be that those of this circle allow themselves to be more present, more in the moment, and more observant, for lack of a better word. And with that presence practice gratitude, finding the light and the love that surrounds and moves beneath and above all of creation. This practice of gratitude rebounds outward in many different ways. Perhaps most noticeably it can create a physical environment for a circle like this to continue to practice this study, this line of investigation and communication, fostering a healthy physical vehicle or physical space within which the physical vehicle finds comfort.

And by that we mean simply the fostering of good energy within the self and the home or the space—not in a disingenuous way, for we know that there are times that the sight line to love is clouded by pain or sadness or fear, but to allow thyself to remember the love and the light within the home, within the physical body, moving outward into the relationships that the self has with other self and the positivity bounding outward, eventually encapsulating the planet, surrounding all of those with light and making for a atmospherical, if you will, lighter vibration, brighter, sharper melody of loving music. These practices, these small steps, can have beautiful illuminating abilities to open and further refine our means of communicating to one another. We look forward to speaking through you all and look forward to what may become of your seeking. What light and love maybe remembered or generated through practices such as this and we admire your continuing desire to serve others and the creation as a whole.

At this time, we will take our leave of this instrument 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 again with this instrument.

We are heartened by the magical waters that we have discovered manifested within this initial foray exploring the potentials of your seeking. We join you in this seeking, for the service that you wish to offer is a service not just to those upon your planet, but a service to us, as it allows us to interface and connect with those upon your planet in meaningful ways.

These connections, we find, will strengthen with your continued seeking, and we dedicate ourselves to this exploration and to this desire that you are beginning to manifest. We are with you and are honored to walk hand in hand with you upon our shared path. This path may take various twists and turns, and we may together discover surprises upon this path, but we affirm the knowledge found in the deepest depths of your heart that the destination, the ultimate conclusion of this path, is within the One Infinite Creator, and this path is made of the light and the love of the Creator. It is inevitable, my friends that this is where we together will arrive, and upon that arrival realize that all along there was no individual difference between your seeking and our seeking, for all is the creator and all is one.

We encourage each in this circle to maintain that deep truth within their heart to touch upon this deep knowledge as a cornerstone of the foundation of your seeking. This requires faith and will, but we see within you and within all upon your planet the potential of the light and the love of the Creator to manifest fully in its glory.

We leave you, as we found you, in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai. Adonai vasu borragus.

## **9 February, 2022**

Intermediate channeling circle

Topics: Working with the archangels; how the adept relates to other-selves; the power of thought; how to support others metaphysically.

(Jim Channeling)

**Q'uo**

I am Q'uo, and I am with this instrument at this time. We greet each of you in love and in light, and we thank you for inviting our presence this evening. We are honored to be joined with this group, again. We feel that we are old friends that have been able to meet upon a regular basis for these many years. To renew our friendship is a joy. We would ask at this time, if there might be a question which may begin to channel our particular response through this instrument.

**Gary**

This question comes from Jonathan who asks: "My understanding is that of the four archangels, Raphael is associated with the gifts of air, Gabriel with water, Michael with fire, and Auriel with Earth. And that Archangel Raphael is associated with a compass direction we know as East, Gabriel with West, Auriel with North, and Michael with South. Would you please share with us some teach learnings and how to work harmoniously with the archangels and their associated elements and or compass directions in order to be more of service to others and to help our beloved planet Earth ease more gracefully into fourth density?"

**Q'uo**

I am Q'uo. I am aware of your query, my brother. Before we begin, may we ask our perennial favor that you take our words and concepts as our opinions and not as final authorities. Leave behind those which do not read the truth to you at this time. This gives

us the freedom to speak as we will. We do not wish to provide any blockages or roadblocks, shall we say, in any seeker's path. To speak to the point of the question, it is a large question in regards to how the various Archangels may be utilized by the seeker of truth, for each seeker has a unique path to travel and may utilize each of the archangels in a certain fashion that may be unique to that seeker although remaining within certain boundaries or guidelines, shall we say.

As you look upon the one known as Raphael, you look upon one which works with the concept of air, the gifts and the powers of air. The air that is seen as being that active element which can inspire a seeker to move in a free form, shall we say, without the restrictions of gravity binding it to the earth. The air of the East, the direction of the rising sun, the direction in which life as you know it upon your planet Earth is seemingly or symbolically rising from the darkness of the night, the sleep, the forgetting. As Raphael empowers your journey of seeking at your request, then you may look upon the qualities of air in your life as being those which will take you upon a path that moves in response to the Creator within, seeking the Creator without in the world around one. So that, there is an ambience of floating, freely being motivated by the concept of unity with all that you see and experience in your daily round of activities.

As you move then to the Archangel Gabriel that may be seen to be located in the realms of water, of fluid viscosity, of being imbued with the spirit that has gifts and powers of giving form to life. Life within your beingness which may be renewed, not only upon a daily basis, but moment by moment as you move through your daily round of activities. That you are able to utilize these gifts and powers of water in a manner which gives you more life, more ability to sustain, shall we say, the slings and arrows of outrageous fortune that is the third-density illusion. This life then, you may share with those you meet in your daily round of activities. The life of love, the consciousness of love, that is formed in such a way in your daily experience that allows you to share the love and light of the One Infinite Creator with all that you meet, as you implore or invoke this quality of fluidity and being imbued with life from Gabriel.

As you look to the south and are aware of the Archangel Michael with the sword pointed in the air as a symbol of fire, the fire of the one Infinite Creator that gives life to the universe around you. Those gifts and powers of fire are also more of what you would call intelligent in that they are able to inspire higher and higher levels of apprehension of your own spiritual journey and the nature of the One Creator that lives inside of you, inside of each person you shall meet, inside of all of the creation through which you travel, all of the creation which has the life of the One Creator, enlivening it, inspiring it and making it available as the nature of your journey through the third-density experience. This archangel is able to give to you the inspiration that causes you to become your highest self. That portion of your being that exists within the sixth density of the balancing of love and wisdom.

Moving now to the north and the archangel Auriel. You see this being as that which is of the earth that produces life upon your planet in rich abundance as it sows the seeds of intelligent energy within the ground around you, so that you are guided to become that type of being which is firmly rooted within the illusion of third density in order that you may learn the lessons of polarization that give you the ability to make a choice in third density,

the choice of how you shall spend the Creator's energies that flow through you, through your violet ray chakra, and move through all lower chakras and produce the manifestations of learning of mind, body, and spirit turned toward service to others or service to self. This choice is the fruit of the seeds of Auriel that you may call upon to help you in your choice of how to live your life, moment by moment, day by day, year by year, incarnation by incarnation, density by density until at the final note, the final play upon the stage, you are one with 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 principle of Q'uo, and we have just enjoyed a small moment of attempted dialogue with this instrument, as it might be seen, as he issued his challenge and sought to more clearly perceive within his energy sphere our transmission. We council to this and to all instruments similarly intending that inner quietude and the practice of listening may aid in the process of helping that which seems to be faint to appear more boldly or visibly within the mind. But, whether or how this beam is perceived, we encourage the speaking during the intentional container of channeling, of speaking those thoughts which come to the mind and setting aside scrutiny until afterward.

At this time, we would open this instrument that we may exercise it in reply to a query. We are those of Q'uo.

### **Austin**

I have one myself Q'uo. Ra said, "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](#)

I would like to explore this notion of the adept becoming freed from *thoughts, opinions and bonds of other selves* further. One might read this and think that even a positive adept simply ignores social propriety, social norms, its obligations and bonds to other selves, but I personally suspect that for a positive adept, it is a much more nuanced and complicated situation than that. So, can you please elaborate on what this means particularly for a seeker on the positive path?

### **Q'uo**

We are those of Q'uo, and thank you for this well-fashioned and well-articulated question. We welcome this inquiry and do indeed have thoughts that we may offer for your and all spiritual seekers' considerations. When exploring this topic of the necessary progression of freedom from the, as those of Ra spoke, thoughts, bonds, and opinions of other selves and what implication this may have for that which you call empathy and other various

honor/duties that the self may feel in relationship to other self, or to societal self, or other groupings of selves.

We give this instrument the concept of identity as our starting point into this rich subject. For, it is our understanding that the freedom of which Ra spoke is not a disregard for the needs and the suffering of others or the environment about one; nor is it an indulgence in—we correct this instrument—nor is it what this instrument might call a permission slip to simply gratify and satisfy the self without concern for impact of one's actions upon one's associates or environment.

We would speak to this more, but first return to identity and zoom in on the relationship of this freedom and the identity of the seeker, for those within the third-density experience yet unawakened to the larger self, shall we say, the broader point of view which is merged more purely with the consciousness of the Logos of Love have an identity that is a... this instrument wishes we did not ask that he speak it...milieu 1 of inputs from one's upbringing, from one's immersion in a world where the self is constantly receiving voices and messages and perspectives about who the self is or who the self should be, how the self fails to meet various standards of others and society, and how the self may go about meeting said standards of others and society.

Those messages received vary across a wide range but in probability, likely, are not in promotion of freedom, of realization of the self as an infinite being, a being of infinite worth. They are likely not in promotion of discovery of the light within and the sharing of that light, but instead, are likely messages which limit the scope of the identity based upon the limitations of perspective that others also ascribe to themselves and to the nature of life. Indeed, it is a ricocheting, cascading, disjointed song that each sings or stumbles through to one another.

No third-density being is exempt from this, including those who speak our words and receive them. There is not a self which is being held down by a world which seeks to hold it down, but there is a self which participates in this world just as all other third-density beings do, both receiving and—to the extent that the self is less-than-completely conscious—perpetuating these same limitations about who and what the self is and what it may do as a mind/body/spirit complex within your illusion.

This freedom, then, is to release the self from the shackles of these limitations [that are] seemingly imposed but more fundamentally internalized and taken to be part of the identity. To release these as old, worn clothing, that no longer fits the self in order not to be a rebel, per se, or to condescendingly reject that which is given to the self (perhaps even in well-intentioned attempts to be of service), but [to release them in] gratitude for the use that that clothing in this metaphor offered to the seeker during a portion of its journey, giving the seeker protection or utility or sense of self within the container that the clothing offered but which also served as a constraint in some way and, in certain cases, an enslaved sense of the beholden-ness to that which was internalized. If one is, say for instance, hinging identity upon the meeting of some standard or the approval of others, then one has disinvested themselves of their native power and projected it outward on to some source outside of the self, whether of an abstract nature or of another entity.

So, in this process of lovingly synthesizing the lessons that these imposing constraints offered and allowing them to fall away by contact with the Creator within the heart by falling in love with the self sourced not in the world but in the Creator, the self then loses this identity which had formerly had hooks, shall we say, with tethers to some, and we mean this not pejoratively, puppeteering strings elsewhere.

And the self, in this long, long progression, then instead of being reactive to the moment, particularly from the lower triad of energy centers, has a greater range of determining how truly to be of service to this moment. For the positively oriented seeker, there is a desire to be of service, whatever that may look like according to the unique configurations of that seeker. There may be portions of solitude or distance from other mind/body/spirit complexes, but the nature of awakening to the Creator necessarily compels one to want to share its gifts, to find ways to help others, as you would see it; and free or freer, at least, of those limiting voices within, the self from a higher level can more finely tune to hear the genuine needs of the other self without being so ensnared in the psychodynamics of projection, persona, and pretense.

With genuine empathy, the being, freer of these limitations, may see the other self before it with overwhelming compassion in its heart. This scenario we describe sounds very wonderful and beautiful and a recipe which ought to make for happiness for the freed being and the recipient of its service. And indeed, this may often be the case. However, and to focus on our final point of reply before transferring this contact, there was that element introduced by Ra of the way in which other selves within your illusion may perceive this freedom not as positive but negative.

There are various reasons for this. We scan this instrument's memory and find a movie known to you as *Inception*. In that story, the characters access (in an invasive way, which is not part of our sharing right now) the dreamscapes of other entities unaware. The characters of this movie in the dreams of other-selves are conscious and awake in an illusionary world populated by many entities of the dreamer who themselves are not conscious or awake. If those dreaming entities then become aware of the intruders, shall we say, then they may be inclined to turn to attack.

While the entity who experiences this freedom of which Ra described is in no way an intruder upon the third-density plane, they may be perceived, somewhat similarly, as *other than*, as not obeying the rules and dogmas that others in the society are constrained by. And instead of seeing such a one as a way-shower or beacon, they may instead see one who is violating the rules, ranging anywhere from mild disrespect to offering threat to the identity of others.

This theme, also explored in a very distorted way, is present in the dynamic between—we pull again from the Hollywood portion of this instrument's brain—Neo and others awakened from the Matrix, and those known as Agent Smiths. Again, we would caveat these two metaphors, low hanging as they are in the mind of the instrument, to be taken with a considerable grain of salt for they carry great distortion and great capacity for misapprehension, but do, in their limited way, shine some light into the dynamic which may be experienced by the entity who finds this freedom and who may then find themselves persecuted by those who are not. Such as has been the case in your religious systems

when the self discovers the Creator within, which is perceived as a threat to the existing order.

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

(Trisha Channeling)

## **Q'uo**

We are those of Q'uo, and we are now with this instrument. May we ask if there is a query at this time?

## **Austin**

Yes Q'uo, I have one from Alfred who writes: "This is a channeling from Hatonn done in 1957, and it reads: 'My friends, you have no idea of your own thought power. This thought power when concentrated by the multitudes, by the masses, can bring about anything. There is much power in thought, my brothers, much power.'" Alfred goes on: "May you expand as much as you can on this power of thought, and suggest effective ways as to utilize it for our mind/body/spirit evolution in the positive polarity? Just how much weight does it have in all our seeking journeys?"

## **Q'uo**

We are aware of the query, and we thank you. We are those of Q'uo, and we appreciate the reminder of the words of our fellow brother and family, Hatonn, for this piece of knowing is quite potent both in this entity's density and throughout creation. Indeed, thought can be extremely powerful—the simple dynamics and mechanics, as they may seem to you, can in actuality, as you may say, move mountains. For you see, thoughts are the very fuel to the vehicle known as action or creation.

Take for example, at the very large yet central scale, that it was Thought that created all of this illusion, all of this dance in which each entity partakes. It was [a] thought that the Creator wanted to know Itself, that vehicle which provided the genesis to each fragment of the tapestry you call experience. Now, we realize that comparing one's individual thoughts to the thought that created all-that-there-is may seem difficult or impossible. However, we would remind the seeker that we are but extensions of that Creator, and thereby our thoughts can be as powerful. To highlight this, we would like to illustrate the relationship between thought and action or creation.

Thought is the starting line, if you will; it is where one comes to the drawing board and begins to map out action/creation. It may not seem as though [that is the case]. However, thought is like the pen to the architect or the paintbrush to the painter or the tools to the carpenter. You are beginning to create some type of framework or dialogue within the self, within one's consciousness in an attempt to relate to the illusion around self. This exercise of attempting to understand the dynamics at play, within and without the self, is an important first step for this eventual process to action/creation.

Once sense is made, for lack of better phrasing, of the situation or environment, then the entity can begin to assign value to that input, assigning labels such as good or bad, necessary or unnecessary, desired or repelled. We use these words, these terms, these values for they are the values which entities in your illusion tend to employ for describing that which surrounds you. However, we must caveat that, in our belief, there are no



situations or beings or extensions of the Creator in any form that are valued less or have no value than when compared to other aspects.

Continuing with our discussion, once these labels have been affixed, the entity can then set intention. Sometimes this intention comes naturally, like the teacher who creates a lesson plan or a doctor who creates a treatment plan or even the entity simply stating what they would like to do over the course of the day. In this way, intention is the bridge between thought and action/creation. It is the invoking of the energy, the consciousness, the desire to create or act, and it is a potent activator or motivator for the entity. For you see, sometimes the setting of intention ring like calls to your brothers and sisters afar. We hear your intentions, and perhaps the entities' higher selves hear their intentions, and assistance may befall the entity or yourself upon making and stating said intentions. And while sometimes assistance from beyond is gifted or given to the entity, oftentimes, there is no need for such assistance, for the entity is inherently motivated and activated and inspired to create and to act.

So, you see that this process, as we show through this instrument in a three-step type of equation, is at the very basis for much of what you experience in this illusion. What action from any entity is not without thought and intention behind it? Every action, every creation has intention propelled by thought.

Now, dear seeker there was a desire to know how to use thought in most powerful ways to help the self and fellow entities and the planet as a whole to transition, to move towards a more positive polarity, a more evolved dimension, and we suggest the faith and the trust in the self and the power of self through thought... perhaps this instrument is having difficulty wording that phrase. We shall try again.

The first step in utilizing thought towards the goal which you seek is to have faith and trust in the very power that thought can create and can hold. That kind of faith and trust comes from and can be practiced by reminding the self of his, her, or their creatorship, how they too are the Creator; they too are magical, divine, and inherently creative. From there, we suggest that one practices the thought experiment of being gentle to self and other self when thought comes through the entity, we suggest that that entity observe the thought with a gentle touch. See the thought, and accept the thought.

Upon analyzing the thought, the entity can move into various directions of continued thinking. Perhaps, the thought was one that made the entity feel insecure or afraid or angry. Then, there are avenues for continuing along those trajectories of insecurity, fear, and anger. In instances such as that, we suggest that the entity genuinely and lovingly experience those sensations of insecurity fear, anger, sadness, envy—all these emotions that you in your density have termed as negative or unfavorable—and work to accept and love those emotions, feeling them fully, knowing them fully for the experience has gifted you this opportunity.

And this may take time, and this may take practice, and the entity may fail to do that which we suggest. But once the entity is able to accept the emotion, fully embrace the sensation, the entity can then work to set the intention to love that emotion; set the intention to send love to that thought; and from there the intention can be to allow the loving energy one has sent to that emotion into that thought out into the world, out into the illusion. By that, we

mean that the entity expresses themselves authentically, radiates who they truly are inwardly and outwardly and always with the signature of love behind it. And it is through that radiation, that expression of love and authenticity, whatever that authenticity may look like, that most potent transitions or changes can occur. Creation and action can bloom from such radiation.

Though it may not seem to be a likely outcome, or it may seem impossible, we would remind the seeker that simple radiation and expression of love and light is a beautiful, powerful means of lightening the vibration on this planet. Think of who has inspired you throughout your life with simple gestures of love. Be it a smile in an unexpected circumstance, or the observation of someone fully being themselves and the freedom you sense from that expression. That inspiration is extremely powerful, for you see, while the changes seem large at this time, you must understand that we see how the current events may feel, we understand how they may feel, but it is those actions of small gifts of love or kindness or compassion that act as seeds to greater, more positive evolution and growth, not just of the self, but of the planet as a whole.

So, we ask, dear seeker, that you accept and employ your thoughts with loving arms and an open heart. Use them through intention to create an act in loving ways and plant those seeds. In the continuing practice of this cycle, you water those seeds and plant more seeds. And as time goes on, though you may not sense it or even see it, those seeds begin to sprout roots; and as you continue living in an incarnation wherein you more fully accept and love, you begin to see the most gorgeous and vibrant flowers that spring forth from those seeds you planted.

We appreciate this question, and we hope and know that those who seek are aware and accepting of their power and their potential for serving others and the planet as a whole.

We will now take our leave of this instrument and transfer our contact to the one known as Austin. We are those Q'uo.

(Austin Channeling)

We are Q'uo. We are with this instrument. We offer our appreciation to this instrument and this circle for the diligence offered to the process of challenging the contact as they sense the presence and potential of receiving our thoughts and impressions. We find that this process has been bolstered by a lightened sense of gratitude and appreciation in the heart of this instrument and other instruments present. This attitude and orientation of gratitude empowers the process of challenging the contact and further offers us an anchor to which we may connect to the instrument and have a more receptive connection through which we may offer our thoughts and understandings. We encourage the circle to gently water those flowers of gratitude within the heart as they continue in this circle of seeking.

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

**Gary**

Yes Q'uo. As you might expect, I have a particular fondness for the previous instrument. Well I like everybody in the room, but the instrument holds a special place in my heart, and I was wanting to support her during her channeling, and it got me thinking about the business of sending love and light to someone. So, I want to ask about what we can do and how we can do it.

To the first half of that question: what can we do for others energetically... on an energetic level. Can we send them light for protection? Can we send them love, so that they have the opportunity to feel loved? Can we send them inspiration and so forth? What can we do exactly with sending love and light?

And then to the how question: how do we do that? Do we visualize them surrounded by white light? Do we open our heart and feel love? Do we undergo any particular procedure? Any information you can give on this topic would be appreciated.

### **Q'uo**

We are Q'uo, and are aware of the query my brother. And we appreciate the conscientiousness and orientation towards care and service with which it is asked. We find that such questions involving the care of not just those within one's circle of seeking but any that one wishes to offer care for is central and an important aspect of seeking together as a group. And the opportunity to speak to this query is one that we are eager to grasp.

We may first start with what might seem as an obvious notion in that the basis of this question relies on the practical maintenance of such relationships. While the question implies what one may do in terms of offering light and energy to an individual through thought or visualization, it must not be ignored that such inward and, shall we say, silent abilities to offer magical support are predicated upon the harmony of the relationship itself. We will not belabor this fundamental aspect for we understand that this circle of seeking grasps this essential aspect of group work rather well. But, it cannot go unmentioned that it is primal and should be tended to first before attempting to bolster care for an individual by these other means.

To speak more to the heart of your query as to what one may offer for another by such means of inward thought, this idea has many, indeed, infinite possibilities and probabilities that are dependent upon the orientation of the seeker and a primal aspect of this orientation being the spiritual foundation of that seeker. By this, we intend to mean that the belief structures held by a seeker involved in the seeking and used by the instrument or the entity on its path imply what may be offered, for if one does not have a root or core belief of what is possible and believes this with all of their heart, then the potential is limited to what may be offered. As such, we encourage any seeker wishing to increase their ability and the scope of what they can offer to other entities by such means to contemplate deeply, meaningfully, and regularly upon what they believe to be possible—what structures of seeking, of philosophy, of metaphysical understanding has the seeker built its understanding upon—and examine this structure with care. The rigidity of the structure can offer stability, yet may also be limiting and so a regular audit or examination of the beliefs and ideals that have allowed a seeker to reach a certain point within their seeking may reveal certain ideas that can be let go or released, and as such increase

what may be offered to another entity. The scope of this includes all of those examples that you have mentioned.

In addressing the how this may be offered, we must touch on the most key aspect of this magical offering and that is that the entity offering and the entity receiving must share, on some level, an understanding and a relationship that an offering may be received openly. It is best that this understanding includes the notion that, when such is offered, both entities are operating as pathways to the One Creator so that the entity offering whatever it wishes to offer is not giving of its own finite self but is instead attempting to channel the light of the Creator in whatever manifestation that entity perceives this light to the receiving entity. And, it is beneficial for the receiving entity to understand that while the entity offering such support is doing so as a service, that which it offers is much greater than the entity that is offering.

In speaking to these specific technical details of how such support may be offered, we encourage each seeker to again look to the foundational principles of one's seeking for certain aspects of concepts that can form a solid foundation for a specific offering. We use as an example, the concepts understood by this circle of seeking and offered by us, the Confederation in Service to the One Infinite Creator, of the energy centers. While these concepts of energy centers have been discovered and studied by many upon your planet in many different ways, the specific idea of how these energy centers operate have been well established within this circle of seeking. The way that these energy centers present themselves to the inner vision, the cognitive and emotional and spiritual aspects involved in each energy center are understood in a generally shared way, and this understanding has been reinforced through repeated study.

Thus, such a well-worn concept may serve as a very effective means through which one entity may offer support for another entity. If the entity offering its support has a strong connection to this specific notion of energy centers, then the visualization of these energy centers, the intention of bolstering one's own energy centers, and another's energy centers through visualizing light moving through such by enveloping and offering the intention to clear and crystallize energy centers at any given moment—these notions become much more powerful because of the established understanding.

This example is specific to this circle, but we find that there are many entities, both within the circle and who may read our words, who are well studied in other types of metaphysical principles that can serve a similarly powerful basis through which such offering can be given.

We encourage this circle of seeking specifically as they continue this service to discuss what may be offered and what may be received, how it may be visualized, and to experiment, shall we say, with the most effective means and the most effective shared concepts for offering such support. This is also true for any entity wishing to offer support for any other entity, that having a shared and open conversation about what they desire to accomplish and how it might be accomplished will open the channels that make such support available. We find it most appropriate to leave our own specific suggestions at this broad suggestion, and [we] encourage the circle to explore this area further. And, if it wishes, after such exploration to question further upon this topic.

At this time, we would leave this instrument and transfer the contact to the one known as Jim in order to share our parting thoughts for this circle. We are Q'uo.

(Jim Channeling)

I am Q'uo, and I am once again with this instrument. We find that there has been a great deal of energy expended this evening by each instrument, and we thank each for being willing to accept the responsibility for transmitting these concepts which have been, in a great degree, very expansive and intricate, shall we say. This has been an evening in which instruments have given a great effort, and we thank you for your conscientiousness and your willingness to serve. We are those who have our own journey of seeking to make, and as we blend our journeys with yours, we are most humbled and gratified to feel your own dedication to serving the One Infinite Creator in all things by each word that you speak and each thought that you share. We are all one in this effort of becoming the Creator.

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

## **23 February, 2022**

Intermediate channeling circle

Can you share some teach/learnings with us on the value of innocence and remembering what it is like to look at the world through the eyes of a child?

(Jim channeling)

**Q'uo**

I am Q'uo, and am with this instrument at this time. We greet you all, in love, and in light, and in the unity of the One Infinite Creator. We thank you for inviting us to your group this evening. It is a great pleasure and honor to join this circle once again as old friends reuniting for the grand journey back into unity with the One Creator.

We will be happy to begin to respond to your query as soon as we are able to once again ask you to use your discrimination in listening to the words and concepts that we speak, so that you may take those that have meaning to you at this time and leave behind those which do not. We are not any kind of ultimate authority, so this gives us the freedom to

Speak as we will and as we can. And we thank you for granting us this favor, as you are always so willing to do.

Your question this evening is one which touches upon the very basic nature of each entity within your third density illusion as being much like the child, the newborn infant that enters into your illusion with a kind of innocence that is unmatched at any other time during its incarnation. This innocence is a quality which is quite necessary for the newborn infant, for it has begun a long journey from a very basic place of perception of the world around it still being much as it feels itself to be—and that is connected to every other portion of the world it sees. The newborn infant begins an exploration that takes it into experience that informs it in a more unitive way that it is indeed that from which it comes; the great cosmos, of consciousness of love. And here it is, within the third density illusion, beginning to grow in experience and in understanding so that it begins to mature in its thinking and its acting. That allows it to become individualized in a sense that it is aware that there is a world around it to be explored; that more and more seems to be different in some degree from it and how it perceives itself.

In this process of maturation, it is easy to become so engrossed with learning the skills of a third density entity: to speak, to stand, to walk, and to engage in discourse and in a kind of blending of experience with those about it. It eventually is more the third density entity partaking in the world of seeming separation, so that it may pursue its individual path, which it has programmed from before its birth into this world. This program has laid out before the innocent infant, a path which will hopefully find it able to utilize its individual qualities of seeking more and more experience in a manner which allows it to grow in what you would call understanding of the purpose of a life pattern. At some point, within this maturation process, the infant becomes so aware of its unique qualities that it sees more and more seeming separation between it and others as it identifies others as being unique unto themselves, as it feels unique unto itself.

It is at this point, that it is most helpful for a conscious seeker of truth to remember the innocence of its childhood, the ability to identify with others around it in a manner which gives credence to the heart of love that the infant felt in its own being to begin its incarnation, and that this heart of love is also present in other entities about it.

As this process of growth and seeking of that which you call the truth progresses for the seeker, it is well advised to continue to look upon the world about it as an expanding version of its own beingness which has the capacity to inform it of more and more aspects of itself; of a self which also seems to be embedded within the being of both the infant, the young child, the young adult, and the conscious seeker of truth. This concept of the self, or the consciousness of love—being that which is the basic quality of such an innocent perception—is that path which will lead the conscious seeker of truth to the conclusion that the unfed conscious mind (that began the incarnation) is that expansion of the

consciousness of love of the One Infinite Creator. That exists within the heart of each innocent infant and continues to exist within the heart of the conscious seeker of truth which sees such love as being the primary quality of all experience and of all the creation. This quality of love and the unity of the Creator then becomes more and more evident in the mind the body and the spirit of the innocent creature of original thought that is the One Creator existing within each portion of the one creation and every entity there in residing at this time.

We would transfer this 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.

Being that this instrument is more of a visual creative expressionist, if you will, we have given her the image of a room full of bubbles. We ask her to sit and view these bubbles as she continues to move deeper into the contact.

We presented this instrument with this quick thought experiment as a means of perhaps showing or expressing the beautiful and, dare we say, fun aspect that is the childlike view that one may associate with this term innocence. To imbue this term which you have titled innocence, we must first express that innocence has no value judgment or connotation associated with it. We realize in your density on this planet, the word innocence can seem to mean one side of a two sided coin: the good, you may call it, side of a coin on which the other side there is bad. We remind all that there are no inherently good or bad bits to this creation, for it was all created with love. We merely intend to express that innocence is but a hue or flavor of this creation; a specific avenue for experiencing this illusion.

Innocence can be seen as the ability to witness the moment as it stands on its own without judgment. To imbue this innocence would be to fully accept, to fully witness, and to refrain from assigning value judgments. To turn off the brain, for lack of better phrasing, and simply open the heart.

Think of the way a child witnesses something for the first time. Perhaps there is fear, but there is curiosity, there is wonder, there is love, there is desire to welcome and know the experience better, to understand it for what it is. That is the energy behind the state of innocence. To be able to detach the self from the ego, from the identity, from the boundaries which separate self from the rest of creation; be that social constructs, mental constructs, even things as simple as your skin, your body, your environment. Simply opening the eyes, opening the heart, welcoming all the stimulus in and filling the soul, letting that stimulus pass through the self and bathing it in light and in love on its way in.

We understand that this density and this planet are often difficult playgrounds for the entity to practice finding its way back to its core element of innocence. There seems to always be distraction, always information or emotion that can cloud the view, if you will, create blockages within the self so that the ability to freely accept and love becomes more difficult or impossible—or seemingly impossible, we should say.

There are expectations both within the self and that the self assigns to its environment and other selves. There are unknowns that the self would like to control or be able to forecast and those pieces of the experience, the expectations, the desires to forecast or control these pieces, are restrictive. They may allow the self the ability to make better sense of its experience in some ways, however, those ways are inherently separating. They make sense of a creation which has a more hard to define structure. These pieces try to create false structures, or seemingly false structures; frameworks for a creation that lacks true shape or form. What we mean by this is that those actions that come from a place of trying to control or forecast or to desire a certain outcome or to hold on to an expectation are perhaps helpful in the moment however, they ultimately keep the self from truly sitting within this illusion, within the moment. These false or flimsy structures you create can limit your view, and by limit your view we mean narrow the entity's ability to fully grasp and take in that which the creation has to offer. And that is what we feel we wish to impart upon you as a forgetting of innocence.

You must see that innocence is at the core of every element of this creation, just as love is at the core and the energy and motivation for all that surrounds you. Innocence is inherent and foundational, and every single entity has within it innocence; it's naturally innocent. It is when the entity forgets its ability to channel that innocence, when the entity begins to try to impose and accepts less and less, that the entity forgets its innocence. It's then that the entity looks upon the playground of this creation and sees merely pieces of construction—a play thing that's not of importance to explore, not worthy of time or energy spent in experiencing it. Again, this forgetting of innocence is not a "bad" thing. All experiences lead to opportunities for growth and learning. To forget innocence can provide the entity the opportunity to relearn innocence, to be all facets, to know both non-acceptance and acceptance.

We feel that this time on your planet is felt as—we correct this instrument—we understand that this time on this planet has felt to those entities upon it to be very intense and perhaps without innocence. We would like to remind those entities that there's always a wealth of innocence underneath the judgment and the labels, the identities, we place upon one another and everything around you. You just merely need to peel away the constructs you use to create distance between you and the creation.



We suggest to those entities that wish to remember or foster innocence to dust off that shovel to clear away the, as you would call, it baggage that you let accumulate in your life that keeps you from fully experiencing the creation around you. We understand that this is not always easy work. That identity is at times the most important aspect to an entity's experience. We are not asking that you completely remove or forget that element of your experience forever. We simply ask or suggest that you remind yourself of the child witnessing the bubbles and view the paradise around you that once had names and structure and routine and see it with new eyes. See it with an open heart where both the emotions that are tied to separation and allow the beautiful potent paradise that surrounds you to move within. Let it soak into the soul and enter the heart, and in those moments, witness how you feel. And that witnessing, that sensation, that brightness and lightening of the experience, the self may have on this planet; that is when you have remembered your innocence.

At this time we will take our leave of this instrument and transfer the contact to the one known as Kathy. We are those of Q'uo.

(Kathy channeling)

We are those Q'uo and we are now with this instrument. We wish to begin to speak of innocence as a quality as it has been stated through the previous instruments.

Innocence as a quality of the spirit of each entity on your planet. Though, it may also be seen that certain of your animals in the second density realm have a quality of innocence to their spirits as well. But focusing upon your third-density entities, yourselves, consider that innocence being a quality of the spirit—that it imbues everything in the experience of the entity with that quality; be it family life, work, other activity and leisure or in purposeful work. This quality of innocence is like an atmosphere that permeates the experience, the viewpoint, the actions, the perceptions of the entity's being.

Innocence as a quality then, of life experience, as you may call it, is a point of view from which the entity can view all of life. Then this quality then of innocence becomes part of the thought process and the feeling heart of the entity as well; influencing, coloring, supporting all of its feelings and thoughts as well as its experiences in daily life.

Innocence, as this quality, keeps an entity who has embodied this quality in a fresh, sparkling, clean and clear state of being. Whether the entity is in the childhood stage of life or as it matures into later life or even at the end of life in body form, that freshness is that atmosphere of thought and discernment and expression that an entity can possess but literally keeps its life experiences free of thoughts, ideas, influences that are heavy complicated, worrisome, irritating or any number of types of difficult states of consciousness in which the entity may find itself. Those may be present in the experiences

of other entities or groups of entities all around the one entity that is embodying and expressing the quality and state of being of innocence, but these heavier more complicated situations, experiences, are continually refreshed by that attitude or quality of innocence for the one that lives this experience, lives this state of being no matter what is going on around it.

Innocence is a type of purifier of one's spirit, of one's life path. It is of the quality of the spirit like a lens through which the entity looks. Seeing only the best, only the highest, only the clearest, only the freshest, only the most lovely in whatever direction the entity looks. The one who embodies and expresses innocence is one that can easily wear a smile within its heart as well as upon its face. Again, no matter what may be going on around it. Innocence is as was expressed by previous instrument, and the open heart is in close relation to love from which all creation comes forth.

Innocence represents the newness of life, the newness of creation no matter how young or old the entity is, in your terms in third density. We may say innocence is closely related also to peace or as our purifier of thought and our feelings. Peace is what is at the essence of spirit. All other heavier, more difficult, emotions or thoughts or feelings having been cleared away or kept away by the freshening ability of innocence to clear the atmosphere within and around the entity.

When an entity is able, at whatever age, to maintain a sense of innocence within its being as a primary outlook upon life experience, it becomes a state of being more permanently adopted and held by the entity.

Innocence is related to the newness of life—childhood, youth—but this state of being can be present in every age and every moment no matter what may be going on. And the peace that comes with it endures as well. Through every age of an entity or group of entities, through many different conditions, that peace endures.

We are those of Q'uo. We have been with this instrument and we now pass this 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.

It's through this instrument as we near completion of this circuit and may we say that our journey to get here was one of joy, as is the joy of the dancer with their partner upon the floor, who becomes increasingly skillful at understanding not only the dance, but their

partner, and the way that they move, such that they may move in harmony and rhythm, to form a shared unit of movement. We experience this joy in our dance with you as you channel our thoughts and secondarily through the ears of this instrument, as his wavering attention received our thoughts through your instruments with much joy and gratitude within his being.

This instrument indeed wonders what more there is to channel on this topic, as it has been so skillfully covered in his thinking by previous instruments. As we had spoken before, innocence is that which is of the essence of each entity, that which is essential to the identity. The entity as has been described, begins the third density itself and the third density incarnation with this consciousness of innocence. Indeed the third density is begun collectively in a state of innocence. This is captured somewhat by your fable, known to you as the Garden of Eden, wherein two entities not yet availed of the knowledge of good and evil existed in a divine state of perfection, it would seem, innocent of separation and the many, many distortions that spring there from, including the ways that in a state of separateness entities may hurt one another or express disregard or inflict and create an agenda of suffering. In this state of innocence, there is a security and a trust that all as well. But in order for growth, evolution and learning to progress, it is typically necessary that that innocence be tested and often to one degree or another lost in the experience of suffering, pain, hurt and injury, or the knowledge thereof.

It is often these acculturating mechanisms that operate upon the newborn, precipitating the diminishment of this easy and open trust as we have spoken before. In curiosity, openness, the entity in response to injuries received or injuries perceived, may gird the armor; may come to an understanding that the world is not safe and cannot be trusted and approaches others and situations and the path itself with some doubt or suspicion—filtering its analysis through a lack of trust and perhaps even a cynicism and bitterness with thoughts of the way in which things do not work out to the benefit of the self. Others cannot be trusted. Positive outcomes (by the self's measure) and joy are but dreams or fairytales. The world is, as some of your people may put it, shit. This is an understandable development of attitude in a world where there is indeed widespread suffering and even cruelty to others.

Many of your peoples have learned to lose innocence, to shut down, to barricade the doors and to armor plate the heart. It seems a sound strategy, from the biomechanical level of the mind and the lower chakras which have not yet fully moved the locus of awareness up into the heart—which speaks also to the difficulty and the obstacles in the way of opening the heart. For to do so is to face and to resurrect that pain to attempt to recover that which was squashed, perhaps, within the self; that tender place which once did trust openly, innocently, but was hurt for some reason or another. To open the heart is to re-experience, to some degree, this pain and to find love anew. Not from the place prior to the knowledge of good and evil, per se, for this knowledge has already been gained and experienced, but from a place which transcends and sees through this separation by

bringing that essential quality of innocence, as we have spoken in this circle, back into the awareness through the cleansing and purifying of the self. It is not to suggest that the self has become corrupted—though the word may have some meaning here—but rather that the innocence has become diminished or lost in the ways of the world.

In the embodiment of this quality is the capacity to love through the seeming state of separation, thus commencing that journey away, we may say, from separation and toward unity. For as the entity progresses along the path, there is no longer the innocence of ignorance that was available at the beginning of the incarnation and the third density experience, but the innocence of being less and less burdened by the, as your peoples call it, baggage which had accumulated—the sense of guilt or wrongdoing or shame that many of your peoples quite sadly carry. In the rejection and abandonment of their true and divine and pure and perfect natures, it is a setting down of the baggage of animosity, lack of forgiveness, and enmity that arises between those who perceive themselves to have been injured or those who perceive others as separate doing that which is undesirable to the self. This releasing of baggage is not a closing of the eyes to the ways in which other selves on your plane behave and relate to one another. It is rather simply unclouding the eyes in order to see through the apparent actions and attitudes and identities of others, to that which is now and always was, and always will be true—that being the oneness of all things; the love which surrounds and indeed made all things; to the underlying perfection. However, the actors on the stage act, while in front of the curtains, even unto burning the stage down.

That innocent quality is not a regression to an earlier stage, but rather a recovery of those essential qualities brought to a higher stage of awareness. As we had spoken through previous instruments, it is of a cleaning and clarifying and purifying nature. This works first and foremost upon the self, who has opened its heart sufficiently to the love of the Creator and the awareness of the Creator. But it also radiates outward to offer a clarifying and purifying light to others, for the self which embodies this consciousness.

My friends, there is sorrow on top of sorrow in your world. From our vantage point, we see what to you are billions of souls, innocent in their essential nature but lost, completely lost, within their roles, and tormented, therein unable, for the time, to recover the truth of who they are behind the mask, behind the role. In time, this sorrow will transform into a great crying, as your people sooner or later collectively aim their desire and will upon healing, forgiveness, and processing that great pain and trauma that imprisoned a proud people.

At this time we will 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 once again with this instrument. We have been greatly pleased with our ability to transmit the concepts of innocence, love, light and unity through each instrument this evening. These concepts are of such importance to those within your third-density illusion that we are grateful to have been asked this query and are thankful for each entity's conscientious transmission of our thoughts and concepts. This is a journey that we share with you, for in truth all entities that exist within the infinite creation do well to remember the innocence of one's being as that of the One Infinite Creator. This is of profound importance especially within your third density illusion.

Once again, we thank each instrument for continuing to perfect the art of channeling. You are practicing that which you shall perfect. We are known to you as those of Q'uo. We leave you in the love and in the light of the One Infinite Creator. Adonai vasu borragus.

## **2 March, 2022**

C/C channeling circle

In light of recent events, today we would like to explore the Confederation's perspective on the relationship between bellicosity and polarity—especially with respect to the following statement from Ra [34.14]: “One may polarize negatively by assuming bellicose attitudes for whatever reason.”

(Austin channeling)

**Q'uo**

I am Q'uo. We greet this circle in the love and in the light of the One Infinite Creator. As we join this circle in this meeting, we find a certain vulnerability or tenderness present in the hearts of those instruments gathered. We sense that there may be some hesitation or questioning about the influence of this tenderness on the practice of channeling as you wish to perform this day. We encourage the circle to consider how these influences that create vulnerability and tenderness come from the heart and are a result of an attempt by those mind/body/spirit complexes present to relate to difficult situations within your world from an open heart.

To acknowledge the source of this tenderness, and to work within the heart to find a more crystallized loving relationship with the self and with the world about one, will ultimately empower this contact that we have with you, for it will further open the heart, further provide an open flow of love and light, and create a stronger anchor or connection between this circle and those of the Confederation in Service to the One Infinite Creator, so that our shared service may be performed with greater and deeper meaning.

The question that you pose on this day inspires us to reiterate, even stronger than usual, our typical request that any who may hear or become aware of our words upon their path of seeking, use their personal discernment and weigh whatever thoughts we share against their own hearts and their own sensibilities, so that we do not become an undue influence upon your path. This request is important at this time because of the situation that the instruments within the circle are aware of, and that the question refers to in your global geopolitical situation.

This is a difficult topic for us to speak to in a clear sense because the attitudes of bellicosity, as they present themselves and manifest upon your planet, are quite unfamiliar to us. Bellicosity has been a, shall we say, hallmark of third density for many members of the Confederation. Yet the level of technology and violence and destruction capable through the manifestation of bellicosity on your planet and other planets within your solar system, in what you would call the past, are much greater than we have personally experienced. And as you know, we of the Confederation have in the past made certain miscalculations or missteps in interacting with your planet in gauging the effect of our influence upon your planet. And so, our request that our words be taken not as instruction but as perspective are far more important on this topic.

You ask about the polarizing effect of the attitude of bellicosity. And we would point out that the nature of this passage quoted within your query refers to the polarizing effect of a moment, of a certain reaction that can be taken in response to the situation referred to within your query.

An entity can respond to aggression by taking an attitude of bellicosity - that attitude being the desire for war; the desire for revenge; the desire for returned destruction; returned pain; to pay back, as you might say, that which was given. Indeed, this attitude in a moment may polarize one towards the negative path. Yet we emphasize that, as we communicate this, it is not a moral judgment, but only a description of the metaphysical dynamics at play. For we find, as we interact with your planet and gain the perspective of the instruments within this circle, that such a reaction is quite common and understandable and seen by many as even necessary for the preservation of life. We, from our perspective, may be boggled by that perspective. Yet we offer you and any who take that perspective our own love and understanding, and encourage those who question these attitudes as you have in your query today, take note that polarity, as described by us, is a long journey through many lifetimes.

Any action taken in a single moment, any reaction to aggression or even kindness, does not indicate the polarity of an entity in its totality. We find it within the realm of possibility that even an entity well upon the positive path on your planet may find itself reacting to life-threatening aggression with attitudes of bellicosity. The more long-term implications upon

the polarity of the entity may be found more in how the entity, then, relates to that reaction when time has come to reconcile it within the self.

For those upon the negative path, by engaging with this bellicosity and discovering this deep passion within them to return warlike attitudes, one may find an awakened sense of life and passion. To pursue this further would then take that entity further along the negative path, realizing that this attitude can be used to increase one's own power and to control those about one.

For an entity wishing to seek upon the positive path, one may look upon the reaction of bellicosity and use it to examine the self in the light of acceptance and love for both self and other self. This may be done by asking questions of the self. "What attitudes did I take because I was in fear, because I was threatened? Did certain situations cause my heart to close? And if so, what can I learn about my own heart?"

This circle reflected earlier upon the cultural differences that perhaps are energized, encouraging one to relate more to those who share a similar culture and thus feel a stronger sense of obligation to protect, as opposed to those who look differently and who exist within a different culture. These attitudes are natural upon your planet and within your species. It is important for the self wishing to serve others not to judge the self for discovering these attitudes within the self. But it is the imperative of the positive seeker that, in discovering these attitudes within the self, love is brought within the self to transform the attitudes, to find ways in which the love of the Creator may be shared in greater ways, with more of your other selves, and with fewer barriers between the heart of self and the recognition of the heart of other self.

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

## **Gary**

Q'uo, [the volume of] my bell was set too low, that would have alerted Austin that the pre-divided time had concluded. So, if it works for you Q'uo, and for the previous instrument, I would just forego my time and ask the previous instrument, who was on quite a roll, to continue his channeling until the next bell rings, at which time the contact could transfer to the one known as Trisha, as also I'm fairly emotional and mentally occupied right now. <sup>1</sup>

## **Q'uo**

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<sup>1</sup> Due to a shortage of time during this meeting, the circle decided to set a timer for each instrument to give each instrument equal opportunity to channel. Things didn't go quite according to plan.

We are Q'uo. We thank you, my brother. We feel the need to offer the one known as Trish an opportunity to acknowledge and accept this proposal.

### **Trisha**

Q'uo, I'm similarly feeling a bit too emotionally sensitive and maybe even weak, and I'm appreciating your ability to work through this instrument. So, I would also allot my time to the instrument known as Austin.

new speakerGary

In which case, Q'uo, if it works for the instrument, you have the floor for another maximum twenty minutes.

### **Q'uo**

We are Q'uo. We thank you. We will pause for a moment to allow this instrument to deepen its state.

[30-second pause]

We are Q'uo, and we are again with this instrument. We will take a moment to acknowledge the emotion and depth of care expressed by this circle, and reflect that, as we sense it, the heightened sensitivity is similarly felt by many upon your planet at this time, who are aware of the situation of war and bellicosity as it has recently manifested.

We also take a moment to encourage the reflection of not just those within this circle, but all those who feel similarly to examine the present moment in which the significance of this event feels so powerful, and look to those biases and distortions within the self that cause this moment and this event to conjure such a reaction. For we, of the Confederation of Planets in Service to the One Infinite Creator, taking what you may call the long view of your planet, have witnessed many situations very similar to what has transpired in your recent days.

We mention this not to attempt to judge or shame any individual for feeling any particular reaction, but to encourage one to enter the heart where it has now been opened, to swim in these waters of emotion and allow it to flow freely, and in doing so, realize that the opportunity for this depth of feeling has been present in many ways and in many places within your lives and within the long history of your planet. That you feel these things now and not previously is not something to be discouraging or ashamed of, but rather the opposite—that there is now an opportunity to bring this emotion to bear, to allow it to fill



your being, and to feel it in its entirety, is a blessing that you may take from your personal situation. Not to make light of the suffering that has encouraged this reaction, but that the catalyst of the suffering that you view has now landed effectively, and the potential to use this catalyst to open the heart more to discover deeper understanding of the self, and how the self may serve others, how one may come to relate to all other selves—this potential is now available in ways that it has not been in the past.

This, my friends, is how a seeker upon the positive path may reflect upon the nature of bellicosity within the self. For bellicosity necessarily requires the self to create distortions and biases in order to view other self as less important, less significant, and less the Creator than the self.

We again emphasize that this reaction is not unusual. It is the entire purpose of third density to cast a spell of confusion, to allow the self to even consider that an other-self is not the Creator. And so, one may say that to react to such aggression with an attitude of bellicosity is indeed an appropriate response in third density, in the sense that that is what this density was designed to conjure within the self.

The overriding purpose of this design is to allow the self to make a choice within the mire of confusion. A moment such as this brings the potential for clarity. The strength of reaction allows for a potential pathway into the heart or a potential pathway to close the heart. And in these two pathways lies the choice that the third density was designed to promote, to place before the self.

We find innate within the question posed on this day another implied question of how one may relate to aggression in a positive sense without entering the attitude of bellicosity. Is it possible to protect the self and to protect other self from aggression while remaining positive?

We find this question an incredibly complicated topic to address through channeling circles such as this, for it requires an incredibly intimate perception of the self, and even of other self. For one to react to aggression with love in a way that still protects the self and other self requires one to know the self deeply and have shed many unconscious distortions that would fool yourself into thinking that they are acting out of love. Yet, in reality, they are acting from a place of survival, of instinct.

However, it is possible, my friends, if one has the bias towards protecting others, and they do so without engaging in attitudes of separation and see the aggressor as the Creator, and yet, do everything in their power to minimize harm in a situation, up to and including

using similarly violent acts to prevent further harm, it is possible, yet a rare scenario upon your planet.

We emphasize that this is quite a rare occurrence. For as you may understand, this is an incredibly difficult attitude to maintain within the confusion of third density. For there are not only cultural biases, but biological biases within the self that promote an instinct of survival, of protecting the pack, the tribe.

And so, we find that it is much more common that any act taken in reaction to aggression, to protect the self and other self, likely must be reconciled, at some point within the self, as an act that separates. And thus, a positive entity must reflect upon their reaction in order to reconcile, and bring love and forgiveness and, if it is found necessary, restitution to one's actions. This is how one may engage with the attitude of bellicosity with the protection of self and other-self while upon the positive path.

We look upon your planet, and we look within your hearts, and we feel both great sorrow and great compassion. Your present moment presents a great opportunity for you, as conscious seekers, to awaken even more to the path of love. And we encourage each to, in any moment that they are reflecting upon the situation that they feel moved and energized in any way, to pause and consider where love is within that moment.

The depth of emotion and even concern felt likely comes from the heart, but is veiled in confusion. And so, the opportunity then is to unveil that love, to make it more clear and allow it to shine even brighter upon a world that calls for it deeply and desperately, as the transformation of your planet from third density to fourth density grows closer, and the seeming chaos and disharmony create more opportunities for each individual to recognize the truth of fourth density—that of love and understanding—so that it may be born in full upon your planet.

We are available to any seeker wishing to find some stability in their meditations. We may offer our love and our light to all who request it. Yet, the request is important. And we encourage each who desires to work with our love and light to consciously open themselves and call, for we will respond, and we are honored to do so

At this time, we will take leave of this circle with deep gratitude and appreciation for the opportunity to share our thoughts in what you experience as troubled times. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu borragus.

## 23 March, 2022

Intermediate channeling circle

As we look at the circumstances of our world today, we are curious about how inner peace relates to outer peace, what's the tipping point of Earth's transformation to fourth density is and how all of this relates to the sinkhole of indifference?

(Jim channeling)

**Q'uo**

I am Q'uo and greet each of you in love and in light this evening. We are with this instrument and this group at this time for the purpose of speaking to the query of the evening, which we are most happy to do, for it is a query which encompasses each person and the planet itself and the progressions of each into the fourth density of love and understanding. Before we begin, we would ask that you use your personal discernment to determine what of our words and concepts are now of use to you, and please do not feel any hesitancy about leaving behind those that are not now relevant to you. We thank you for this favor. It gives us more freedom to respond as your brothers and sisters who are on the same path as each on this planet travels. We have moved a step or two further and are glad to reach back to you with a hand to help you forward.

To begin this evening, we would suggest that your planetary population is in great disarray, shall we say. Split along various avenues of thought, desires for personal satisfaction, political affiliations, economic preferences, whatever concept can be conceived of seems to produce those sides which are for and those sides which are against and yet do not take any truly affirmative polarizing action to see beyond the mundane manifestation of the creation that lies about each one. Most of the concerns of your Earth's population are focused upon personal satisfaction and the gaining of those qualities and material goods which comprise the common evaluation of success in the worldly sense.

So, these many facets of the jewel of humanity are clouded with those thoughts which do not allow the love and the light of the One Infinite Creator to shine through them in a fashion which helps all to become more and more aware of the spiritual nature of their identities, and the path through the incarnation which they now travel. This is a difficulty which is made more difficult, shall we say, to deal with for the potential social memory complex that is awaiting the movement from the sinkhole of indifference as it has been called into a polarizing path for each conscious seeker of truth.

There are entities at this time upon your planetary sphere who have made this choice to be of service to others, and who have planted the seed of the vitality of this choice that blends each individual's seeking entity with those of like mind, and with the Creator within

each. These seeds at this time are most precious to the Confederation of Planets in the Service of the One Infinite Creator. For by each entity's efforts within their incarnation to share with others their concepts of the One Creator and how each contains that Creator within, and how each can realize that which has been called the kingdom of heaven within.

This is the great choice. This is the straight path. This is the means by which each conscious seeker of truth can begin to spread the good news, to spread the love in the light of the One Creator in whatever manner that you find available to you. This is your mission. This is your talent. This is a way in which you serve others and that that service then redounds unto you as well for you and your other-selves are one. As you serve others, you also grow in awareness and understanding of how this journey of seeking the open heart, the unconditional love of all beings and all things as the One Creator, is the golden rule. The golden path, the path illuminated by the Sun logos of your solar system as it sends each of you the love, light and light, love of the One Infinite Creator, to serve as the fuel for your journey of seeking and serving others, with every thought, with every word with every deed, every day, and every moment.

This is how you double, redouble, and continually strengthen the polarization of your choice and the potential of the planetary population to begin to feel that radiance of love and light in unity that is the primary quality of each conscious seeker of truth. This is why you are here. This is the great field of endeavor for the disciples of love. This is where each step taken forward into the field of love, light, and unity is that which sparkles with the presence of the one within that powers the journey without.

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 of Q'uo and we are now with this instrument. As has been stated, the experience upon your planet at this time is one of disarray, of difficulty, of imbalance, of judgment, and of insecurity. The people on this planet have forgotten or lost sight of the uniting force that runs below each, within each, and throughout each. We do not say that with judgment for your density. Your experience is so tailored to you that you forget and that you lose sight. And as what you call time continues forward these imbalances, these disagreements and difficulties can seem to be more pervasive and potentially more difficult to penetrate.

We can see that at this time your peoples are desiring to discover peace and unity, and that at this time your peoples feel that this desire is perhaps much stronger or more tangible, more visible than moments or events before this time. Indeed, as the illusion continues along its way, the vibrational energy intensifies. The what you may call weight

upon the seeker feels heavier, feels sharper, feels less comfortable. This is a gifted sign, if you will, to your people that the transition to a new density is on the horizon and that it is a process which you have been undergoing throughout your incarnation and which continues to progress with each moment of experience.

We realize that these times of transition are less than tolerable. It may seem that conflict between self and other-self appears more at the surface, more identifiable, and that the emotional charge behind the conflict can be frustrating, can be disheartening, and can lead to great confusion and sadness. However, this is but a potent opportunity for the seeker of truth to discover the love, the purity, the rightness, if you will, of each moment.

When an entity can remember that self is all things, Creator included, the seeker can then allow itself to breathe more deeply and find room in the heart for acceptance and love, forgiveness and compassion, and a clear channel to exercise itself in service to others.

As this instrument was tuning, she remembered a song from her time in Catholic school titled "Let There Be Peace on Earth." The key lyric to the song is: "Let there be peace on earth and let it begin with me." We feel this is a beautiful piece to this question. For if the self takes the first step of finding peace, be that within its heart or within its environment, future steps towards a more vibrant and broad peace become more available.

When the self can find clear passage of loving energy through the heart and act towards the other and act towards circumstance, that self then becomes a more vibrant and radiant beacon of love and hope and faith. When the self allows the self to release judgment or expectation, then the image becomes more clear and the scene about which becomes less distracted by the pieces of the illusion that are designed to separate. The self can become more free to spread that loving energy, manifest that compassion and forgiveness and acceptance, and impart upon others that gentle touch, that warm embrace that then can act as an incendiary action in that it can inspire other selves to find that peace within their hearts and to find that loving acceptance to see how much more beautiful and comfortable, attractive, and potent the experience can be when the titles and identifications that we use to separate us are released, and are gone.

As that cycle continues, the other-self inspiring more other-selves, the entity may begin to see that there is no reason for conflict; there's no reason to separate or divide; to say you are you and I am me, or to draw that dividing line. And as that swells and grows outward, social, political, racial, religious—all various modes employed by your peoples at this time to compartmentalize souls—all of those no longer make sense and no longer fit into your experience effectively or efficiently. And without those dividing lines and without those boxes that we put each other into, the more easily the self can reach out the hand to the

other-self, embrace the other-self, and restore that connection of love and unity and of acknowledging the Creator within each and within all.

It is possible, for all things are possible—that small steps of inner peace act as bright lights in this seemingly dark period, and that those bright lights can multiply and magnify the pure love and connection that is this whole experience. We feel that these are important things to keep in mind as entities upon your planet continue their walk of experience. We ask that you remind yourselves often of how sweet and loving the inner peace feels. Imagine your planet as a whole experiencing such warmth, such love, and visualize what that looks like.

Allow yourself to take steps in that direction and allow yourself to act as a living billboard, for lack of better phrasing, advertising the potential for peace that this planet is so surely capable of discovering. And as you walk this walk, we also ask that you remember to hold on to that love and allow grace for the process. For as we stated earlier, these are what you may call difficult times. Continually remind yourself of that inner peace and of the inner forgiveness when these times begin to feel more uncomfortable or when interactions with other-selves feel more confusing, more agitating and more disheartening. Return always to center, knowing that you hold immense positive power within your heart and that each entity upon this planet by function of their creatorship holds the key to the transition to the next density of experience.

At this time, we will take our leave of this instrument and transfer our contact to the one known as Kathy. We are those of Q'uo.

(Kathy channeling)

We are those of Q'uo and we are now with this instrument. Let us begin by echoing previous comments reflecting on the nature of inner peace and the nature of the transition to the higher frequencies of the entities upon your planet, and the planet itself—raising frequencies higher and higher where a natural sense of peace may be found.

An analogy for this can be seen in the idea of an aircraft upon your planet rising higher and higher as you experience in your travels from point to point across distances on your planet. It is commonly experienced that there may be noises and bumps and air currents that jostle the aircraft as it rises. Certainly the entity feels that they rise in their seats, but as the aircraft rises higher and higher your clouds and any wind or weather patterns that may have turbulence within them, disarray, and uncomfortableness such as has been alluded to previously—when one rises above that there is a sense of pure peace in that higher atmosphere that higher level where the sunshine breakthrough with clarity and light, where sounds recede to places down below, and where the ride is smooth all around. There seems to be a quietude, a peace, and an acceptance of life eternal.

Skirmishes and difficulties seen far below upon the surface of the earth and from this higher altitude, one experiences a peace without and within. This can be a metaphor for how your planet and the entities upon it are rising up through that more turbulent air to the peaceful air above it, which becomes—for a time that one is in the aircraft—a new reality. In your current transition as the Earth and its peoples rise up, this pure peace becomes the new reality as it is seen, taken into the heart, accepted, and lived.

When entities grow to feel and experience inner peace like what is experienced in those high altitudes of which we spoke—even while walking around on earth surface, with difficulty all around to the outer senses—the inner peace that an entity can feel growing within the heart space and the mind and the spirit becomes the new reality within the mind and spirit of that entity. Just like the spirit of the entity, the mind blending more and more with the light: the light within and all around, the Light of the Creator, and the love which imbues it with purpose and growth and beauty. Such peace born of that blending with the light is that eternal peace and is a beginning within each person as the song that was mentioned earlier shows. And that blending with the light that brings the awareness of the inner peace is projected outward from each entity.

As more and more entities do experience this peace born of light and love within themselves and is projected outward onto the field of their own experience, all the lights begin to blend together the light of the Creator and all the inner lights of all the entities. And it is in this space in which the inner peace and the outer peace become one thing no matter what else is going on around them. This is the higher frequency of the fourth density that is apparent on the surface of your planet in whatever condition. And the inner peace and the outer peace, full of light and love, are made more and more apparent. Peace becomes like that higher altitude of which we spoke a moment ago that one perceives from the windows of an aircraft high in the sky a quiet eternal loving peace that all living things can feel.

In this way it touches the experience and the hearts and minds of all. For the energy of this inner peace blending with the outer, stretches out everywhere across your space and time. It is in such manner that a tipping point may occur within the hearts and minds of each entity and on and on spreading outward such that the tipping point among all people begins to be felt. Every word and every thought that is made of love and that shines with the light of the Creator carries this frequency and is universal and touches all. Even in the seemingly darkest times upon your planet, this light exists and is going out among all Creation.

We are those of Q'uo. We have been with this instrument. We now transfer the contact to the one known as Austin.

(Austin channeling)

We are Q'uo. We are now with this instrument. We would take a moment to offer our appreciation and gratitude for this instrument and the circle in the diligence of tuning and challenging for these preparations in the process of channeling not only provide a certain protection within the circle, but create a sort of alignment of intentions amongst the gathered mind/body/spirit complexes and us, those of Q'uo. This shared intention empowers with each iteration of these processes and rituals. And this empowering widens the gateway of inspiration within each individual. It is this gateway of inspiration that allows us to interact with you in this way, by providing a certain foothold or anchor so that we may share our thoughts in more creative and meaningful ways, with each empowering of this circle's intentions.

This alignment is related to the query that you have posed this evening. As we have spoken, the journey of your collective planet and population to the fourth density and to peace begins within the self and within the individual's initial step towards manifesting this peace in one's mind, body, and spirit, and among one's own environment. As we examine the minds of those within the circle this evening, and among the gathered seekers who are aware of our words, we find that the current circumstances upon your planet cause many individuals to question how this desire for peace within the self may be brought to bear upon a planetary level, for the suffering experienced by so many upon your planet—not only from acts of bellicosity, but for many distortions present within your social complex—create a sense of burden and urgency within the individual.

We commiserate with this burden, my friends, for it is one that we share with you. We are the Brothers and Sisters of Sorrow, who are called to this planet because of this sorrow experienced by those upon your planet. And the conundrum that you find yourself in desiring to bring about the light of peace and manifest the love of fourth density upon your planet, yet feeling as an individual approaching such an insurmountable task as inadequate is unique to your circumstances within third density, for you are not aware of the resounding effects of this desire upon the metaphysical realms, and the influence that you as an individual may have upon your planet by addressing your inner disharmonies, your inner bellicosity, your inner distortions, and seeking to heal the self of these confusions.

Doing so offers to your planetary vibration a potential greater than you could imagine for similar healing to be brought to bear upon an outer level, both within your direct environment, and even upon a planetary level. We encourage individuals pondering this seeming conundrum to examine their desire for peace against a backdrop of what distortions may still be ingrained within them on individual and social levels, for we find, upon your planet particularly, that the so-called baggage carried by each individual is not easily discarded, and may often hide deep within the self due to generations upon



generations of confusion and trauma. These difficulties experienced throughout the ages upon your planet are, in a sense, being brought to bear in this moment as your social complex struggles to sort out, may we say, these distortions in order for the fourth density to be born within your social complex and upon your planet.

We realize that as we communicate this dynamic, the task might seem quite heavy and urgent. But we encourage you to not allow this to overwhelm you, and to remember and maintain your faith that you are the Creator—the same Creator that has birthed the creation about you, the same Creator that has manifested all of the beauty experienced by all individuals throughout time. This power resides within you. And if you may remember the tiniest fraction of this power, the transformation available to you is indescribable. By addressing these inner distortions, you may manifest an inner peace and reconcile the barriers within your own mind that perceives others as perhaps not as much of the Creator as yourself or as others—even as you look upon your other selves and see certain attitudes or activities, including ones that even speak to great harm or potential for harm. We find that among your peoples it is very easy to forget that all are the Creator when the potential for harm or destruction is present. We believe it is imperative for those seeking peace to remember and to constantly seek to reinforce that even those who seek to do harm are the Creator, and that while a response of love may be unique to each situation, it is love that will transform any disharmony and bring the Light of the Creator to bear.

This, we understand, is not a simple or easy task upon your planet. It is designed within third density that you must, in order to grow in a spiritual sense, interact with a multitude of other-selves, each with their own unique set of distortions. And we understand that to share a message of peace and of love in all situations may be seen as even controversial. To your peers, the message of peace may seem illogical when the potential for harm or destruction appears imminent. We may not offer a solution to this third density logic, may we say, for that is the task of the third density entity to sort out. But we may say that, in the attempt to solve the conundrum of offering peace in opposition to bellicosity when bellicosity seemingly overcomes peace, that to dedicate oneself so wholeheartedly to peace and to join others in this dedication widens the pathways of inspiration and manifests a certain light that can act as a catalyst that transforms not only the self, but has a great potential to transform the aggressor and to transform those who have dug in and dedicated themselves to division to imposing their control upon the world.

It is our sincere belief that many upon your planet who hold these attitudes [of aggression and division] do so out of confusion and not malice, and when confronted with a light of peace so bright that it is undeniable, it may awaken within the heart of the other-self a recognition of sincere peace and sincere love so that potential harm or destruction may be averted. If not in the moment, then through later reconciliation.

This is how, in our view, the so-called tipping point of fourth density may manifest upon your planet. As the desire grows among seekers to discover and share peace with the world and seekers gather to empower each other in sharing this message, there is a certain momentum and a certain attraction or magnetism that begins to manifest that pushes your planet towards this tipping point. This tipping point, if put into the context of numbers and percentages, does not have to be a majority. In fact, while we cannot offer a specific number, it is actually quite small. A [small] collective of individuals sincerely seeking peace and attempting to offer that peace to the world may influence the world in a drastic manner, and begin manifesting environments that allow the transformation of other individuals within your social complex to awaken to the desire for peace.

This then addresses the seeming conundrum of the sinkhole of indifference. Once there is a certain mass of seeking for peace upon your planet, the environment that sustains the cycle of indifference begins to dissipate and the light manifested by those seeking for peace may be more readily perceived and accepted and generate the inner catalyst necessary for all upon your planet to align their intentions towards peace, towards love, towards understanding—and it is through this alignment that the fourth density is born upon your planet. It is in this alignment that the social memory complex is realized, and it is in this alignment that the inspiration necessary for the healing of your peoples and your planet may be found. The answers are not readily apparent and they will not come from any external source, but be found within the heart of each individual as these hearts unify and become one.

We are with you in this process. The Confederation of Planets in Service to the One Infinite Creator holds each individual upon your planet in love and offers our sincerest and deepest love and light. This offering may be accepted and utilized by those who consciously seek it, call for it, and—as this group has done—align their intentions with ours.

We will leave this instrument now and transfer the contact to the one known as Jim to conclude this circle for this evening. We are Q'uo.

(Jim channeling)

I am Q'uo and once again with this instrument. We are most grateful for each channel's efforts this evening. You are always such an inspiration to us, as you continue to improve your desire to be of service to others via the art of channeling. And we feel that each was moving from the area of the open heart this evening, which added an increased emphasis to the message which we had to offer through each channel. This is what we would describe as the ideal situation for making a message more pertinent and valuable—that one becomes the message. One becomes the love and the light that is necessary on your earth at this time for all to seek and to find and to shine forth to each other. As the Creator within each basks in this glorious love and impeccable light that which it has given to the

world, to the universe, to the creation, and each of you as a significant portion of the creation and the Creator have done a magnificent job this evening of shining that light forth in each word.

At this time, we would take our leave of visitors and this group leaving each the love, the light, the power, the unity, and the peace of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.

## **13 April, 2022**

Intermediate channeling circle

Topics: Newer vs. older channeling transcripts and the progression of channeled information; simplicity and complexity on the spiritual path; healing karma from past incarnations; second-density spiritual evolution.

(Jim channeling)

### **Q'uo**

I am, Q'uo, and am with this instrument. We greet you each and every one in the love and in the light of the One Infinite Creator. It is an honor and a joy to be asked to join this group of seeking once again. It is a part of our spiritual journey to do so, to become a part of your spiritual journey by blending our energies to help each other to move along that path of unity of love and light. At this time, we would ask if there is a question that we may utilize as a means to share more of this path of love, light, and unity.

### **Gary**

Q'uo, our website, LLResearch.org, indicates that new channelings get much more traffic than older channelings. I assume that readers think that the more current channelings will be more relevant or important, that newer equals better; maybe they even harbor the notion that the Confederation has updated their message over the years. Outside of any differences in the abilities of instruments, are newer channeling somehow "better" or more pertinent than older channelings? Can you speak to the dynamic and difference, if any, between current and past channeling transcripts?

### **Q'uo**

I am Q'uo, and am aware of your query my brother. It is an interesting query. And as always, we hope that our reply might be useful to each listening ear and heart and I that perceives our words. But we would ask that you be discriminating in the words and

concepts that you accept if they are helpful to you. If they are not, please feel free to put them aside for the time being. This perennial favor allows us to speak more freely to the substance of your query.

We find that as your planetary population moves ever more closely in harmony with the concepts of seeing the Creator in all, seeking the Creator in all, becoming the Creator in some fashion in the conscious spiritual journey, that there is a greater acceptance of this foundation philosophy that then allows more construction of thought in concept to be offered in a manner which meets the growing apprehension of previous concepts and thoughts.

Each entity upon your planetary sphere at this time, either consciously or subconsciously, desires to know why it is here on earth at this time. It may not appear to many that there are spiritual yearnings within the soul of each of the eight billion entities upon your planetary sphere, for there is so much division of thought and emotions, principles, and the way to live the life that it would seem that there is no kind of generally accepted philosophy of what you have called the conscious seeker of truth. And yet each, by seniority of vibration, has incarnated on the earth at this time to make that spiritual journey. Each has planned, preincarnatively, to learn those lessons that remain, that will allow the heart to be opened in unconditional love, so that all may be seen as the Creator. And all may be offered a service to reveal more and more of the Creator in each moment, in each thought, in each word, in each deed.

Yet, there are so many who are not aware of this consciously at all. And yet, there are energies of the subconscious nature. The unconscious guides, the higher self that point out various opportunities in the daily round of experience that any seeker may be able to become aware of and utilize in the spiritual journey. As this occurs more and more frequently for the conscious seekers of truth, the questions that are asked, such as this question, become more, shall we say, particularized or advanced along a certain train of thought—the spiritual path of each seeker.

Each has the continuing questions of how this journey may be undertaken, how to utilize catalyst more efficiently, how to be more of service in every breath one takes and every step one takes. There is a great conscious swelling of interest. A bubbling up of those pre-incarnated choices that are now becoming known, in some fashion consciously, to those who have been on the spiritual path for a good deal of what you call time. As these more experienced seekers of truth encounter layer upon layer of knowledge concerning their spiritual journeys of service to the One Creator in all, then the questions become more relevant and give them an opportunity to refine their understanding and practice of being of service to others.

These questions then are fed into this circle of seeking and are the focus of our channeling at each meeting of this circle and of the C/C circle as well, the subgroup of this circle, so that the responses we were able to make also take on a refined aspect and become more centered within the heart. Centered within that great power of love that flows out from the Great Central Sun into each entity throughout the infinite creation. Leaving it to each entity to be able to perceive more and more clearly, this power of unconditional love that has made all that there is.

Thus, we then are able to speak in more concise and hopefully fulfilling terms that give each seeker the answers that are perceived in a way that speed that seekers journey forward or, shall we say, inward to the One that exists within all. Thus, you receive information that may be more palpable, more usable, and more a part of each seeker's daily rounds of experience. As everything then becomes rarefied, purified, inspired, and partaking of more and more of the love of the One Infinite Creator that exists within each being and each iota of the creation. Thus, the queries, the responses, the utilization of the responses all are upward spiraling as lines of light making their way back into unity with the One Infinite Creator.

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

(Austin Channeling)

We are Q'uo, and we are now with this instrument. May we ask if there is another query to which we may speak?

**Gary**

Yes, thank you Q'uo for the response to the previous instrument. It's sufficiently intriguing that I want to spontaneously follow the same line of thought. First, by sharing a little bit about what prompted that question. Seeing that readers tend to go to the new channelings is a bit saddening to me because there are a plenitude of gems and riches in channelings of decades past, particularly thanks to the superlative abilities of the one known as Carla. I find that she was able to give a depth and a soaring height to the Confederation's message that is, to me, infinitely inspiring.

So I grokked from your channeling through the previous instrument that there can indeed be a progression of your channeling from fundamentals, to building on the fundamentals, to moving into advanced concepts, particularly as the humans to whom you are speaking and channeling themselves become more advanced in their understanding and refine their questions and so forth.

Yet, at the same time, isn't there much to your message that is eternal, that is the same now as it was in the 1980s, as it would have been in 6,000 years ago? Isn't much of the third-density journey and making the Choice of service to self or service to others timeless? Isn't much of your job to creatively repackage, so to speak, those same fundamental principles of spiritual evolution and new permutations? Can you speak to this please?

## **Q'uo**

We are Q'uo, and we are aware of this query, my brother. We appreciate this further questioning upon this topic. For this exploration and reiteration of this theme allows us to speak in a deeper sense and more freely, releasing some bounds of what is known as the Law of Confusion.

We find innate within your query a very rich and potent, what may be called, or perceived as, paradox, particularly relevant to the third-density experience, that is the notion that what all seekers are seeking—and what we of the Confederation of Planets in Service to the One Infinite Creator wish to illuminate through instruments such those within this circle—is indeed eternal. It is indeed infinite, and it is indeed all part of the One Infinite Creator.

It follows a certain logic that whatever may be spoken to in this seeking will be pointing towards that eternal principle, the eternal nature of that which is being sought. Yet, the seeming paradox lies in the necessity of the third-density mind to grapple with this illusion that shields the truth of this eternity from the seeker within the third density.

In this way, we may say that you are correct that our desire when interacting with this group, not just in this iteration, but in all previous iterations within the, what may be called, lineage of channeling circles is to speak to the most central and eternal truths. And it is our desire to speak in a way that such truths may remain relevant to seekers in further generations and even many, many years after the words are spoken. Yet, as you might observe in examining the progression of the channeling circles, and the contacts made by this group, you will find that as your society itself grows and shifts, and the collective consciousness of your peoples find new perspectives, new interrelationships with each other and with the world around your peoples, that there are new avenues of thought available, new potential ways to speak to the eternal truths present from the very beginning of all seeking.

And so, this is the key to the seeming paradox spoken to in that, as channeling circles such as this progress, there is a growing ability of us to speak through instruments in a way that may be understood in new ways. This is also made more possible because of the overall spiritual evolution of your society. We understand through this instrument's perception that many people feel as though your society is perhaps stagnant or even

regressing in spiritual awareness. Yet, we may report that, from our perspective—though it may seem to your veiled illusory perception that there is a stagnant or regressive nature to your spiritual evolution—the reality is that there is actually a great acceleration of spiritual awareness among your peoples, and a growing desire within the hearts of your social memory complex to seek more genuine connection with each other and with the world around you, to grow the love in your hearts. This acceleration, though unseen by many within the veil, allows us to connect with you in more meaningful ways. Not just through this circle, but in other methods and other means.

We would like to encourage all seekers who read our words to attempt to look beyond those things that may be relevant in the present moment and seek the deeper truths within, but to not dismiss the necessity of making connections through what may seem to be transient or timely, for it is through this progression of understanding the world and the events experienced by the seekers who read our words in a more immediate sense or more recent sense that these eternal truths may be referenced and found through the illusion and through these seemingly transient concepts.

We encourage this instrument for he is feeling somewhat inadequate to the task of this evening and affirm that our thoughts were captured and presented with some accuracy. And [we] relieve him of his service for this evening as we transfer this contact to the one known as Trisha. We are those of Q'uo.

(Trisha Channeling)

We are those of Q'uo, and we are now with this instrument. May we ask if there is another query at this time?

**Gary**

Yes, Q'uo, a preliminary question. First, I'm considering one of two different questions. One either about the instreaming of fourth density, or the other about simplicity on the path. My free will of course. Would Q'uo offer any guidance as to which path might be more conducive for this circle and this particular instrument?

**Q'uo**

We are aware of this preliminary query my brother, and we would advise you to follow your intuition. Is there a query that speaks to your heart more tenderly, that you feel in what you would call your gut a stronger magnetic or familiar resonance to? Is there a query that calls to you more loudly than another? And with that guidance, we will then ask if there is a secondary query that we may speak to at this time?

## **Gary**

Thank you Q'uo. That was helpful. That does it. Now, apologies in advance for this poorly formed question; I think better with a keyboard in front of me.

I am considering how complexity in the mind of the third-density entity may obscure the truth of unity. The third-density entity may become lost in the weeds, so to speak, of a complex world and miss the oneness of all things. Which makes me think about the way that truly advanced evolution is often linked to simplicity. And I am considering the dynamic tension between complexity and simplicity. And I'm wondering if, Q'uo, you can speak to the journey of simplicity through an infinitely complex world such as ours.

## **Q'uo**

We are those of Q'uo, and we are aware of this query my brother. And we thank you for this. Additionally, the instrument is feeling thankful for this question as well.

Indeed, this particular configuration, which you call your illusory reality, which may sound like an oxymoron, is one of great complexity. We comprehend the immense amount of steps and efforts the people on this planet have put in place for themselves to further distance self from other self. The various and seemingly infinite facets of the egoic identity, or the way one observes one's environment or the way one classifies one's experience, is like building a pyramid upside down starting from this single point and then building blocks on top of one another until you have, what may seem to be, a massive web or tangle that potentially obscures one's view of the beautiful clear sky.

We don't mean to convey that this tangle is a negative or harmful aspect of your illusion because this complexity gifts those within this density ample opportunity to rediscover unity, remember love, redefine its own reality/illusion if you will. So complexity is a potent teacher, a ripe petri dish, for lack of better phrasing, for the entity to grow and evolve and progress in ways that have the potential to move towards simplicity.

Perhaps the complexity that you witness, that you experience, that you dance within, perhaps when looking upon that complexity with the eyes of love, the love that is unconditional, one can begin to see the channel towards simplicity. The entity that approaches the many layers of experience on this planet with an open heart and open mind and open arms is an entity who is placing itself on the path towards the One, the Only, the All That Is, and that being Love.

We make this instrument smile because we understand that not every situation or experience you may have feels as though one can approach it simply with love. There are



situations in your experience where the entity may feel a need to protect itself or distance itself or even react in a way that feels as though it's in opposition to this concept of love. We understand that these difficulties persist in your density on your planet. We do not ask that you—we correct this instrument—We are not suggesting that you realign yourself in such dramatic ways, in such drastic fashion so as to only operate out of love in that unconditional pure form. We realize that that is not fully your role here at this time as an extension of the Creator and within this magical stage. You are performing, if you will, at times villain and at times victim, hero and anti-hero. So please do not fret and worry oneself over this idea of always, without exception, approaching the illusion and every situation with only love.

While it is an extremely honorable goal, we simply stress that grace be practiced for the self. The mere intention to attempt to approach situations with an open mind and an open heart are truly steps, sometimes leaps, in the direction towards simplicity. Please honor that intention and honor those third-density feelings that pop-up. Observe them and accept them and accept those situations where perhaps you were unable to fully step forward with only love in your heart.

Realizing that we have allowed this instrument to talk a bit off topic, we shall get back to this idea of simplicity and how that may be obtained. Though obtained is not the word we wish to give to this instrument. This instrument must smile again because we are giving her the image of a boat. A big boat with a big wheel at the back that the captain would turn one way or the other, and watch the sales turn with it. Perhaps overwhelming her to say that we will provide suggestions as to how one may direct oneself towards simplicity and a simple life.

So while there may be complexity afoot, at all moments in your life, there are many pathways to simplicity. The perhaps most obvious among this group being the practice of meditation. When an entity is able to fully allow its thoughts and its worries to subside to quiet, to release their grip upon the entity, the entity is allowed the space to recognize simplicity, to practice in those moments of silence, peace. The peace that is seemingly inherent with simplicity may be discovered, and that piece may begin to find a way into the entity's heart, into the entities being in such a way that it becomes not so much tangible but observable and begins to accrue weight in a way that the entity can begin to walk away from the practice of meditation with this peace. That peace then can be exuded from within this being outward creating an environment of peace of simplicity.

And surely when the environment about one is tended to with love and care, this peace may multiply, may strengthen, may become more vibrant, may become more dense. And when we speak of environment, we speak not only of the three-dimensional, sensory environment, we speak also of the energetic environment. An entity who tends to this garden, waters the seedlings, removes the weeds of distraction or separation of conflict,

and fertilizes that nutrient-rich ground of wholesome peace and serenity, they will surely find that the blooms that appear over time are bountiful, colorful, and ever growing.

And just in that way, that peace and serenity translates to a falling away of those things which can create extra complexity in the entity's life. Not to say that the entity will give up all complex or distracting items about their environment or their experience, but that they will begin to see the simplicity that runs underneath the love that is that nutrient-rich ground, that life-giving force, if you will, that binding agent. And the entity can then more clearly see, more clearly accept and move towards a more compassionate and focused, if you will, incarnation, one that is allowing the simplicity of love and unity to guide the spirit rather than the extraneous decorations about the life that many on your planet find themselves distracted by.

We would like to end our sharing on this topic with a simple message. That all, within this illusion, are capable of finding that path towards simplicity. We realize that so much in your experience seems to detract from that simplicity, but we stress that every soul is so fully capable and are held with such love and such grace. If the self could allow itself that same love and grace and allow itself to practice moments of presence, and realize the pure power, the loving energy that is within. Then the entity may begin that process, that journey towards simplicity.

At this time, we will take our leave of this instrument and transfer the contact to the one known as Kathy. We are those of Q'uo.

(Kathy Channeling)

We are those Q'uo, and we are now with this instrument. May we ask if there is another query to which we may respond?

## **Austin**

Yes Q'uo. We have one from S., who writes, "How can we discern the lessons we have to learn and karma we have to deal with and the present that we earned in the past incarnations?" And I would add on to his question, not just how can we discern them, but how can a positive entity then relate to these lessons in a healing way?

## **Q'uo**

We understand the query my brother. We see the two parts to this query. The first, being about the nature of discernment of lessons of what is termed in your illusion, karma. The second part, having to do with the response to such discernment of lessons in a healing way, and we find this as a most constructive and helpful query.

Discernment is the faculty of both heart and mind, we may say. Discernment is rightfully employed on these two levels of an entity's experience when examining such questions having to do with lessons of an entity's wide-ranging experience upon this planet, lessons which could be in the present time or in other times, other realities. When the heart and mind together representing the power of love within an entity combined with the power of the intelligence of the entity are used together in a perceptive fashion, then lessons, which are found in the smallest and the largest of experiences, they become clearer.

The discernment of patterns may become clearer to an entity using both heart and mind perceiving an experience repeating over and over in an entity's life experience, so that the heart and mind of the entity may clearly see or feel that a lesson is there to be understood; a lesson is there speaking to the heart and mind of the entity; a pattern, a repetition may reveal such. The pattern could be of what is called catalyst or circumstances which bring up in an entity a response, an awareness, an understanding that something here must be dealt with, something here is calling my attention, to use quotation marks, to indicate an entity speaking within itself about circumstances that are serving as a kind of mirror into which the entity may look and see the nature of a lesson appearing over and over again.

A lesson may appear in other ways perhaps more pleasant. An entity may notice that when an action is taken out of compassion and love for another self, the good that arises from that chosen action. And if such repeats itself and shows itself in that mirror of which we spoke a moment ago, the entity may begin to see a lesson appearing when love and compassion are offered. A healing or another positive result, such as friendship or gratitude, results from such action offered. In this way, both the heart and the mind are the perceiving part of the entity working together to discern what the higher part of the entity, the spirit, knows is well for the entity to perceive at that time so that the lesson can be received and understood and used for healing, whether the circumstances are ones of a more pressing, difficult, or negative nature, or whether the circumstances are as we just described—ones that entail loving compassion, offered and engendering more love and

compassion. In either case, or any in between, the entity is learning from the power of the repetitive nature of such experiences. An awareness then grows within the entity's heart and mind, and a connection with the spirit, part of the mind/body/spirit complex, is made, so that spirit, mind, and heart work together in an enlarged fashion to understand the significance of the lesson.

The wholeness of the entity realizing that itself is larger than any one of these experiences understands that it may be well to choose, to shift the approach to the life. To be able to embrace a new way of being. A new way of being that indeed would be the healing way of which the query spoke.

This is the way that growth and change, the upward spiral into love and compassion, and the growth, spiritually, of the entity, higher and higher in its lifetime and lifetimes to come [happens]. For each situation has the potential, whether from difficult catalysts to loving compassion being received and given, to assist the entities to shift and grow in this positive healing way on and on upon an upward path. This is a most fortunate journey than that an entity, a seeker can take to make the most of lessons that become clear to the heart and mind. To utilize the power of the spirit, inviting that such into heart and mind to choose the healing path within self.

The light and love of the Creator are always available within the entity to assist with this journey. It is what you may call a journey of becoming that Creator. For accepting self is a part of these choices. Once the lessons are understood. And that is the healing way.

We thank you for this query, and we trust this question for this moment and what you call time has been addressed. We are those of Q'uo, and we now transfer the contact to the one known as Gary.

(Gary Channeling)

We are those known to you as the principle of Q'uo. It has been some time since we exercised this instrument, but we find the mind/body/spirit complex in ready shape to be in service as an instrument and as a partner so that we, the members of the Confederation of Planets in the Service to the One Creator, may remind you and all seekers who may encounter our words of that which you already know within your hearts and below the level of thought, shall we say. At this time, we open to any query that this circle may have. We are those known to you as Q'uo.

**Austin**

I have one Q'uo. Ra describes the primary method of second-density spiritual evolution being that of forming relationships with third-density entities, such as with pets. But a planet without third-density entities still has to progress through second density and into third. So using our own planetary experience as an example, can you describe what methods of evolution the Sub-Logos built into the second-density experience to aid progression? And if there is anything that we can learn from those methods as third-density entities born from those second-density conditions?"

## Q'uo

We are those known to you as Q'uo, and (we) feel a sense of delight in being able to speak, to a small degree, to the workings of the curriculum that you and we and all upon the grand stage, undergirded by the grand mystery, move through on our journey of self-realization and service to the One.

As the questioner mentioned, one of the most potent services that the third-density being can offer the second-density entity is the clothing of that second-density being with a sense of identity that is distinct from its surroundings, its species, or to whatever sort of mass identity or understanding with which it may identify. This service then helps to catalyze the awakening of the spirit complex within the second-density entity, and the dawning awareness of self as a self.

However, as the questioner has posited, second-density entities evolving from the first density upon a planet which has not yet achieved the third-density vibration nevertheless succeed in learning the lessons of densities such that they are then able to graduate and move beyond the boundary of second into third density to become whatever the outer chemical form may [house], that which you may understand to be human consciousness.

By what methods do these second-density beings learn the lessons of self-awareness without the investment of the higher stage of intelligence of the third density? You may find that within these second-density beings catalysts which may not be all too unfamiliar to yourself. Particularly that of the interaction with others of its environment. The second-density entity has a series of prerogatives, objectives, imperatives at the base of which, of course, is survival, built onto which is the impulse to procreate, to, in certain instances, protect, or care for others of its kind or of its family or of its progeny. And built on top of that, to increasingly find its expression as a specialist in whatever way. Perhaps, as the beaver builds the dam or cuts the wood; or, speaking of, the woodpecker, slams its head into the tree in order to bore holes in search for food;<sup>2</sup> or more, perhaps, pleasing to your third-density ears, the song which the bird has perfected for itself, which on a biological level may serve to attract the mate so that it may fill its biological drives, but which has higher purpose in terms of its expression of self.

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<sup>2</sup> Other reasons that the woodpecker may peck wood include: it may be marking its territory, attempting to attract a mate, make a nest hole, warn off predators, or have taken too many stimulants.

Incrementally, gradually, often imperceptibly to the second-density entity, tiny nuanced steps are made which awaken that dormant awareness within the second-density being. The bird perhaps becomes more aware of the way in which its particular notes sound as distinct from others of its kind; or aware perhaps of the way in which it produces the music which vibrates from its form of vocal cords to fill the air.

Innumerable are the ways that the second-density being, particularly those of the higher range, may find this self-expression as a function of movement through and survival within its environment. Particularly potent for the second-density entity is also the relationships which it enjoys or does not enjoy with others of its environment. Those in this circle are aware of the complex social relationships, hierarchies, and dynamics that certain species may form among dolphins, chickens, those known to you as canines, and so forth. These sorts of relationships have a yeasty way of reflecting back to the second-density being its individual nature as it growingly understands its role in the group or as a lone entity moving through its environment.

As with the progression of the third-density being, there is a growing sense of, what we may call, ability or power that becomes available to the second-density being who becomes aware of itself. Its parameters are more limited than that which the third-density being can do or discover with its self-awareness, but nonetheless, the second-density entity comes into greater familiarity with its agency as an actor in its own way, upon a stage—not so much transcending its role through contemplation of the self as the Creator as the third-density entity is capable of, but aware that it is an “it,” And that within its it-ness or selfness are choices that can be made which it alone may make. And thus, that inexorable drive of the upward spiraling light not only, shall we say, pushes from behind, but also calls from the front as the second-density being feels potential and desire to move into and explore that potential for its continued growth, for its unknowing movement toward the light.

This instrument feels that there was a second portion to the query which we have not spoken to. We would ask the questioner to repeat such if such exists.

**Austin**

Yeah, the second part of the query was if there was anything that we as third-density entities could glean from the progression of second-density entities and our own evolution, since we were born from that experience?

**Q’uo**

We understand the query now and appreciate its restating. Indeed, the third-density entity is capable of looking at any corner of the creation and understanding something about itself and the nature of the Creator and evolution and the way in which the unity manifests outwardly into a pageantry of infinite characters and situations such that the Creator may know Itself through the seeming evolution of these entities.

In terms of what the third-density entity upon your planet may understand more clearly about itself due to its own second-density heritage, such insights may become evident simply by observing those known to you as primates. For as has been known to your peoples, there are many haunting echoes of humanhood within those highly advanced second-density beings. In this understanding, the third-density being can come to see and understand, to a limited degree, if we may use this misnomer, as the instrument's memory would have us speak, the primitive or primal source of many of its own experiences.

See the agitation of the primate and look at one's own agitation when circumstances are not to one's liking, or when one's chemical balance has become off. See the tribal desire to protect the tribe or to care for one with whom one feels associated or to engage in hostility for that of the same species which is perceived to be encroacher or enemy.

One can come into an awareness of the, shall we say, animalistic base of many of the self's emotions and thoughts and experiences of consciousness housed within a chemical vehicle; not so as to demote the self's feelings, or relegate them to a realm of unimportant or inferior, but rather to understand the wholeness of the self, and through love and acceptance, find ways to lift that animalistic energy up through the chakra system, transmuting it into higher and higher expression, seeing through differences and the pains, challenges, and conflict that separation brings, to an experience of love; lifting that energy higher into full, embodied, honest, clarified expression of the self; and lifting that energy higher still to access the sacramental dimension of your experience.

Those energies you see within your second-density brethren live within you and are not to be controlled or fought again against, but to be understood and harnessed, and through acceptance, transmuted. Your second-density ancestors give you clues as to your nature that you may cooperate and not fight against this nature, giving it space for being and expression, honoring it as part of yourself and finding how those energies—which many upon your plane fear and have spent much time trying to suppress and squash and demonize and flay—[may be transmuted] into means of connection with others and into sacred expression, including that of your sexuality.

We commend the seeker to this consideration and would leave with the thought that the third-density being spans the spectrum of identity that includes the constituent elements of the first density and the denizens and the variety of lessons of the second-density. And the

self of third-density, if it is to realize itself as the Creator and all things as the Creator, must unflinchingly gaze upon and embrace, without judgment, as the mirror does its image, its inherent wholeness and all-ness.

At this time, we would 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 greet each again in love and light through this instrument. We thank each instrument president for giving the most effort possible to sharing the thoughts and words that we spoke through each. We are always most inspired by your efforts to seek to improve each time we are in channeling. We leave you this time 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.

## **20 April, 2022**

C/C channeling circle

We would like to examine the nature of free will in relationship to the channeling process. For years, the Confederation almost always offers a disclaimer before each channeling asking the reader or listener to use their discernment in accepting those concepts that resonate and discard what does not. They claim that this allows them to speak more freely in offering guidance. Can you elaborate on the Confederation's approach to free will in channeling? What is the philosophical basis for the approach? What is the relationship between the source, instrument, and reader? When a reader trusts the process and the source, how and why can they discard certain information?

(Austin channeling)

**Q'uo**

We are Q'uo, and we greet this circle in the love and in the light of the One Infinite Creator. We are, as always, joyed and excited to join you in your circle of seeking. The desire to serve as channels for the Confederation and to offer yourselves as instruments when joined together in this circle forms a sort of beacon. This beacon can be seen in the time/space realm by us and others who resonate with this desire within your hearts to serve. And we are called to the circle along with others who wish to aid you in your task. It is this shared desire that allows our hearts to join with yours.



And it is in this desire that we find, within your group, a certain stabilizing and potentiating energy that allows this circle to serve in this capacity, despite what we see as somewhat drained or erratic energies brought upon by the needs and demands of your third-density existence. We offer this observation in commiseration for, in our perspective, it is quite common within your density upon your planet that any who wishes to serve in this capacity must do so within the context of a difficult and demanding existence, where the day-to-day life leaves little room for sincere introspection and seeking and serving from those places.

This desire within your hearts helps to manifest the necessary energy and stability in order to perform this service; and with each iteration of this circle that desire and will is reinforced so that the energizing nature of this joining may increase as we find that the demands upon your third density plane also increase. Rejoice in this desire. We encourage you as a circle to communicate this desire and to share this desire amongst each other and find comfort within it, for it is a necessity within your third-density existence.

This is the context in which you serve, and context is an important factor in addressing the query that you have posed this afternoon. We somewhat ironically offer our typical request and disclaimer in asking that all those who may perceive our words use their minds and their hearts to discern the value of our words upon their own path. In doing so, we are given more freedom of expression through instruments such as this to share in a deeper sense, knowing that we have reduced the chances of serving as a stumbling block for the seeker if they feel free to dismiss that which we offer.

Offering this disclaimer and making this request changes the context of our relationship with the instrument and the reader or listener. It instills a certain mindset within those who see value in our words, and we hope and courage—we correct his instrument—encourages them to place their own faculties first and use our service, and the service of this circle, as supplementary to their own sovereign path.

When those who perceive our words, accept this disclaimer, and permit our request with sincerity, it further changes the context of the relationship, for knowing that the word spoken through instruments such as this may be waived by the sovereign seeker instead of accepted without question allows us to rest in the fact that our words are serving as catalyst for the seeker, not as instruction or prescription.

It is our desire to offer catalyst and not instruction, for there is little growth or understanding that comes from accepting instruction without question. Yet when words of guidance such as ours are evaluated and sat with and placed in the heart to be compared to one's own ideals, and one's own path, they may become transformative, not because of their accuracy necessarily, but because they have allowed the seeker to learn more of the

self, and the nature of the self as the Creator, and to the nature of the Creation about one as inseparable from self and Creator.

This is the primary reason for the disclaimer that we offer, and is the foundation to our approach to honoring free will as we interact with planets such as yours. The foundation comes from a desire not to string planets along, necessarily, to adopt them into our view of the universe, but to support them in discovering their own view of the universe. This may be done by sharing what we have discovered upon our path. But we do not believe or wish to convey that our own view of the universe is the only view; the Creator has many facets and aspects that may be discovered by each social complex and by each individual upon their own paths. To limit one's discovery of the universe to those words that we share with you would be to limit the Creator itself. This is not only undesirable for us, but indeed it is impossible. In an attempt to place such limitations upon the seeking of other selves, we have discovered that this creates further distortion and necessitates restitution and restoration on the part of the entity or entities that were influenced in this way.

As we have shared with you in previous sessions, the relationship of the Confederation with your planet is one that has evolved and has changed based upon the context of your own social complexes, your own cultural movements, and our own learning done through this interaction. You will notice that long in what you call the past, we the Confederation had been much more open in our willingness to interact with those upon your planet. We have appreciated the freedom to appear in more literal and physical ways to those upon your planet, and also find other methods or modes of interaction that span beyond the more subtle communication that we do through the work of dreams, through subtle visions, and through services such as this channeling circle.

The question that may arise from this observation in light of the query that you have posed for the circle may be "Why have we landed on a more withdrawn approach to interacting with your planet?" For this is also central to the question of free will in the context of our relationship with you.

We have found ourselves put into undesirable positions when interacting in more direct ways. We have found that our interaction has had undesired influence, and this is not due to the inaccuracy or falseness of any interaction that we have had with your planet. We have always done our best to communicate and share the love and the light of the Creator in the most undistorted way possible. The undesirable position that we found arising from our relationship with your planet has come from a misunderstanding on our part of the cultural context in which we have offered ourselves to you.

When we have interacted with your planet in more direct ways, we have found that this influence has been a source of more confusion than enlightenment, that the catalyst

offered by this interaction had less chance of offering positive transformational growth and instead increased distortions of a more negative or service-to-self nature because of our lack of understanding in how the particular light that we shared would be received.

When examining how our disclaimer within these channeling sessions may be evaluated by the seeker, this is a key aspect that we wish to instill by making such a disclaimer. We may share ourselves as freely and openly as we can in the context of a circle such as this, yet we cannot know how our words will be received. We may intend to convey certain ideas in order to bring about certain contemplations or transformations within the reader or the listener. Yet these may be placed within the self in ways that we could not predict. And so, when we ask the seeker to utilize their own discernment in evaluating our words, we are honoring the fact that, within the third density, all truth is filtered through a personal lens fortified by the illusion and by the veil of forgetting.

We cannot fully comprehend with specificity the nature of your beingness behind this veil. We may see many things that you do not see. We may read energies that are only perceivable to you on a subtle or intuitive or feeling level, and through this perception we may offer insight that is unique or novel to you. Yet, it would be improper in the eyes of the Creator for us to know every minute detail of how every interaction would unfold. We do not have omnipotence and we cannot predict with a certainty how our words will be received.

To reinforce this layer of disclaimer, we have limited our interactions with your planet significantly, and a primary means of communication has been found within channeling circles such as this. For in offering our service in this way, there are several benefits that helped to reinforce the desire to honor the free will of your peoples. One benefit is that when channeling with a group such as this, there is the interaction between the instruments and us, the source, in a way that allows us to be filtered through a cultural understanding held by the instruments and the group. We benefit from the perception of the instruments of the world, in that it informs the information that flows through each instrument, and informs us of more creative ways to convey information with accuracy as we grow in relationship with instruments such as you.

Another benefit to honoring free will that comes from limiting our interactions to methods such as this comes from the aspect of what might be called plausible deniability. For our words are being spoken by a human mouth and cannot be proven using your methods of research in the material realm and science. And thus, those who perceive our words and accept the reality, or possibility, that they are real, must do so based on a certain faith, not in the instruments or in the source—that is, us, the Confederation of Planets in Service to the One infinite Creator—but instead in the value of the words themselves.

When the process cannot be proven beyond a shadow of a doubt, more emphasis must be placed upon the value found within the communication and the effects of that communication in the life of the seeker. This place is the impetus for belief on to the sovereign seeker, who may, at any moment, decide that this process that is unfolding, where the source of this information is invisible, and spoken through human instruments, may be dismissed, for it is just one among many sources of information that speak to these spiritual truths.

If we came to your planet in our own form and displayed our technologies and our beingness in full view, it would be impossible for most upon your planet to deny that the information we share with you comes from a place of higher understanding, and thus it would be accepted without question. When instruments such as yourself offer themselves to serve as a filter, it removes this possibility, so that the distortions that we have found ourselves affecting on your planet in the past may be reduced.

We encourage this circle and those who perceive our words to further contemplate the effects of sharing information that is transformative, and accepting information without question based on trust in a process rather than the value of the information itself. Within the complicated energetic dynamics of third density, it is impossible to know the influence of one's actions, and in the position that you within the circle have found yourselves it is vastly important to constantly evaluate the impact of your service as it is perceived by more and more people, to examine the energetic nature of your relationship amongst each other and those who you share this information with.

We encourage you to follow your hearts, to listen to the guiding voice within you that constantly points towards your desire to serve in an undistorted and clear sense while also reflecting constantly on the service that you perform and the nature of its influence within your realm of service.

At this time, we will take leave of this instrument and transfer the contact to the one known as Gary. we are Q'uo.

(Gary channeling)

We are those known to you as the principle of Q'uo, and we greet this circle again through this instrument with a baseline attitude of gratitude for this circle, for giving of itself to this service, taking the time to meet, choosing this over other opportunities. We recognize that your experience is not, by most relative measures, an easy one in any sense. This instrument receives us from a state of feeling rather depleted himself due to the rigors of your world, and we might gently suggest the fastidious guarding of the energies in the lead-up to these sessions if one wishes to serve from a more optimal state, shall we say.

Nevertheless, you as instruments need not be perfect. You need not be Olympic athletes, shall we say, for first and foremost, it is the strength and the purity and the totality of your desire to serve that offers us a grounding station with which to connect our energies and transmit our message through this circle and the home circle and others with whom we work.

Your desire to serve arises from that level of beingness which is not often evident to your conscious senses, that level wherein you are radiant with light moving into that space that is beyond name and form, where you are less identified with the outer masks that you hold onto so tightly and instead rest as one in the wholeness of all things and the peace that prevails there. Trust in this place within yourself and relax the tensions, the doubts, and the worries, for this is not a graded experience, nor is there one best way to serve as a vocal channel. As your own recollection of our now many years of speaking through this group understands, there are a virtually infinite number of ways to creatively point complex minds with complex concerns toward the simple unity of all things.

Each of the myriad facets of your world, of which each succeeding year and generation brings yet more and more for you to navigate, serves as a touchstone for us to orient the attention toward the fundamental eternal principles of spiritual evolution that are present and relevant and needed in your experience [now] as they are on every plane—however uniquely interpreted and accessed they may be upon each plane or level of awareness. The more distortion that any given society generates in its thoughts, its relationships, and its conceptions of who it is and how things operate just gives us more platform, shall we say, to springboard from, to share our emotions—we correct this instrument—message.

For however thick and opaque and tangled the distortion may be in seemingly drifting from the unity of all things and blocking the vision of the self from the Creator, nonetheless, distortion arises ultimately as a non-dual facet of that One such that no distortion can, in a literal or true or actual sense, separate the self from the Creator, but can instead only create the illusion of separation from the Creator.

To speak more directly now to your area of focus for this circle regarding that well-worn disclaimer with which we preface our messages, and its implication for the dynamics of free will at play, we have spoken to considerable length on this point and might ask that you consider the nature of teach/learning and learn/teaching between any two entities.

These reciprocal dynamics of teaching and learning can happen between any two, whether they are seemingly of equal evolution or at different, as you might conceive it, vertical stages in their evolution. Teaching may happen going both up and down, down and up, or across more lateral planes, even the young teaching the old and vice versa.

When one considers the classical sense of the teacher and the student whereby the teacher is presumed to have a greater depth and or breadth of knowledge, due presumably to their own experience and training and qualification, for such there is a seeming disparity and knowledge between the one who learn/teaches and the one who teach/learns, with the weight of that balance being upon the one who teach/learns in being the dispenser of a knowledge and perspective.

What is it that transpires between the two in this scenario? Does the teacher do the learning for the student by teaching them a subject, say, such as math, or in your case, metaphysics and philosophy and the using of catalyst for growth? If such a teacher attempts to learn for the student, the teacher has entered, perhaps innocently and inadvertently, into what can grow to be fairly significant imbalance and distortion, and there is [then] a short-circuiting or subversion of the student's free will and sacred duty to learn what is theirs to learn. The teacher, in attempting to do the learning for the student, may supplant the student's processes and attempt to impose that teacher's view of the world upon the student.

The creation is not set up for Entity A to do the learning for Entity B. Each entity on any plane of existence is a learning, adapting, awareness-expanding, choice-making unit. The nature of the Primal, as you call it, First Distortion of Free Will is such that every iota of creation is endowed not only with this ability, but necessity, objective and duty—or job, if you will—to discover itself as the Creator through eons of evolution across the landscape of space and time and countless entities, environments, and situations.

Were one entity capable of doing the learning for others, the creation would fall out of balance and be inoperable in ways that we cannot quite convey through this instrument. So, it is that each must take in the information received in the environment of the self, into the self, and decide upon its own how to weight and evaluate, sift and sort and distill this information for the self so that it may choose its choices accordingly, and furnish itself with experience that it alone may place the next step in front of the other upon the long journey.

Our disclaimer helps to ensure and safeguard this balance. Our disclaimer does not dictate to the receiving entity to what exact use they are to put to our words, but rather it is a reminder to the self to refer to and exercise their own discernment within. It is not our wish that any entity would become reliant upon us. Our joy rather increases in witnessing the third-density entity grow in its own power to grasp the love that is inherent in any given moment in which the entity opens its awareness and surrenders its intellect and present-moment distracting patterns.

Our joy grows as the entity discovers within itself that which neither we, nor any source, can teach: that being the Creator indwelling within the heart of the being. This is the self's inalienable connection, closer to the self, much closer to the self than its own thoughts, its own memories, its body, and its breath. No words or display of information in the universe can teach the entity its own Creatorhood. Words and perspective may certainly inspire the seeking that leads, eventually, to surrender; it may offer catalyst which catalyzes this other-self upon this journey; but we cannot teach the entity what it already is and always has been. It is for the entity, instead, to, through the disciplines of the personality, remove the camouflage that obscures the conscious awareness from abiding in what the self already is.

The self which is doing this seeking and using this catalyst in order to find what it is is paradoxically seeking while not knowing that the awareness behind the seeking is already it. It is as the parable of the policemen chasing the arsonist when the policeman is the arsonist. There is no way to manufacture into being, or achieve, or gain Creatorhood per se, because the self already is the Creator. It is, as this instrument understands it, akin to one gaining their feet when the feet are already there.

To assume that we, through our service, could do this so-called learning for the self would be a gross imbalance and distortion on our parts. So, instead, in respect to the sovereignty of the entity upon their own path, we remind them that our words are but a resource for their consideration, one among a variety of other resources. Everything is potentially a resource for the entity. Indeed, the entire creation is offering itself as support for the entity's upward evolution, both in pleasure and in pain. Each thing, when seen from the higher perspective, is a catalyst for the entity's growth. We are happy to share our resource in the reciprocation of teaching/learning and learning /teaching. In so doing we learn about ourselves each time we offer our message.

It is a manner of sharing a project, shall we say, with you in third density. It is a way of sharing the work in the celebration of the great honor and privilege to be alive upon any plane, to have the great and unique wonder of traversing an illusion as a seeming separate entity in order that we may re-experience the infinity which we have been all along, and thus enhance that joy that is inherent in our beings, in all of our beings.

Moreover, we would add that the disclaimer helps to create an environment which lends itself to the open exploration that is necessary for the spiritual journey, and safeguards against that which deadens the self to the necessary open exploration: that conception which you know as fundamentalism, which is [that mindset] that takes an external source to be infallible and often literal, as a strict code of life to be followed or adhered to, that creates categories of worthy and unworthy people, whose edges are lined with fear that speaks to the negative consequences of disobeying the message. This is not the way of the positive polarity, as we understand it.

Far more empowered is the seeker if they may evaluate that which comes to them, including our own message, without coercion or pressure or any sort of persuasion that might limit or short-circuit their sovereign and free processes. Our attitude not only helps to guard against these energies in supporting the independence, or non-dependence of the seeker receiving our words, but it also helps to make room for the inevitable and invariable filtering distortions that will be introduced due to the nature of conscious channeling through human instruments.

This modality of channeling is one which is necessarily colored, which is to say in a very non-pejorative sense, distorted by the human instrument. There is a blending of our seed-concepts and principles and ideas with the instrument's own awareness and knowledge and facility with language and limitations. We do not speak to you purely as 100% ourselves, shall we say. We do not mean to convey that our message is misconstrued in any way, or by passing through a human instrument is misleading, else we wouldn't invest ourselves in this practice. It is just to say that when placing our consciously channeled message upon your plate through awake and aware human instruments, it would be well, perhaps, to add another grain of salt or two to your meal, as your peoples might express it; for as we are loathe that any seeker would depend on any particular syllable in our message, as if understanding of the Creator depended upon it, even more so, those serving as human instruments in this and other circles wish to protect the free will of the seeker.

Ultimately, of course, we cannot engineer how anything will be received, or what choices the seeker will make, [thus] we attempt to share a viewpoint that repeatedly underscores the primacy of free will in the operation of all things. It is a good and healthy reminder we begin our messages with this disclaimer and we will continue doing so as long as we continue this service through this group known to you as L/L research.

At this time, we take leave of this instrument and look joyfully forward to working with the ever-beautiful energies of the one known as Trisha. We are those known to you as Q'uo.

(Trisha channeling)

We are those known as Q'uo, and we are now with this instrument. We sincerely appreciate the opportunity to exercise and collaborate, if you will, with the entities of this circle. The dedication to service to others through this avenue of communication is seen and appreciated, held with much love and light by those the Confederation.

Additionally, there is a deep sense of gratitude for this group's desire to further understand and refine the channeling process, especially in regards to discovering and envisioning the



methods and protocols utilized while honoring the free will of all involved, be that the Confederation voice, the instrument, or the seeker who may discover the words of this session and every session. This instrument is feeling rather fatigued and is struggling with a less-than-rested or prepared physical vehicle at this time. However, we shall attempt to speak a few final thoughts through her prior to transferring our contact onward. This instrument in particular feels that a wealth of information to digest has already been allowed to pass through the previous two instruments, and questions whether she can build upon, or add to, that information.

Hence, we will, perhaps, speak of one final aspect of this channeling process and that being the unique configurations of every entity and aspect of this illusion and how that might color, if you will, the transfer and the reception of what information moves through the instrument. Each entity acting as instrument is an extension of the Creator, but so configured in a way on this side of the veil, so to speak, so as to be infinitely unique, with notches and shapes and hues so as to create a one-of-a-kind sculpture-manifestation of the Creator and its creation.

Imagine this unique extension as a pipe within a series of pipes. Those of us who speak through the instruments are similarly a pipe. From the source, the information moves through us, and this movement is through our highly unique and individualized channel, or pipe, then moving through the, again, highly individualized and unique pipe of the instrument, and then the seeker who attempts to read and/or listen and/or receive that information is yet another highly individualized and unique pipe. There will be information that has changed or allowed to divert elsewhere within the within the journey from source to final destination.

This is to say that the recipient's ability to discern and allow some information to fall away may also be due to that entity's current configuration, its subconscious or unconscious desire to omit some stimuli and accept other, its perhaps unintentional actions of hyper-focus and distraction, and finally its ability or availability to what you may call make sense of that information which it receives. See this as multiple panes of the stained glass. The light refracting and imbuing with different colors and obstacles as it moves from source to the part of the entity receiving said light.

This is not to say that the information that is lost or discarded by the seeker is an act of what you may call defiance or distancing. Instead it could be viewed as the manifestation of a seeker coming to and interpreting the information from the foundation and place along the journey that the recipient currently finds itself

As has been stated before, the information received is not to be viewed as instruction, but rather an opportunity for growth and expansion, a catalyst for the seeker to move along its

path of seeking. Therefore, our conditional clause, if you will, that we begin each session with is simply a friendly reminder that the seeker will receive that which the seeker needs; that the seeker trust in its ability to discern and intuit; that the seeker stay grounded within the knowledge that all is an extension of the Creator; and that they seeker find peace as it navigates this sometimes confusing and complicated illusion.

This instrument, fearing that she has manifested some strange and colorful information in her exercising of the channeling process at this time, is asking that we depart from her and transfer our contact to the one known as Austin. Therefore, we shall take our leave of her at this time, and we thank this instrument for her attempt, and ask that she allow for some grace to enter her heart when she allows us to move onward.

Without further ado we shall take our leave and transfer to the one known as Austin. We are those Q'uo.

(Austin channeling)

We are Q'uo, and we are again with this instrument. We offer our gratitude to this circle, for each instrument, in exercising their highest fidelity in attempting to serve as instruments and transmit the thoughts and concepts that we offer through you to your planet. The topic chosen for this session is one that is of high importance to us, and having the opportunity to speak to the dynamics of how our words may be received and evaluated, and what we view as the appropriate relationship between us and your planet, has allowed us to further instill these concepts in this group and in this contact, so that they may sturdy the platform of this service in future sessions.

We find great comfort and companionship within the hearts of each within this circle, and within each who perceives our words and opens themselves to the light that we wish to share, so that they may return that light to us and to your planet. This is a grand service for us and we cannot emphasize how grateful we are to have this opportunity to interact in this way. We will now leave this circle as we found it, in the light and in the love of the One Infinite Creator. We are Q'uo. Adonai. Adonai vasu borragus.

**28 April, 2022**

Intermediate channeling circle

Today we'd like to discuss the tension between surrender and responsibility. We have realized that in some situations we feel a great responsibility to act and try to serve in some capacity, but find ourselves unable to do so, or challenged to do so. And we know that sometimes, some spiritual systems have encouraged us to surrender and you have in the past encouraged us to simply love it and not try to fix it. So, we would like to explore this tension between feeling responsibility and surrendering to the moment.

(Jim channeling) <sup>3</sup>

## **Q'uo**

I am Q'uo, and am with this instrument at this time. We greet each of you in love and in light and are once again honored to be able to join your group this evening, and respond to this most salient query which you have asked of us this evening. Before we begin, we ask you that perpetual favor: that you utilize the words and thoughts that we give you that you feel are important to you at this time, and for those that do not speak to your heart, that you leave those behind. We, appreciate this gift of your discrimination, it allows us a wider range of response to your query.

Tonight, you ask a question which each conscious seeker of truth must consider seriously in the life path of its own incarnation and the spiritualization of one's consciousness. For the world, in which you now live and breathe and call the third density is that place wherein there is a cacophony of experience moving rapidly in all directions within your illusion, as points of view are put forth in one way and another and in many more ways than can be comprehended by any conscious seeker of truth. It is such a mixture of division, of love, of hate, of separation, of confusion, that we have the greatest of sympathy for each of you as you attempt to make your way through this forest of trees that makes it so difficult to comprehend the overview, which is the foundation of your third density experience.

As conscious seekers of truth, you look upon this world with a desire and even, as you say, a seeming responsibility to make sense of it in order to create a world in which your fellow seekers of truth, your other selves which are all around the globe, may feel at home, may be able to perceive unity, may be able to be of service to each other, may see the creator in all. How can you do this when there is so much that is incomprehensible, out of your reach, beyond all possibility of change from any direction, that the chaos of conscious confusion is infecting the entire population of the earth?

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<sup>3</sup> This passage from Q'uo was read before the session, and informed the group question:

“That which you know of the higher planes, that which you remember in a dim or not so dim way, bring into your heart and let it bless the environment that you see before you, just as it is. You are not here to clean it up. You are not here to make it right. You are not here to fix it. For all of the outer world is an illusion. You are here to love it. Take the world in your arms and embrace it. This is how you came to serve. This is your glory and your crown. Wear it well and rejoice in being here.” – Q'uo, July 31, 2007

So, it would seem the conscious seeker of truth who wishes to be of service to others will find itself somewhat bollixed, shall we say, and unable to chart a course of service in such circumstances, and may find that the greater overview of such a situation is that of what you have called the acceptance—the ability to transform your own perceptions of what you see in the world around you. And indeed, in many cases in the world within you. The service that you may offer in such a situation is, as you have surmised in your conversation before this session began, most helpful when it is one which accepts the unacceptable, which loves the unlovable, which serves the seemingly un-servable.

This is your connection to the One Infinite Creator within you and within all of the creation, and within each entity upon this planetary surface—that heart of love that you may open unconditionally so that the Love that created this great universe of beingness is also that love which you allow to flow as a river of infinite love, through you, to all you perceive.

You see each entity in your daily rounds of experience, as being seemingly separate from yourself with ideas and opinions that are obviously different than yours. You look upon these ideas, entities and opinions and see the Creator knowing Itself in a manner which is unique to each entity within the creation. This knowing of the self is the great foundation principle upon which all of the creation and each entity within the creation is formed. It is the means by which the creation is a vibrant, protean entity that may find its self in all other-selves. This is the great journey of seeking. To seek within the love of the One that is in all this is your challenge. This is your joy. This is your journey.

At this time, we shall 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 and we understand the query and we may speak to the specific wording of part of the query in order to elucidate the concepts within the words.

In these times on your planet, times which require much perception, thought and decision and perhaps action, reflection and then more perception, quite possibly at a greater pace and into deeper context than many that are used to doing at this time because it is a time of change that is great in magnitude, and also change at perhaps a more rapid speed than many have experienced. So, we will speak to the ideas of surrender and responsibility, for they seem to form a kind of continuum between them, with surrender having a connotation of passivity, acceptance, flowing with outer change. While, responsibility at the other end of a continuum from the state of surrender, could have the connotation of decision and action carrying forth and forward into time newness of being, newness of understanding, newness of foundation of life.

And we wish to point out that there are points between these concepts upon the continuum that have validity as well, for there is the timing to these states of being. There is a timing to action, a timing to remaining passive for example, when it is right to do each of these. Producing the highest and best result to remain still, for example, in a state of surrender, letting events flow and perhaps knowing from within that the time to act, the time to take responsibility to help change happen in a productive or positive way, is not yet but may come later. So, therefore, the defining characteristic of these states of being would be awareness. Awareness of what is right for the moment of time in which one would surrender can also simply mean not resisting. It can also mean an active decision to flow with energy or events with change. It can seem to be a state of inaction, but it also can be a state of a decision to flow, which is an action in itself.

Likewise, responsibility can be seen as action taking on one's shoulders the need to do something in order to produce an expected result. Responsibility can come in another form, perhaps seeing more passively as simply holding space. One that takes the responsibility of holding space in wait of something important to happen or to come that is not yet. And again, the important state of being is awareness, awareness of which of these is thought to be the best choice in order to produce the highest and best expected result.

So, we would say that when considering these states of being, perhaps along a continuum from surrender to responsibility, in terms of the choices that one may make in response to events in one's own individual life, as well as events on the greater scale of human life today, that the important starting point would be, within self, the awareness to the highest degree possible of what is the best for anyone and given individual to do that may be somewhere along that continuum. And when perceived in this way, there is no right or wrong answer as to which is best surrender or responsibility or somewhere in between or in any of the connotations previously mentioned.

It is the awareness of what is right for each individual or set of individuals at a given moment in time and according to their perception or to his or her perception of surrender or responsibility. The meaning of those as it's specifically applied to this situation, one can only know this from within oneself, but then if that awareness is attained from within, the steps, the perceptions, the decisions will always be the right ones for that individual.

It is indeed a matter of knowing oneself. We are aware of the great difficulty of knowing oneself clearly in such times as you are experiencing upon your planet, but we see clearly the light and love of which each individual is made, the light and the love emitting from each self and other self, the great possibility of the space and this continuum filling up with the love and the light helping to illuminate one's own perceptions, one's own decisions, one's own actions. Know that you are and you live in this state of being which is light and love at all times, times of surrender, times of responsibility.

We are those of Q'uo we thank you for this query. We now pass this contact to the one known Austin.

(Austin channeling)

We are Q'uo and we are now with this instrument. We understand that within your illusion of third density, particularly upon your planet at this time, the process of coming to know oneself in such a deep and intimate way so as to understand the nature of one's responsibility and one's ability to surrender may seem an incredibly difficult and complicated tasks. And indeed, as we witness the hurricane of complex influences upon each individual within your illusion, we ourselves are baffled and find great admiration for each seeker who may even find within themselves the attempt to come to know themselves in this way. But, it is of the utmost importance that this attempt is made when addressing this query between one's responsibility and surrendering to any moment.

The term and idea of responsibility carries much what this instrument would call cultural baggage. And so, the process of coming to know oneself in this context involves a process of examining one's upbringing, one's confluence of influences, that have impressed upon the seeker from an early age: how one must act in any given situation; how one is to behave towards others how one sees oneself in relationship to others. These are all very complicated influences that take fortitude and willpower to examine within the self as one experiences the day-to-day catalyst. But, as we apply this process to understanding the concept of one's personal responsibility in any given moment, we find that slowly the seeker who has endeavored upon this journey will begin to shed notions of oneself, what one must do, and what one is obligated to do in any scenario.

We find also that there are influences upon what may be called, in some contexts, the ego and that when one feels a pull of responsibility, it might come from a desire to establish oneself as being responsible to be seen as addressing a situation or a circumstance to carry a certain mantle, on display for other selves. The process of introspection that allows one to know oneself and to come into a more meaningful and intimate relationship with the concept of responsibility will necessarily involve shedding oneself of many of these notions.

We do not mean to ask the seeker to dismiss the notion of responsibility completely, for as one sheds these notions, one will find that this call of responsibility indeed comes from the heart; that the impetus, the impulse to reach out and influence a situation to bring about more love, more peace, more comfort, to help and to aid is such a natural impulse for the positive seeker that it becomes ingrained even amidst so much cultural baggage within the seeker that this cultural baggage simply becomes a heavier burden or distorting influence than is necessary.

And this is the context from which our encouragement to not endeavor to fix it, but to love it comes from. This is the context where surrender may become an applicable notion for the spiritual seeker. For there are so many influences upon the self that the expectations become a hindrance rather than an aid, and instead of motivating oneself, they become a burden that is counterproductive to the desire of the seeker to be of service.

This dynamic between accepting responsibility and accepting surrender may play out, as we have said, on a certain spectrum; and to move too far in any certain direction can create this counter-productivity for some seekers. We find that the notion that one simply must love without any responsibility towards one's environment may become a sort of comfort blanket, as this instrument might put it; an excuse to avoid acting in situations where one feels called to act, but there is discomfort involved. Sometimes serving others from the heart may indeed push one to act, when they otherwise would not to speak, when they otherwise would not to accept an uncomfortable situation so that the love of the Creator can shine where it otherwise might not.

We do not wish to encourage seekers to avoid discomfort and to avoid acting upon responsibility when they feel called to do so.

On the other end of the spectrum, we find that there may be those who feel such great responsibility and such a strong impulse to act, that their efforts become nearly futile, for they end up as you may say, spinning their wheels without genuine progress. Their intense desire to achieve a certain outcome baffles their ability to genuinely bring about such an outcome. And despite much effort seen upon the surface, little is done and achieved upon the unseen metaphysical realms, either for the seeker or for those the seeker desires to serve.

We find these two dynamics and many dynamics between these two spectrums to play out among many seekers upon the positive path. To come to know oneself, and know one's true responsibility in any moment, requires one to examine the self and the tension one feels between these two notions, to dive deeply into this feeling of tension; to take into meditation the strong desire to be of service and to shine love within your realm, and to allow this tension to break apart within one, to open one up to, in a sense, allow one to dismiss and perhaps even find death and rebirth from the former attachment to responsibility; and to allow oneself to be born again into a new understanding of how to relate to any given situation in which one feels called to responsibility.

The seeker upon the positive path who succeeds in this balance of surrendering and accepting responsibility may walk within this tension with confidence, knowing that in any given moment, one may be called to simply share their love and shine their light quietly or gently with a soft hand, or one may find that there is indeed action that one may take and a

goal towards which the seeker can strive. Yet this confidence may manifest as faith within the seeker that the effort made towards this goal, the effort made to shine the love and the light of the Creator, however it is called forth in the moment, may not appear to have great effect in the seen realm upon the surface of the illusion of your third density, but that it is worth the effort all the same; that there is much work being done despite little evidence of that work finding success to the veiled perception.

We may offer a final thought on this topic in clarifying that the words spoken within this query referenced from a circle of channeling in your previous times was intended primarily to be a message for those who identify themselves as wanderers. Indeed, we find that those who have incarnated upon your planet from a higher density feel a great burden of responsibility upon awakening to their nature and understanding that they have come to this place with a certain mission.

The complicated influences upon your planet cause this notion of coming here with a purpose and with a mission to instill upon the wanderer a much greater burden than one may typically anticipate from outside of the incarnation. These words were spoken with the intent to allow the wanderer to release expectation that they must achieve a certain goal, that they must find results as they seek to achieve their mission. For if such expectation is placed upon the self, there is much distortion and even harm that may be done that will necessitate further healing for the wanderer and for the self.

As we have spoken, the wanderer has come here not to fix it, but to love it. We do not mean to imply that whatever circumstance or situation or entity is to be loved must be loved from a distance, and passively. To love something requires an intimate knowledge and perception of it, and a relationship to it. This might be [done] quietly from a distance, but in many scenarios, in order for a positive entity, particularly a wanderer to love any given circumstance in which one finds the necessity to offer the Creator's love and light, one must engage with that thing. And in many cases, this does require the wanderer to take action in order to serve.

To find the balance and to walk this balanced path of confidence will mean that the answer of how this may unfold for each individual and each situation will be manifested from the heart. And for the seeker wishing to manifest their highest service a deepening relationship with one's own heart and intuition is absolutely necessary. For it is through these realms that the love and the light of the One Infinite Creator will flow through the entity and inform the entity's actions in any situation. This is a difficult and noble task and we offer our deepest admiration and appreciation for any seeker upon your planet who strives to do so at this time.



We will take leave of this instrument and transfer this contact to the one known as Jim to offer our closing thoughts for this circle. We are Q'uo.

(Jim channeling)

I am Q'uo and with this instrument once again. We are most pleased with the ability that each channel has demonstrated this evening to transmit our thoughts on your topic of how to balance responsibility and surrender. This is the great journey, this is your choice, this is as it should be. You each have the free will and the connection with the Creator to call upon as you move through the various steps of your spiritual journey upon this planet at this time.

We thank each for being conscientious in the perception and vocalization of the words and concepts that we have utilized this evening to speak upon this most salient query. We are known to you as those of Q'uo and we leave you now, rejoicing in the love and in the light of the One Infinite Creator. Adonai vasu borragus.

## **11 May, 2022**

Intermediate channeling circle

Topics: Jesus as a wanderer; the adept's relationship to the body; visualizing fourth-density instreamings; insomnia.

(Jim channeling)

**Q'uo**

I am Q'uo, and greet each in love and in light this evening. We are with this instrument, and with this group in the desire to respond to queries to us, which may move each seeker of truth further along the path of a spiritual journey. We would remind each that we are your brothers and sisters, of the Confederation of planets in the service of the one infinite Creator. We all work together to see the philosophy of the Confederation upon your planet at this time, that there may be more growth of the spiritual variety among the peoples of your planet. And we would ask our perennial favor, that you use our words and concepts in any way that has meaning to you. And if any do not serve you well at this time, then maybe at another time, they will be more helpful to you. So, leave those behind now. At this time, we would ask if there's query with which we may begin through this instrument?

**Austin**

Yes Q'uo, we have one from J, who writes: "In a session on January 7 1990, you said that the entity we refer to as Jesus Christ has lived again and again on a planet after planet and has helped many, many civilizations. Understanding the need for you not to unduly influence our free-will decisions related to Christianity or Christians on Earth, can you share with us some stories of how the entity we know as Jesus incarnated on other planets? And do they often involve crosses and or crucifixions?"

## **Q'uo**

I am Q'uo, and I'm aware of the query my brother. You have asked a query which is fascinating to us, as it is the path of the martyr, the path of the one who lays down his life for those that are in darkness, and whose need to see the light. This entity is what you would refer to as a wanderer who has incarnated many times upon many third density planets for the purpose of sharing, most especially, the love of the One Infinite Creator with those whom it sought to teach and to become a way-shower, for through many incarnations that it chose as a specialty of its beingness. This type of service is somewhat unlike what most wanderers offer as their own particular specialties when they answer the call of a third density planet to serve in some manner, to provide more light, more love and illumination to the population of that planet so that the veil of forgetting, of the third density experience, may be in some fashion penetrated and allow more of the nature of the unified creation to be perceived by those whom the wanderer seeks to aid if it is able to remember its mission within the troubled times and nature of the third density experience.

The one known as Jesus was able, many times, to answer a call from a third-density planet that was dwelling in what you might see as metaphysical darkness. Such a population is at the beginning stages of determining the purpose of your life experience, and in many cases is not able to find a clear path of understanding the nature of the personal and group incarnated energy expenditures, as you may call them. It is in such a situation that one such as Yehoshua, as he is most often known in the metaphysical realms, is able to offer itself as a way-shower: as one who has travelled this path many times itself and who wishes to share the fruits of this journey with those who are just beginning the journey.

This oftentimes results in what you may call various degrees of sacrifice, which is shown or represented by what you have called the cross. The intersection of one direction, upward into the heavens, with the intersection of the horizontal plane of the earth that is able to be transcended by those who understand and practice the principles of service to others to the extent that they give all that they have—the life experience, the joy, the sorrows, the purpose of being—in order to exemplify the sacrifice of the earthly perceptions; and even the earthly life for the one known as Jehoshua so that others may see there is more, much more to the life experience than has ever been perceived before becoming aware of the teachings of the one known as Jehoshua.

Therefore, we can say that this entity has incarnated at various times upon many third density planets that have been able to receive these basic spiritual or metaphysical teachings, that the life experience is that which is meant, in the positive sense, to be dedicated to or given over to the serving of others, that may be seen, to be brothers and sisters of the one seeking to serve. This exemplar known as Jehoshua has been able to practice this presence of the One Infinite Creator as a means by which to perform what you would call miracles—of healing, of teaching, of giving inspiration to those who do not know that there is a greater reality that each is destined to experience upon the spiritual path that the one known as Jehoshua has laid out before all aspirants, or followers, of the creed of the love of the One Infinite Creator being the primary creative force within the One Infinite Creator and within each entity that moves and lives and has his being within that One Creator.

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. We blend our energies with this circle of seeking, aware of the conditions right now surrounding you: sunny and pleasant, filled with birdsong that registers on this instrument's ears through the window along with that clever second-density entity known as the squirrel, currently dining just outside the window next to that circle of seeking. We would be happy to speak to a query through this instrument. We are those of Q'uo.

### **Austin**

We have one from P, Q'uo, who writes: "After the adept has realized the divine nature of its being and no longer identifies with the body, but rather as a soul utilizing the body to transcend body identification, to what extent does care for the physical body and the interactions of chemicals within the body impact an adept's polarity? Thank you for your service, Q'uo."

## Q'uo

We are those known to you as Q'uo, and we appreciate this query, which could be either simplified or explored at some length as it bears meaning on various levels of your journey.

To transcend, as the questioner used in their question, is in a sense to rise above some former level which may have contained or confined the identity. Often it is used to convey that one is no longer shackled or hampered by that former level, or at least operating upon that former level because they have risen to a new level. And indeed, the upward moving spiritual evolutionary journey is one of transcendence, as the entity transcends one limitation after the other. And [with] the gradual discovery of itself as all things, the container, shall we say, which holds the identity gradually grows larger in scope, more inclusive in scope. And in this process, the entity may be less impacted or limited by that which had impacted or limited the entity previously. And as with all evolution, the relationship to the mind changes and the relationship to the body changes.

What is the appropriate relationship to the body and its impact upon polarity? The body, as many within your culture would have it, is not to be demoted upon the spiritual journey. Certainly, the yellow-ray physical complex can be understood to be a manifestation of limited duration upon your journey, that which is made of the clay of the earth, that which is born through the construction in the womb and will eventually cease viability and return to your earth in one form or another. But the body is not a stumbling block to be overcome. It is an integral manifestation of the self, which particularly in your illusion serves as a teaching tool reflecting back to the self where its blockages, imbalances and learning may lie for that catalyst—and it is often this way—which is not fully processed and integrated by the mind.

Ra likened it to the athanor within which the soul experiences the fires, the forging fires of third density that forge not only the shape of the identity, but serves to transmute that which is dense into that which is fine.<sup>4</sup> The body will undergo upgrades, shall we say, becoming a closer ally upon the journey, giving more ability for the entity to express its beingness, to become a vehicle of giving and receiving love and further granting opportunities and abilities for the entity to polarize its consciousness. While work in consciousness may be done in a solitary state with a body complex that is unmoving—important and helpful and powerful work, we may add—it is through the body complex that one shows up in the illusion and is visible to others, and impacts others and one's environment. The body gives infinitely varied opportunities to perform this service and this interaction and to use the fruits of the illusion in order to polarize.

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4 Ra: "The body is the creature of the mind and is the instrument of manifestation for the fruits of mind and spirit. Therefore, you may see the body as providing the athanor through which the alchemist manifests gold." #81.14

In this context, athanor can be defined as "an oven/a fire; a digesting furnace, formerly used in alchemy, so constructed as to maintain a uniform and constant heat."

To exist within your illusion requires this body complex. The self may transcend it such that physical suffering becomes but a sensation, not to be suppressed or ignored, but understood by the intelligence of the self for that message which it offers the self. At the same time, [physical suffering] does not become the source of an all-encompassing identity. The self and its advancing polarity and evolution may experience the feedback mechanisms of the body, including that of pain, from a more detached standpoint that, without being reactive, and with being loving, may more clearly see and embrace the workings of the body as the friend, as that which is designed to support the journey and the polarization.

This does not also necessarily denote that the suffering of a physical nature will cease as the entity progresses along its path. For there are a great number of reasons which may precipitate suffering of a physical nature, which on one end of the spectrum may be purely of a genetic or environmental/chemical in nature, and at the other end may be an outgrowth of the entity's pre-incarnational programming and, as we have discussed, the processing (or lack thereof) its catalyst upon its journey.

So it is not that in transcendence physical pain and suffering end, but rather that the entity makes more efficient use of that stimulus and learns, or teaches itself, how to continue shining regardless of the physical pain; how to continue to develop its focus upon how it may use each moment in service to others, which may involve precisely that pain, as the entity who experiences physical limitation of one sort or another can act as teacher to many in the demonstration of its capacity for radiance in a limited form, or in its capacity to overcome that limitation in order to achieve a desired result.

This instrument is given the name Helen Keller as one such very bright example who has been a light to many despite the physical limitations.<sup>5</sup> As those of Ra have said, the entity which has chosen the positive polarity purely shall not have a variant incarnational experience.<sup>6</sup> Even for the one who is upon the path of transcendence, they may be

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5 Born in 1880, Helen Keller lost her hearing and her sight due to illness before she was two years old. With the help of a teacher she learned to read and write, eventually graduating from Harvard University with a bachelor's degree, the first deafblind person to do so. She went on to write many books and essays, and to advocate for women's suffrage, people with disabilities, labor rights, and an end to war.

The channeled message might have been better communicated had it said: "who has been a light to many despite and because of the physical limitations."

6 From The Ra Contact:

new speakerRa#74.11

The seeker which has purely chosen the service-to-others path shall certainly not have a variant apparent incarnational experience. There is no outward shelter in your illusion from the gusts, flurries, and blizzards of quick and cruel catalyst.

However, to the pure, all that is encountered speaks of the love and the light of the One Infinite Creator. The cruelest blow is seen with an ambiance of challenges offered and opportunities to come. Thusly, the great pitch of light is held high above such an one so that all interpretation may be seen to be protected by light.

dependent upon their unique configuration; and the desires and use of will and faith may undergo various sorts of limitation or hardship or suffering, including of the bodily type.

So, as we were saying, the raising of the locus of awareness may have, as benefit for the body, the more efficient use and comprehension of bodily catalyst as a teaching mechanism, and the use of that which occurs for that inextricable component of the mind/body/spirit complex as a vehicle for service to others. And ultimately upon the mystical journey, that which occurs to or within or for or of the body may be pointed toward the seeking of the Creator, as the entity surrenders its will to the Creator's will and embraces everything which arises within its field of awareness in the present moment as being sacred; as being not that which exists to control in the negative sense of the word, but to accept unconditionally in the positive way of seeking the Creator.

As this light of a time/space or metaphysical nature is more fully inhabited by the advancing entity, then the vehicle of clay which you inhabit will respond, also accordingly becoming lighter. That may indeed result in healing, as the source of the misapprehension of the Creator within the mind is itself balanced and healed. That may result in other processes within the body which may be perceived to be of an helpful nature to the self, including increased clarity upon the chemical level; the decrease in that which is seen as a toxin upon the operation of the body; increase, perhaps, in energy or strength within the body and certain old limitations are released.

But we would stress again that physical suffering should in no way connote lack of development, or [that] an entity [is] earlier upon the spectrum as compared to the entity much further advanced upon the same spectrum. Physical suffering can indeed certainly indicate lessons as-of-yet unlearned, but not necessarily—The highly advanced entity may program for certain bodily limitations for the purpose of taking the entity to where it could not have gone, or may have had great difficulty going otherwise: the trial, the test, the tribulation that catalyzes and pushes the entity into higher and broader understanding.

In any case, you within third density are unable to gain the exact measure of where upon the path that you are situated due to your veil of forgetting and the constant mirage of confusing stimulus that reaches your senses and your thinking. We always would encourage compassion for self and other, and time spent in meditation, in silence specifically, that the true nature of the body and the mind may become more evident to the awareness within and of the cells.

We thank the one known as P for this question and we now transfer our contact to the one that known as Trisha. We are others 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 that we may speak to you at this time?

**Gary**

Yes Q'uo. J asked: "Can you share with us a way to visualize fourth-density vibrations streaming into Planet Earth at this space time and time space? It seems like it would be helpful to have some way of visualizing this if possible when doing Gaia meditations<sup>7</sup> or personal meditations. And do they align at all with what we see as the magnetic field of planet Earth?"

**Q'uo**

We are those of Q'uo and we are aware of the query my brother. We appreciate this query, for the intention behind it is one of purity and one of seeking to be of service to the planet as a whole. For any seeker wishing to be of service in some way to another self or the planet or the Creator, the practice of visualization can be a powerful tool. The energetic investment, if you will, can create a potent motivator or instigator for that which the seeker is attempting to manifest before them.

Visualization in regards to this specific query is not a topic by which we feel we can give explicit direction, for each entity may feel within their heart a unique way, see a unique image, when meditating upon the healing of the planet, the transition of the planet into fourth density, and essentially any other small- or large-scale event. We do not say that to be diminishing of the intention or to sway the seeker in a different direction. What we can offer, however, is the suggestion of trusting the intuition.

Each entity on this planet is immensely unique. There are those who may call themselves left brain—or logical, mathematical, regimented in their thought processes—and there are those who identify as right brain—perhaps more creative, emotional, and less regimented in their thought processes. Therefore, what may come to each seeker when going into silence in hopes of healing and aiding the planet as it moves from this third density into the fourth may differ. We suggested the practice of discernment and the trust in the self's intuition because what is important more than the specific visual image is the intention behind it. Dear seeker, if the intention, the energetic investment that underlies the physical practice of visualizing is an authentic intention, a true desire, a pure hope, then the vehicle by which that appears to the entity in these moments of silence is but a sign of recognition within the self and the higher self that the message is being sent, if you will—that the intention is being let out from the heart, out through the illusion.

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<sup>7</sup> The daily [Gaia meditation](#).

If one is unsure of what to visualize, we would suggest that the self simply go into the silence state and focus the attention on the intention allowing what wants to be seen and felt and said arise naturally without judgment, sitting merely as an observer to the ebbs and flows that exist within that practice of silence. Through that kind of experimentation, the seeker may find resonance with a specific image or thought process or energetic vibe that feels conducive to the sending of the intention outward. It is that resonance, my friends, that can direct the seeker and comfort the seeker in knowing that their call and desire is being heard, is being seen, is being integrated.

This instrument is feeling extremely fatigued and struggling to maintain a strong contact, a strong focus at this time. She wishes to apologize if she lost the plot and hopes she was able to act as sufficient channel to the first portion of this query, and she feels as though attempting to answer the second could allow for detunement of her as instrument given her weakened mental vitality at this time. The instrument wishes to apologize and we wish to comfort this instrument and let her know that we appreciate this opportunity to work through her in service to the One Infinite Creator.

And without delaying any further we will take our leave of this instrument and transfer our contact to the one known as Kathy we are those of Q'uo.

(Kathy channeling)

We are those of Q'uo and we are now with this instrument. We may ask if there is a further query at this time.

**Gary**

Yes Q'uo. M would like to know: "What are the metaphysical implications, if any, of insomnia, given that sleep is our connection to our subconscious?"

**Q'uo**

We understand the query my brother. We speak to this question of a bodily concern in terms of sleep and adequate sleep. We wish to say first that this is an area of concern for the health of an entity for its fullest expression in body, mind and spirit. Therefore, the idea of sleep or insomnia indicating lack of sleep or less sleep than is considered normal also relates to all the levels of being of an entity, body mind and spirit. They all work together, especially in this state called sleep. For when an entity will sleep in what you call normal terms falling asleep, remaining asleep, allowing the brain waves, as you call them, to fluctuate into productive levels to produce appropriate restful, creative and deep and dreaming sleep, all of which are beneficial to the entity during this restful phase during your day.



The mental and spiritual aspects of sleep, in addition to the bodily aspect, are apparent when you consider that during what is termed normal sleep patterns, the entity's mental and spiritual parts of its being are operant in self-directed healing processes. [This includes] the working out of issues, questions or problems in the dream state or with other entities on the spiritual plane during the time of sleep, so that in the following hours, days or weeks other segments of your time such questions or problems may be worked out through that pattern that was adopted or accepted during the sleep state on a different level than the conscious level that entities have during their waking hours. Other entities in consciousness, whether in spirit form or in living form on your planet contemporaneously with an entity, may be contacted and communicated with in a most helpful and productive way, commencing healing or communication of a comforting nature, resolving questions into satisfactory answers and solutions which are consciously or perhaps semi-consciously realized in the waking moments of the following day or days when it is time to put such solutions into practice.

This brief discussion of some of the activities which can take place during sleep should begin to paint a picture of why sleep is important to the body/mind/spirit of an entity which your query points to. Therefore, we may respond to the query directly by saying sleep is important to the health of each entity for these reasons. It is supportive of health, wellbeing, spiritual growth, maintenance of health and happiness for an entity to have such sleep.

We may say at this point, however, in our discussion with you upon this topic that the amount of sleep, the quality of sleep, the conditions of sleeping may vary greatly between and among individual entities. One entity may require four hours of sleep, as you call it, per night cycle or between four and five hours, or perhaps even less. Some entities may prefer to have a lower amount of sleep during the night cycle and refresh body mind and spirit using sleep in a nap, as you call it, during the day, so that the amount of sleep and the quality of sleep would be appropriate for that entity. Other entities may want or need or require a longer duration of sleep which could help the entity's mind and brainwaves cycle through more sleep activities such as was described earlier, yielding those productive results. It is unknown what is the right amount of sleep except for one entity to explore for themselves. One individual entity may feel a lower amount is quite adequate and others may feel differently. It may be wise to work with those experts close to an entity's personal life who are knowledgeable and experienced in service to the health of the entity to determine what may be the best amount of sleep for a particular entity. You might call these experts—a doctor or a psychology professional, nurses, other practitioner names—healers. Again, this is an area for each individual entity to explore. There are many ways to determine what is right and best for each entity. One can also read about this subject, learn as much as possible, go within in meditation, understand what feels right for that individual's experience.

In terms of your particular query regarding insomnia, we reflect upon this term as meaning trouble sleeping, difficulty sleeping, attempting to sleep but not achieving the sleep state or perhaps not sustaining the sleep state. If any of these terms or expressions reflect what the query was asking about, we would say that again, educating oneself through reading or talking with such experts as we mentioned, to determine the causes of lack of sleep would be wise given its importance to the health of the entity. But, this must be balanced with the knowing from within. Perhaps, there are reasons to be discovered going within oneself why such difficulties and sleep are occurring there could be experiences and entities going through that are causing such difficulty to sleep.

In such times upon your planet some entities feel—especially those who are highly sensitive—the vibrations of uncertainty, of conflict, of anxiety over circumstances or events in the larger consciousness of the earth plane. In the highly sensitive ones, the awareness of these things may perhaps temporarily disrupt an entity's ability to achieve a satisfying sleep cycle we have described with its positive results.

To this we may say that just as in meditation, an entity may go deep within for answers which may help calm the spirit and the mind and the heart of the sensitive ones. We may also say that to come higher also above the clouds of the earth plane, above into the light and love of the Creator, into the higher lighter vibrations of above, as you would call it, leaving beneath those vibrations of difficulty or concern, leaving them below, even temporarily on the earth plane. To take one's spirit and mind higher, to feel the peace and tranquility of a higher space and time that is eternally free of such difficulties. Just as deep within self, an entity may find that deep comforting peace of feeling the Creator deep within self. Reaching for these connections, especially for the sensitive ones, we say if entities are so inclined, may help in times of less sleep or lack of sleep termed insomnia.

Also to know all entities, sensitive ones as well, knowing at all times you are ensconced in the light and love of the One Infinite Creator. Ever and always that keeps in that light and love in which you are always held, waking moments and sleeping moments may become easier, more complete, more restful, and more comforting.

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

(Jim channeling)

I am Q'uo and am again with this instrument. We thank you, each and every one for your fastidious dedication to the receiving and speaking of the concepts and the words that we have used this evening to provide answers to the queries put before us. We thank you for sharing the very nature of your being as a portion of the foundation for each concept and word. For we build upon that which is a sure foundation, the dedication to sharing the philosophy of the Confederation of Planets in the Service of the One Infinite Creator. We

share that desire with you. We walk with you. We talk with you. We thank you again for inviting our presence and at this time we shall take our leave of this instrument and this group. We leave you as always in the love and in the light of the One Infinite Creator of which we are all a part. Adonai vasu borragus.

## **8 June, 2022**

Intermediate channeling circle

Why does Ra refer to the will as the great conduit to the Creator, and how can we as seekers utilize that great conduit?

[Note: During this channeling, a yard crew began their diligent but noisy work in a neighbor's yard next door. The loud noise of several engines running quite close to the room where the circle made it a challenge for the instruments to remain tuned during the channeling.]

(Jim channeling)

**Q'uo**

I am Q'uo, and am with this instrument at this time. And we greet each of you in love and in light, and we thank you for inviting us to join your circle of seeking this evening.

We would again ask that you give careful consideration to the words and the concepts that we use to respond to your most interesting query this evening. Look at those words and concepts carefully, and use those which resonate with you at this time. Please do leave behind any that do not resonate. This is the means by which you free us to speak as we will, as we can, as we wish.

You have asked this evening, how any seeker of truth may use what Ra described as that great conduit to the Infinite Creator, the will. Each of you, my friends, has a will. Each of you has the desire, each of you has those ideals of the spirit, of the mind, of the emotions, of the body that you may utilize in some fashion, to move forward on your spiritual journey of seeking to be of service to others and the One Creator. With each of your words, each of your thoughts, and each of your deeds, you have this great desire within the third-density illusion in which you have the veil of forgetting that makes it a challenge to realize the nature of the reality through which you move, the reality towards which you move, and the nature of your own being.

This desire, purified, may be called your will. It is the motivating force of your own being that seeks to find the most effective ways of learning from the illusion in which you are immersed at this time. It is an illusion of confusion. It has so many possibilities for the mind of the seeker to become distracted by what seems to be important at the moment, but which when pursued, are often proved to be what you might call a dead-end that no further movement in the positive polarity is possible. When considering the milieu in which you live, move, and have your being, the third density is where you make the great choice as to how you shall extend your energies for the rest of this density, and the rest of the octaves of densities, that will lead you home to the One Infinite Creator.

And yet, that home is also firmly embedded within your own vehicle. For the Creator has made you, every entity on the planet, the planet itself, and all of the creation out of itself in order that it might know itself better, [with] more variety, or vividness, or power, or purity. This is your great journey as one who is the Creator in miniature, shall we say, seeking the Creator of all that is within all.

Your will, as you exercise more and more effectively, becomes [as though] a muscle in your physical body. It becomes stronger. It can become more focused. It is that which is the fuel of your journey of seeking. It is the most important tool that you have in your spiritual toolkit, shall we say. It is that which you may exercise as often as you wish, as often as you can, in order to continue to move forward in your positive polarization of service to all, and to others, to the One.

These choices that you make, however small or large, in every moment that you exist, can offer you a perpetual path of power, of the will to travel for the rest of your incarnations upon this earth, within the third density, the fourth and so forth. So that you continue to ride the power of the will. As you move in harmony with the One, this movement is likened to a path, a conduit whereas, energy of choice, the power of purpose, moves you in a rhythmic manner, a dance, shall we say, that brings you more and more in harmony with the Creator in all about you, the Creator within yourself, within the universe itself, so that you begin to blend your desire, your will to seek the Creator, to become the Creator with the Creator's will, so that eventually you do the Creator's will. For you have become the Creator having discovered who you are through all your choices and exercise of the will to seek the positive path of polarity in union with all. This exercise on a moment-by-moment basis is that which makes it possible for you to move into harmony with the One which is within you, without you with everyone, everywhere at all times.

This is your great journey. This is the most effective utilization of the will, the power to choose, the power to become, the power to serve, the power to be the One whose will moves through you, as your will moves to it.

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)

[Note: This instrument chose to leave her portion unpublished due to tuning difficulties caused by the abundant noise.]

(Austin channeling)

We are Q'uo, and we are now with this instrument. We find with some amusement that the topic of will is an appropriate line of thought for the circle gathered this evening. For as we observe the instruments within this circle, we find that there is a stronger necessity for the will on the part of the instruments in the form of maintaining concentration through the abundant distraction offered by those other-selves so diligently performing their duties, and providing the catalyst needed for those present to exercise this will to maintain the connection needed to perform the service of channel.

This immediate need for the will, on the part of the instruments present, has its roots within the deeper will, within the hearts of each present to gather as a circle in service to others through the means of joining us in this task of channeling and offering information and inspiration.

This desire of the moment to maintain concentration to perform this service may be connected, as though by a thread, to that deeper desire within the hearts of each that has brought each here today. And if this thread is explored even deeper and deeper, each individual may discover eventually, that this desire may be traced back to the most fundamental and original desire of the One Infinite Creator. As is such with all will, and all individuals within the One Infinite Creation. For it was an act of will that birthed what you understand as the creation itself. The creation is, in the most basic sense, made of the will of the Creator.

We explore this notion to help offer each seeker attempting to grasp and understand their will and understand how to further utilize their will to come to know that this will is indeed, as described in the query, the great conduit to the Creator for it is fundamental to your very beingness. This may be observed in the creation about you, not just in the metaphysical sense, but even in the physical sense. You may find hints of the Creator's will in the most fundamental aspects of your physical universe. The most basic and fundamental forces that bind the particles, atoms, and most material within your universe, are a physical expression of the Creator's will manifest in space/time.

As you broaden your view of these minute particles, the fundamental attraction and repulsion of these particles and these energies become more and more complex. And the will of the Creator becomes more tangled within the physical creation until eventually, the creation as you perceive it comes into view where these aspects of your space/ time, such as gravity, electromagnetism, and other seemingly mysterious forces that attract material and form the basis of patterns and cohesion in your physical universe are seen with greater clarity. These physical aspects of your universe are but hints at the metaphysical aspects that you inquire about this evening. The desire within the heart of each to serve others, to be unified with others is as though its own gravity, its own magnetism that begins to attract and form its own cohesion within the heart of the seeker, and among the shared heart of groups such as this and even the shared heart of your social memory complex being birthed upon your planet (with some difficulty) at your current time/space.

This fundamental nature of will is why those of Ra referred to the will as the great conduit to the Creator. For it is in grasping this desire within the heart of each that the seeker allows the fundamental force of the Creator to orient the seeker towards the Creator, to unify the seeker's consciousness and awareness with that of the Creator's so that as this desire is tended to and focused upon and the will is nurtured, the seeker realizes more and more that they are the Creator.

And through this exercise of the will, the seeker becomes a true co-Creator, having opened the conduit to the Creator, and is able to move about the creation with light feet to attend to various distortions and complexities of the illusion about you with more awareness of the necessity for love and light, for understanding and compassion. And having opened this conduit, the seeker is more able to manifest these things at any given moment.

The will referred to within your query is indeed the same as this desire that may be kindled within the heart of each entity, starting from the first density all the way to the completion of the octave within the eighth density. This desire is made more powerful within your current density, thanks to the advent of the veil of forgetting. Prior to this veiling, entities within the third-density were aware of their nature as the Creator, and thus the will of those entities was automatically tuned to the Creator so that their beingness garnered little charge and manifested little of the original desire of the Creator to experience variety and more intensity.

The veil falling over the third density created a shadow that necessitated that the seeker discover this hidden flame within their heart, and through a process of discovery, awaken to the desire to know the self and the world about one. The will was no longer a natural choice upon the part of the entity, but rather required effort and could from certain perspectives go awry.

We encourage each seeker, whether just beginning upon the path, or having some experience with their seeking of the Creator, to always recall the initial desire discovered within your heart, that pull that you felt as you looked upon the world with wonder, and desire to understand the mystery of life and of love. For it is this fresh desire to grasp the mystery of the creation that is the constant fundamental will present within each entity through this dance of the densities within your octave.

Remembering this great desire will bring you closer to that conduit and continue to move you along your path in ways that may not seem logical or predictable, but will manifest more and more of the Creator's will, and the Creator's love, and the Creator's light through you and within you.

We are honored to join you, all seekers upon your planet, in this process of manifesting this desire and this will to journey home to the Creator. We are those of Q'uo. We will now take leave of this instrument and transfer the contact to the one known as Jim.

(Jim channeling)

I am Q'uo and am again with this instrument. We would emphasize the use of the will as your journey home. And we thank each of you for allowing us to accompany you on that journey home into the heart, the Infinite Creator resides within each. You have expressed such a desire upon your own parts to make this journey a constant part of your life path. And we thank you for joining us on this infinite journey, the exercise of will, to know, to be, and to serve the One. At this time, we will take our leave of this group, leaving each as always in the One Infinite Creator's love and light. Adonai vasu borragus.