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SATURDAY CHANNELING CIRCLE - CHANNELING CIRCLE 9 JANUARY 8, 2011

Jim: We are wondering about the relationship we have with our higher self—how the higher self is formed; how it communicates with us; how it decides what information or assistance to give and what not to give. Just in general, what is the dynamic relationship and how does it function between ourselves here in third density and our higher selves at mid-sixth density?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. It is a great honor to be called to your circle of seeking and we are very happy to speak with you concerning the higher self. That concept is at the core of those entities of help to you during incarnation that are unseen but, nevertheless, very real.

However, as always, we would ask that each of you that listens to or reads these words use your discrimination and your powers of discernment to decide that which is helpful to you and that which is not interesting. Let those words of ours which do not rouse your interest slide by without a second thought. Focus on those concepts you feel may be helpful. If you will take the responsibility of using that discrimination we shall relax and not be concerned with the possibility of infringing upon your free will or interrupting the rhythm of your spiritual walk. We thank you for this consideration.

We would note also, before we begin that because of requests within the circle, the speaker this evening is Hatonn rather than Latwii. Nevertheless, we call ourselves the principle of Q'uo because all of us, Hatonn, Latwii, and those of Ra, collaborate in responses to these questions.

You ask concerning the higher self—what precisely the higher self is and how it relates to you through your incarnation. We would begin by describing to you this higher self in a way that may make some sense to you in terms of your linear mind and your intellect.

If you stay strictly within space/time in the world of manifestation, you can only go as far as the end of third density. In order to progress further, you move into fourth density; into the precincts of time/space; into the environment of energy from electricity or electrical energy as opposed to the energies of chemicals and the distillation process that goes on in your physical body at all times as you distill the helpful ingredients within foods for the use of your physical vehicle and eliminate the dross or the extra.

However, if you consider that in third density you still retain the energy body that will carry you into fourth density, and that has carried you through your incarnation, then you can go further with your intellectual considerations. So please imagine yourself in your indigo-ray body, moving into incarnation in third density, aligning with the physical vehicle and connecting to it by means of the

silver cord, so called. Then imagine that same body, at the end of the physical incarnation, releasing its hold upon the physical body that is no longer viable and moving into the process of graduation, first in the indigo-ray body, then in the violet-ray body. And once the steps of light have been walked and you have graduated into fourth density, [imagine] moving back into the indigo-ray body and then into physical incarnation of the electric type rather than the chemical type.

You do this throughout the long reaches of fourth density and fifth density. Finally, you graduate to sixth density, having learned the ways of love and the ways of wisdom. In sixth density, still in your electrical body, you refine and refine the lessons of love and wisdom, combining them again and again until you find the secret to acting with compassionate wisdom or wise love.

Ultimately, you reach a point somewhere in the midst of sixth density when you discover that all that you have ever desired has been satisfied except for the hunger and thirst for the Creator. And so you turn from the world of desire. You no longer think of what you will do next. You only think of the Creator. And that draws you ever closer to the seventh density, the Density of Foreverness.

At the point at which you find that you have achieved all your goals in the outer physical world, have performed all the services you hoped to perform and have integrated all of the learnings that you hoped to gather, you turn back to the past, so-called only in space/time, and you give to yourself a gift. You give to yourself a thoughtform in which is stored every lesson that you have learned, every gift that you have expressed, every dream and hope that has fired your journey. You give the highest and best self of which you are capable within third density, within fourth, within fifth, and within sixth, to yourself. That thoughtform, called the higher self, can also be called the “magical personality.”

We would, at this time, transfer this contact to the one known as S. We are those of Q’uo.

(S channeling)

I am Q’uo, and we are with this instrument. A magical personality represents a form of self or image of self or potential of self, if you will, that has to it a completeness that is lacking in those stages or forms of selfhood that one finds being explored in the

earlier phases of development. Now this would seem to be on its face a contradiction, because to be a self, after all, would suggest that one is always precisely the self that one is. And understood in this way, it would seem implausible that there could be a portion of the self that is missing to itself. And yet this is precisely what we would suggest to you is the preponderant experience of being a self.

Within your third-density experience you find that you undergo several phases of being the self as you grow and develop within the life experience. You are first an infant, then a child, then an adolescent, a young adult, a mature individual, an aging individual, and finally one who perches upon the very precipice of larger life. And in each of these phases of your life-experience you can find different meanings associated with the concept of self that you associate with yourself. You find different ways of being the self that you are. As we have suggested, these ways will often involve a particular focus of desire. And desire does play a very large role in situating the way of seeking and the way of service that each self finds appropriate to itself.

You could say that the desiring mechanism is a filtering process which gives a particular intensity to the practice of focusing on certain aspects or facets of one’s experience that one feels would profit from further exploration.

The process of undergoing a life of desire, however, is not a static one. Desire has a way of reformulating itself as it undergoes the experiences of fulfillment or disappointment, of challenges, of further aspiration and further possibilities for further desiring which form on one’s horizons.

As one reflects upon the self that lies at the root of these desires then, it becomes clear that the self, itself, is something perpetually in the process of being created and transformed. To be sure, there is a continuity in the process; that is to say, the desires that one has had, the questions that one has posed, remain with one for a period and it is from questions currently asked that questions to be asked will evolve. It is therefore, not without meaning to say of oneself that one is a self, but it is not a meaning which is set in stone.

What is important is that there be a sense of responsibility, if we may use this word, that one learns to exercise in the movement through the various phases of exploring the potentials of being

the self so that, for example, an action that is performed today receives tomorrow the respect of the unanswerable.

What we mean by this is that one acknowledges a past that belongs to oneself even at a time when the circumstances have substantially changed. It is possible, however, to become so foreshortened in the sense of who one is, that one's boundaries harden. The factors involved in this experience are well enough recognized to you: they are fear, anxiety, a reactivity to the pain that can emerge in one's life experience, so that one draws inward and begins to think of oneself in a more and more limited way.

There are very few who escape this effect completely and as a result of processes such as these one begins to think of oneself as an isolated unit of being separated from all others. In this circumstance, one can hardly think of a higher order of self that could serve as a resource to one, not from without, but from within. So the first principle that we would have you recognize when dealing with a problem of selfhood is that it knows no outer or inner limit. Only if you recognize this principle can the notion of a higher self make any sense.

At this point, we would transfer the contact to the one known as M.

(M channeling)

We are Q'uo. We will start by saying a few words addressing the initial question on what information the higher self chooses to give the self and why it does so or, said another way, what information does the higher self withhold from the self and why. As this instrument is perceiving it, technically speaking, the higher self does not limit, so to speak, what information is available to the self in theory. It is, in a sense, what we choose to look at, the higher self and the self in third density being two points on a circle, so to speak. [They] are aspects of the same [self], so we can, in theory, tap into anything our higher self has to offer to us.

However, we can, in the same way, look at what we choose, [and we may choose] not to look at our higher self at certain times. It is a matter of facing the self, which most individuals find harder than facing other selves or other higher beings of higher dimensions.

However, facing the self is the most natural point of contact or way of contact. In truth, you can contact

your higher self whenever you want and wherever you are by desiring to do so. However, this, as any skill in the quest or path to adepthood takes practice and process, patience, commitment, focus, and the foundational intent or service.

We now pass this contact to the one known as L. We are Q'uo.

(L channeling)

We are Q'uo, and are with this instrument now. We would like to expound further upon the topic of interacting with one's higher self. We would encourage you to consider, when consulting the higher self, that it is not necessary to take the position of a supplicant or neophyte begging for wisdom from a source you cannot comprehend or is superior to you, but to consider your relationship with your higher self as a partnership. In all ways you work together.

[In] the realm of sixth density, concepts of time and space grow close to meaningless. As your higher self observes your growth, that portion of you is learning from the you that is learning. [It is] a portion of yourself that you are calling upon. In all ways you are infinite and ever growing. Your higher self is not there to be your God or any type of elevated superior that you must go through any certain ritual to contact but is there as your friend—as your best friend.

Your higher self is the most complete, highest and best expression of that vibration that is you. The you that you are now and the experience that you are gaining right now is a part of the experience that that higher self retains. The higher self may combine your experience with all the other wisdom that [it] has gathered on its journey and than presented back to you in an augmented fashion that will help you with the very issue with which you are dealing right now because it was that very issue that helped you provide the wisdom that your higher self now gives back to you.

Your higher self is virtually anything you can perceive it to be. Your higher self is the limits of your imagination, for it is everything that you ever thought and cared about and done, therefore, if you need it, it will be provided. If you desire your higher self to communicate with you by making the stars dance, if you can conceive it, it can happen. A certain person who sees a coin laying on the ground

as they walk by [may] think nothing of it, while another may be able to interpret it as a sign of something, that one puzzle piece in their life that was missing, because they ask that their environment provide them with information. There is no one way in which communication is established. It does not have to be through prayer or ritual or any attempt at communication with words. Your higher self can communicate with you through any means to which you are open.

There is also your specific guidance system, the artifacts your higher self has created for you and sent back, known to many as the male and the female guides and the third guide that is a union of the two, often seen as androgynous. These were created to be a more tangible example to you. It will help you in more direct ways.

You and your higher self are on this road together. There is no separation and, being your best friend, your higher self will always respect your wishes, even ones you may not know you have; agreements you made before your incarnation; realizations of your unconscious; the desires you have that you do not realize or express. The higher self realizes these and they will not in any way infringe upon your free will or step on the toes of your learning. For they were once in your shoes and know just how important it is that you learn at your own pace, which is why at times you may not get the particular answer for which you were looking. It is not that the higher self does not listen or does not care; it only has one eye open to the big picture of what your soul is planning both for the incarnation and [for] the unconscious desires of your heart.

We would now pass this channel to the one known as Jim:

(Jim channeling)

I am Q'uo, and we greet each again in love and light through this instrument. We have been speaking to you this evening on the concept of the higher self and your relationship to it; the types of information that are transmitted both from you to the higher self and the higher self to you. The higher self itself is connected to what you may see as another facet of yourself in this circle of beingness. That is to say, the higher self has its higher self as well. This totality of beingness is a resource upon which the higher self may call in the, shall we say, framing of the possibilities of experience for the mind/body/spirit

complex that each of you is within your third-density illusion.

Thus, there is a great wealth of information and experience that is available to each entity, such as each of you is. When you are within your daily experience, going about your routines and accomplishing various tasks, you are, for the most part, motivated and empowered by your own desires, experiences, and relationships. When there is a difficulty within any experience, you begin to ask within yourself as to the solution of such difficulties. If your own experience is unable to provide you with the satisfactory answers, it is, as you say, a natural function of the questing mind, body and spirit complex which you are to call for assistance, whether this call is conscious or subconscious, because at this time the other aspects of your being such as your higher self are able to give information or inspiration, a direction, a clue, shall we say, that will help you on your journey without infringing upon your own free will. For the call that has been offered has been heard and shall be responded to.

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

(Carla channeling)

We are those of Q'uo, and are again with this instrument, greeting you through this instrument in love and in light. My friends, there are two basic ways that you, as a self, can work with the higher self, which is that aspect of you that could be called the highest and best, or the accumulation of all that has been learned. One way, is as part of a closed system, the other way is as part of an open system.

Those who work with the closed system are working under the assumption that the individual self is a closed system. However, the higher self resides within the open heart. It is closer to you than your own breathing or your own heartbeat. Now, because the higher self resting in the heart is under its beneficent influence, the preponderant inspiration from contact with the higher self shall have to do with love because choosing love over fear, choosing service to others over service to self, choosing radiance over self-defense, is that which polarizes an entity positively and enables that entity to be ready for graduation.

There is no need in terms of graduation to work with the self as an open system. In working with the

higher self in a closed-system way, then, perhaps the best way to encourage words to come from that conversation you are having in the silence between desire and its response is to write down your questions and, to the best of your ability, write down that thought which comes to you on the heels of posing that question to the higher self. The entity who created the book, *Conversations with God*¹, was using this technique and it is available to all who wish to use this resource.

Now, if you wish to access the higher self as part of an open system, you are basically working with the infinite supply of love/light energy that you are receiving from the earth, through the feet and upwards through the body and through the energy body as well, exiting out the top of the physical head as well as the seventh chakra. You are using the higher chakras; that is, the chakras above the heart, the blue-ray chakra of communication, the indigo-ray chakra of radiance of being, and the violet-ray chakra which is that which holds the gateway to intelligent infinity.

Due to the placement of desire when in the energy body, you ask your question of the gateway of intelligent infinity, thereby causing a response to flow down from the Creator into your body, meeting the upward-spiraling love/light energy that is always yours at the chakra-point of keenest desire. Some refer to this as the movement of kundalini. If your energies are devoted entirely to seeking the Creator, it is likely that the inspiration and information from above will move through the gateway, through the upper chakras, bouncing down to that central chakra of the heart ray and then bouncing back up to indigo ray, where it will reside and where you may converse in the language of concepts.

(Side one of tape ends.)

It is to be noted that there are advantages to working with the higher self in an open system, where you perceive yourself to be part of all that there is and free to contact all those parts of the self that are included in the higher self. Working with an open system, there is no heavy influence of love, wisdom or power. The system wherein you as a personality and a self are not truly separate from the rest of

Creation is a powerful model. It opens the self-definition, as you think about yourself, to the realm of endless potential.

This is not to say that you can become substantially different from yourself. The combined energies of your soulstream through many, many incarnations have produced within you a characteristic vibration. What you are interested in doing, whether in a closed system or an open system, is decreasing the difference between your vibration or frequency and the vibration or frequency of the one infinite Creator, pure unconditional love, the Logos, that one great original Thought that created the universe.

Working with an open system, you are able to retrieve more specific information from the various aspects and experiences of yourself in various incarnations. So there is more flexibility and variety in the information and inspiration you may garner working with the concept of the self as an open system.

Nevertheless, it is always to be noted that in third density, the main thrust of each seeker's work shall need to be that work which improves polarity and deepens and intensifies the choice of service to others so that the steps of light can be walked at the physical death in the spirit body and the new environment of fourth density or higher can be attained.

Looking strictly at the goal of graduation from this, your last incarnation on third-density Planet Earth, it is perfectly acceptable to choose the closed system as the simpler system within which to work. And we would recommend this for any who are not drawn to the idea or the dream of the magical personality and living life as a priest.

If you are drawn to create within your life a magical persona and if you are drawn to working with that persona, then you are a good candidate for working with the open-system concept of self and doing the inner work necessary not only to keep the lower chakras open and the heart open, but also to keep the upper chakras flexible and responsive to your desire.

Working with the open system, it is possible to pull in not only all the many aspects of the higher self, your basic guidance system, but also many other entities that are drawn to you particularly, because of your frequency of vibration, the quality of your

¹ Neale Donald Walsch, *Conversations with God*; an Uncommon Dialogue: New York, Putnam, 1996.

devotion and the honesty and intensity of your hope of serving. These are the tools with which you may sally forth to seek the truth. You are most emphatically not alone.

We would, at this time, ask if there is a follow-up to this query or any related query. We are those of Q'uo.

M: I was wondering about the relationship between an individual self's higher self and the individual's sixth-dimensional social memory complex that he or she will be a part of. (*Inaudible*).

We are those of Q'uo. We thank the one known as M. We believe that we grasp her query. The relationship of the self and the higher self to the social memory complex of which the higher self is a part within mid sixth density is that of an overshadowing energy that can be accessed by the desire of the self within incarnation. This can be accessed because the social memory complex of the sixth-density entity is part and parcel of the depths of the sixth-density entity's self-definition. [It] is not simply that a member of a social memory complex defines itself as part of that complex, it is rather that all of those entities who have worked together in collaboration for one common purpose over time become closer than friends, or lovers, or mates. They become one in thought, one in hope, one in intention.

So there is the energy of all of that sixth-density social memory complex, which rests like an aura around the higher self. It is not that the social memory complex as a whole has more pointed advice to give you or more helpful resources to offer than the higher self by itself, it is that accepting the higher self's social memory complex as part of the higher self, one is able to access the overwhelming power of the combined seeking of all those involved in the social memory complex. And it is often helpful simply to focus the self within that third-density, momentary desire. There is a clarifying energy to the social memory complex itself that is over and above the individual energy of that higher self that you may call your "highest and best self."

May we answer you further, my sister? We are those of Q'uo.

M: No. Thank you very much.

We thank you, my sister. We are those of Q'uo, and would ask if there is a final query at this time.

F: We were talking earlier about our energy systems and the physical sensations that we feel in our energy systems. If you could address any spiritual principles that would help us understand, I'd appreciate it.

We are those of Q'uo, and we are aware of the query of the one known as F. My sister, there are many sensations which are connected with each chakra. You may see some of them as physical, some of them as spiritual and some of them as mental or emotional. The physical sensations connected with each chakra are those bodily sensations that are in the area in the physical body represented by the chakra, so difficulties such as this instrument currently has with the very bottom of her spine are connected with first ray or the red-ray chakra.

Lower-belly issues such as the gastrointestinal tract are connected with the orange ray chakra.

Those symptoms that cluster about the stomach and various problems connected with the stomach such as acid reflux and ulcers are connected with the yellow ray chakra.

All things connected with the heart and vascular systems are connected to the green-ray chakra.

Throat problems are connected with the blue ray chakra.

Problems in the face, the forehead and the ears are connected to the indigo-ray chakra.

There are no issues connected with the violet-ray chakra as it is simply a closing readout of the system as it leaves the body.

Emotionally speaking, it is necessary to trace the trigger that caused the energy body to contract and determine from that cause what chakra is involved in the emotional work that has closed that chakra.

In spiritual pain, which is rare, but which does exist, it is also necessary to go through a somewhat arduous and time-consuming process of determining that seed cause which first closed a lower chakra because of spiritual pain, for it is only when that spiritual pain is discovered and exposed to the light, that it can begin to heal.

We are those of Q'uo, and would ask if we may answer you any further, my sister?

F: I guess I was also wanting to know about the positive, pleasant sensations during meditation or

throughout the day that feel like energy flowing in a positive manner.

We are those of Q'uo. We believe that we are aware of your query, my sister. Very simply, when there are positive aspects that are associated with the energetic flow from the lower chakras, through the upper chakras and back to the Creator, the positive expression will tend to come from the green-ray chakra, the heart chakra, that powerful engine not only of the physical body but of the energy body as well, for this is, my friends, a universe of love.

We find that this instrument and this group begin to tire and so we would take our leave of the channeling circle and all those that have participated in this session of working. It has been a positive joy to work with each and every channel and we thank each for coming and sharing your gift.

We thank all who have come for their beauty and their courage and for the will to set aside time to seek the truth. We are known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends.
Adonai. ❁



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SATURDAY MEDITATION

JANUARY 22, 2011

Jim: The question this evening has to do with this: when we as seekers pray that the will of the Creator or of Jesus be done through us, how do we do this most effectively and to what power are we giving over our will? What exactly is occurring here and how does this affect our free will as seekers.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. It is a privilege and a pleasure to be called to your circle of seeking and we are happy to join you in this session of working and to share our thoughts.

Before we begin, however, as always, we would ask of you a favor and it is to use your discernment and your powers of discrimination as you listen to those things that we say, taking that which moves you and feels good to you and resonates to you, while leaving the remainder behind. If you will employ your discernment, we will feel much freer to offer our humble opinions, as we know that we will not infringe upon your free will but only be a potentially helpful source of thoughts. We thank you for this consideration, my friends.

We thank the one known as J for this query and, as the one known as Carla has said, it cuts to the heart of the philosophy of the Law of One, shall we say, and to one's concept of how one is living one's life. Sometimes when one uses one's will to give up one's will to a higher will, one feels as though one is losing

one's freedom, losing one's free will. It feels as though the personal will has been given up—and for what? The answer to that is hidden in the mystery of the one Creator. So let us look at this query more closely.

In the first place, free will is a matter of perception for each person who is living in incarnation on Planet Earth in third density. If the entity has had a successful indoctrination into some religions, for instance, the matter of free will has been declared null and void and instead the child will obey each dictate and dogma of the religion which has an answer for every situation, usually heavily couched in judgment and narrowing one's choices so that there are prisons made of dogma, each tenet a bar. The door is locked for the entire incarnation, once such tenets are accepted.

There are others who have been trained by their parents and indoctrinated into their culture in such a way that there is a prison made of enculturation. There are rules governing each action. And often these bars are as stringent as those of religion in limiting the choices of those who have chosen to obey the dictates of society without thought and without question.

Fortunate are those who awaken within an incarnation to a realization that it is their right and part of their basic nature to make their own choices; to discern and evaluate the truth for themselves and to remove themselves from any prisons made of words, the tenets of dogma, or the rules and

regulations of society, [which are] words of imprisonment for many.

Now, we are not judging religion or society for creating dogma or for creating the rules and regulations of polite social intercourse. There are some that do very well within the narrow limits of a religion or a society. It is possible to open the energy body and keep the heart open within the prison of words. It is possible to graduate from third density in these conditions.

However, there is a tremendous power involved in realizing that you have the capacity and the responsibility to make your choices for yourself. Once an entity realizes that he does indeed have free will and that he can exercise it, he is then faced with the decision of how to bend his will, what to desire, and what to set the intention to seek.

There are those who, having realized their free will, turn to objects of desire that are within the physical illusion. This instrument was talking on a radio program and was asked about how to set an intention to get what was desired. Then this instrument discovered that the object of desire was a set of dishes and she told the questioner that she was out of her depth because she only knew how to set her intention for spiritual goals and that the caller was on her own when it came to dishes.

We are talking about spiritual goals here to the exclusion of goals set within the illusion. Giving over one's will to the will of the infinite Creator is an act of will. Indeed it is a very deep act of will, reaching down into the roots of consciousness, for the will is turned over to the Creator, the Creator of love, that Logos, the one original Thought that created all that there is. Such a decision is the act of a conscious being that is conscious of its reality and of the reality within which it dwells; that is, [that] it dwells in the house of the Creator on an island in space called Planet Earth. It acknowledges that there is a dance between all of the parts of the Creator so that they are all dancing in balance with each other, and it indicates an overwhelming desire to be part of the harmony, the reciprocity, and the balance of the dance.

It seems as though it were giving away responsibility [to give one's will over to the will of the Creator], yet it is in no way a giving away of responsibility. Rather it is a dedication of the self to the rightness, the balance, the rhythm of the dance. It is an

acknowledgment that within third density one cannot see clearly all of the factors that weigh on a situation. One cannot see what the grand pattern is that lies beneath the smaller patterns. [Such a choice] expresses the desire to cooperate with and harmonize with that pattern to come into balance with the one infinite Creation and all of its interactive parts. Free will is at its most expressive as it chooses the will of the infinite One and releases attachments to outcomes within the illusion in favor of what that mystery shall bring about in the way of deeper reconciliation and return to balance.

The human will, the individual will, is very powerful. Each of you is a magical entity, an entity capable potentially of creating changes in your own consciousness by thought. It is seductive and tempting to use one's individual will, pushing against perceived reality, for a desired goal. It is easy to think that one is doing one's part by willing that this perceived responsibility be completed or that service be rendered. And all of those energies are excellent. The expressing of one's desires and the setting of one's intentions are ways of experiencing the self as powerful. And this is a helpful experience.

Yet the most powerful choice, in our humble opinion, for any entity is the choice of doing the will of that agent which created all that there is and which is aware of all of those elements which shall constitute the balance point in any situation.

It takes courage, in fact, to turn over the will to the infinite One, for the outcome is unknown. Those personal desires which one has may or may not be part of that balance and rhythm of the dance that is appropriate. There is the element of perceived sacrifice.

We cannot even say that such decisions create peace within the self, for the Creator's choices do not come with explanations.

We appreciated the comments of the one known as G before this meditation as concerning the introduction of space or spaciousness into his experience of his own suffering. The one known as G credited the one known as Ramana¹ in giving him the question that gave him space. That question was, "Who is experiencing this?" It established him as a

¹ Ramana Maharshi (1879-1950) was a teacher of pure, non-dual awareness. His many books can be purchased in bookstores or on line.

witness of that which is happening and allowed him to detach himself from the stormy waters of his catalyst.

Another part of the query of the one known as J had to do with the entity to whom he was turning over his will when he prayed, "Thy will be done." Both the one known as J and this instrument were raised in the Christian church. The one known as J is a Roman Catholic and the one known as Carla is an Anglican Catholic. So these two share a heritage of thinking about the Creator in which the Creator's unity is divided into a trinity and yet the three parts create an infinity of One. It is not an easy thing to wrap one's intellect around such a concept because it contains obvious paradox. How can something that is three also be one? How can something that is unified be in three parts?

Many are the souls who have been able to work well with the one known as Jesus being the object of prayer. Many others have worked well with being able to relate to and use the energy of the Holy Spirit. Yet, as the one known as J said, when posing this question, the concept of the Creator Itself was always left vague. Working within that religious system we are unable to sharpen the focus.

Yet we may offer thoughts about who that third member of the unity of the Creator may be, for the one known as Jesus, the Christ, related to the infinite Creator as "Papa." In the Aramaic language "Abba" does not simply mean "Father." It means "Daddy" or "Papa." It is a name of great affection and love. When the one known as Jesus the Christ gave over his will to the one infinite Creator, he gave over his will to his beloved "Daddy." This was His perception of the Creator.

We would point out that from within the religious system the concept of a "Papa," rather than a judgmental, stern and distant Creator, was revolutionary. This was not something that the one known as Jesus the Christ learned from his religion or his society. It was a truth of the depths of his soul.

Yet there is great truth in this relationship for all because, from the standpoint of what this instrument calls the Law of One, the Creator is indeed a "Daddy," a near and loving Father, or shall we say a Parent, for there are very feminine aspects of the Creator in that the Creator birthed the stars, the planets, the suns and moons, as well as each and every particle and iota of life within the infinite

Creation. There was no female deity to give birth; the Creator birthed his Creation in an act of combined fatherhood and motherhood.

It is very convenient to think of the Creator with a sexual connotation of "Father" or "Mother," yet we would suggest to you that the mystery of the Creator is both and neither. The Creator is both a Father and a Mother in that the Creation is the result of the attraction between free will and the essence of the Creator, which is Love.

When Light was added to Love and manifestation occurred, it was far down the line from the original Thought. Manifestation is a latter choice, the choice of one who wishes to know more about who he is and so he flings off many particles of himself and then witnesses them and their experiences to glean that which he has not yet learned about himself.

So the Creator does the reciprocal thing of saying "Not My will but Thine," as he gives each entity within the Creation free will. He is not going to tell them what to do. He is going to find out what they desire and how they experience those desires. He cannot do that by governing them, yet when he is asked, "Thy will be done," he moves according to that which tends toward the lessening of distortion and the restoration of balance.

The mystery deepens because there are many levels upon which balance can occur so that one could never predict accurately where balance lies; where wisdom lies, where the highest and best expression of love lies.

Third density is, by its very nature, a strongly sexual density in that sexuality is one of the primary ways that people experience the otherness of their dynamic opposite. Male and female are two poles of a very important dynamic. The energies of masculinity are those of reaching, on an archetypal level, and those of the feminine are the personification of that which awaits the reaching. Therefore, the male entity experiences a good deal of aggression and inception. There is the urge to begin things.

The female, in experiencing that attraction between men and women, often finds herself yielding to that aggression and being delighted to do so. It is not enough remembered, however, that each entity carries within itself, whether biologically male or biologically female, both energies.

And again, it is well to consider how balanced an entity one is. If male, does one have a balance of feminine energy to soften the aggression? If female, does one have the ability to make decisions and strike out for oneself along the lines desired as well as the ability to cooperate and to give way? When this is considered, it may be easy to see why so many relate to the Holy Spirit as the feminine aspect of the infinite Creator.

We would suggest that it might be more productive to consider the three pillars of the Tree of Life, with the Creator principle being that side which is considered male, Jesus being that energy which is considered female and the Holy Spirit as that energy which is the middle pillar. For the Holy Spirit's essence is the energy of Jesus that was left behind on the inner planes when the one known as Jesus departed from the outer planes, so that the energy of the one known as Jesus, the Christ, that fructified Love, would always be available until the end of third density.

There is no right way to relate to these entities. It is just as useful to the seeker to relate in one way as another. We encourage each to follow the experiences of the heart and to relate in a completely individual way, not the way others relate, but the way that you have found it helpful to relate. Therefore, whether you are turning your will over to Daddy, or to Jesus the Christ, or to the Holy Spirit—Sophia as some call her; it makes no difference for the intention—in all three ways of saying, “Thy Will be done” [it] is the same. There is that hunger and thirst for the most balanced situation possible to flow and the willingness to cooperate when the stage is set and it is discovered what the cues are, what the situation is, and what the love is in the moment that can be found and shared. Whether you think of the Creator, Jesus, the Holy Spirit, or some Creator-entity of your own understanding does not matter. It is the intention to maximize your service and your devotion that are the central and pivotal energies in this seeming giving over of the will.

In actuality, it is the crown of free-will choices to choose the Creator's way. It is the same energy that causes people sometimes to take off their watches and say, “This is now God's time.” It is the releasing of the self from the minutes and the hours that frees time from its prison. And it is the releasing of the

will from the lesser goals of a worldly and illusory nature and the releasing of them into the mystery that enhances to the highest point possible one's freedom to choose.

The mystery of free will shall never be made clear. The paradox of using one's free will to give up one's free will shall never be elucidated. And therefore questions will always continue to be asked, in all humility and puzzlement, as to how this works. The peace that passeth understanding, however, does stem from the faith one has that it is possible to tabernacle with the infinite One in such a way that the Infinite One can maximize balance through you.

We commend each to ponder this point. We ask each [person] to reckon with his own power. What is the right use of power, my friends? How shall you bend your will? How shall you, as co-creator, create your universe? How shall you rule it? Shall it be a creation of love or a creation of judgment? These matters are in your hands and yours alone. Go forth, therefore, and seek to serve.

We hope that our humble comments have been some aid to you in thinking about this query and would ask if there is a follow-up question at this point. We are those of Q'uo.

Questioner: Q'uo, this is a question I have. Could you define the difference between emotional and spiritual pain?

We are those of Q'uo, and are aware of your query, my sister. The human entity has three components—physical, mental/emotional and spiritual. Physical pain is obviously that of the physical body. Mental/emotional pain is still that which involves the mind or intellect and the emotions which are instinctually those of third-density humans, and spiritual pain is that pain which is involved in the spiritual complex as it is activated by the individual. Often, a mental or an emotional pain will strike so deeply that it feels as though it is striking to the very soul and most of the suffering of humankind is of this mental/emotional nature.

Purely spiritual pain is quite rare, and yet it does occur. There are those who ache for lack of connection to the essence of their spiritual selves. It is as though such an entity is attempting to make a connection and is unable to do so. However, the vast

majority of entities' suffering is experienced in the mind and emotions.

May we answer you further, my sister? We are those of Q'uo.

Questioner: No, thank you.

We thank you, my sister. And, my sister, we offer you, as paltry as these words are, our sympathy. And we offer sympathy to all of those who suffer. For we realize that the suffering seems out of all proportion to what would be logical or reasonable. Yet suffering is not logical. It is not reasonable. And it is always a challenge. We suffer with those who suffer, and if that offers any comfort, we are grateful.

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

R: I have a question, Q'uo. When I ask for guidance, does that imply that I have a particular outcome in mind in third density? I'm still caught in the third-density experience compared with what you talked about, which was surrendering completely and being at peace with whatever the experience brings. Can you comment on that?

We are those of Q'uo, and we perceive a query. If we are incorrect we would ask the one known as R to repeat his query in another way so that we may understand better.

There is, indeed, a difference between asking for guidance and the releasing of the will so that the Creator's will may be done. Both are positive and loving actions. It is your way to ask for help and to ask for guidance. And we are aware that you have found it to be, in its way, quite effective in your experience many times. The asking for guidance can be looked at in a couple of ways.

(Side one of tape ends.)

(Carla channeling)

Firstly, one may ask oneself, "What is the highest and best action I can take at this time? What is my highest and best self's choice?" You are asking, in effect, your higher self to weigh in with some hint or inkling of what would be the choice of paths of service for the best you that there ever could be.

Another way of looking at asking for guidance is as an extension of asking your friends for guidance—those in the physical illusion with you—and simply

extending your field of request to include the unseen realms.

One way of thinking about asking for guidance is a more direct remembrance of that oneness of all creation. The other is a way of reaching out to the help that is always available, which implies "others" within your creation and not simply the self and other-selves that are the same as you.

Whichever way of thinking about your guidance system that is helpful is the one we would encourage you to follow. For some, it is very comforting to think that the higher self, the best you that could possibly be, will offer the unified answer. For others it is much more comforting to feel that there are allies all around—those who truly want to help you. Both ways of thinking about guidance are the truth.

Again, when you find paradox, when you find mystery, you may be assured that you are on the right track, for things of the spirit are consistently and always going to include those elements. For they break the bonds of linear thought and bring in the qualities of infinity and eternity.

May we answer you further, my brother? We are those of Q'uo.

R: Thank you for those thoughts, Q'uo. I will ask about the difference between asking for guidance, which implies using the will in the third density, and surrendering to the infinite One, which to me implies not using the will, and just basically being and giving up on doing. I cannot wrap my mind around the difference but there seems to be a difference. Can you comment on that from your perspective?

We are those of Q'uo. We believe we understand your query, my brother. The difference between asking for guidance and surrendering the will to the Infinite One is a matter of degree. It is a matter of that which is given to you and the appropriate response to that which is given to you. If it is given to you that to give up your will to the infinite One is a releasing of your will and an abrogation of your will, then it is not for you to give up your will.

Those who turn their will to the infinite One are those who have experienced the results of powering through a desired outcome until it occurs enough times to discover that one is not necessarily in possession of enough facts successfully to choose rightly. Consequently, to those who are given this

experience and this attitude, it comes to them to choose freely to do the will of the infinite One, who has more information and who can see that which cannot be seen by the human eye.

In both cases, there is the desire to serve. There is the desire to be of positive polarity. And there is the desire to ask for help. For the one who has not yet come to the conclusion that the human will is often inadequate to know the appropriate outcome, the asking for help with choosing an outcome is that appropriate request. To those who have experienced the feeling of dissatisfaction with being attached to an outcome after having used the technique of choosing an outcome and moving towards it, it is appropriate to turn the will to the infinite One, not as a losing of the will, but as the capital or crown of the act of will.

One must act according to one's lights, according to one's feelings, and my brother, as long as you feel that you are wise enough to press towards a desired outcome, we greatly encourage that you do what you do at this time, and that is to ask for help in seeing the situation more clearly. There is, as we said, a difference, not in kind, but in degree, between those two choices. It is not the choice between taking responsibility and yielding responsibility; it is the choice between trusting that the outcome to which you are attached is good and not trusting that the outcome to which you are attached is good.

Indeed, it can also be compared to those who are right-brained and those who are left-brained, or those who are artists and work from an appreciation of beauty and those who are people of intellect and work from an appreciation of logic and linear thought. Either path is a path of service to others and of positive polarity. So there is no choice between them. It is simply a matter of who you are, what your life experiences are and where you find yourself spiritually speaking, at a particular moment. There is no best way, there is only that way that is appropriate for you and that feels resonant to you in this present moment.

May we answer you further, my brother? We are those of Q'uo.

R: No, Q'uo. Thank you for what you have said. That is a good food for thought for me. I appreciate it.

We also, my brother, thank you, for you give us much food for thought also. We are those of Q'uo, and we find that this instrument begins to tire. Consequently, it is time for us to relinquish our connection with this instrument. We leave this instrument and this group, glorying in the love and in the light, the peace and the power, of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai vasu borragus. ❄



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SATURDAY CHANNELING CIRCLE - CHANNELING CIRCLE 10 FEBRUARY 5, 2011

Jim: The question this evening has to do with self-confidence. Could you give us some information, Q'uo, on how we can enhance or strengthen our self-confidence without becoming overly prideful? And then could you relate the self-confidence that we use in our daily activities to the faith that is really the [basis] for our metaphysical journeys?

(Carla acts as senior channel for this session.)

We are known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we come to you this evening. My dear other selves, it is a pleasure and a privilege to be called to your group and we are most happy to be part of your circle of seeking, your meditation, and your session of working. We are delighted to share our thoughts with you on self-confidence, pride and faith.

But before we begin we would, as always, request of you that you use your discrimination and your powers of discernment as you listen to or read these words. You know inside yourself what is for you because it resonates. If it does not resonate, please leave it behind. If our thoughts do resonate to you, please use them as you wish. We thank you for this consideration, for it enables us to offer our thoughts freely without being concerned that we might infringe upon your free will or disturb the rhythmic progression of your evolution of mind, body and spirit. Thank you for this consideration.

As we soak up the beauty of your blended vibrations, dear ones, we rest in the awareness that each of you is quite special, and we mean that in the inner sense. For you are widely dispersed throughout stations of life and so forth, but that which you have in common is an uncommon degree of awareness that you are working to uncover the you that you dearly wish to come to know better, the true self that each of you is.

Perhaps the beginning of self-confidence is to know that there is only one of you in all of creation. You have developed the soul-stream of which you, as a personality, are a part through many incarnations. Your gifts and your challenges are unique. Your responses to them are equally unique. And as each of you is a part of the creative principle, you are the creator of your universe, the environment in which you live and think, the environment in which you act. You have colored your vibration and your frequency with the colors of your personality. Some of you flash, some of you are more quiet, yet in each case we see the core, the essence, and we see that you have given yourself every possible encouragement to seek the truth. This is an unusually active group of seekers and we are privileged to be among you.

Know that you are vitally important. Perhaps this is the very beginning of self-confidence, to know that you are necessary. As we said, there is only one of you. So it is in your hands, in your mind, in your thoughts, in your intentions, your hopes and

dreams, that the Creator has a conduit into your outer manifestation of reality, so-called.

You shine a light no one else can because of the colors of your personality, because of your challenges and your gifts. And to each who shines a beacon there shall be drawn those who are sensitive to that particular light, so that entities come into your life because you speak to them. You shine for them. It is not, and we would never say this, my friends, that you have some power that is divorced from the energy of love, but rather that all dwell in this energy of love, yet each expresses it in a unique way.

We found it interesting that there were concerns within the circle as this question was being created that it might be difficult to be self-confident without being prideful and overweening. Certainly each can bring to mind examples of those whose pride is greater than the apparent usefulness of that which causes that entity to be proud.

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

(S channeling)

I am Q'uo, and I am with this instrument. When you contemplate those conditions which cause you to become concerned about the self, it is useful to consider what the self actually is. For there are many attributes of every self which are, in reality, a construction made largely of illusions. In many cases a self is constructed of figments of ideals or stray expectations that an individual has drawn to him or herself from various sources. One hears voices of the parents, voices of one's teachers, voices of one's friends, voices of people one has never met but whom one may idealize in some way, and one feels judged by these voices. One measures oneself against an ideal in relation to which one is found wanting. And as one contemplates this circumstance, one finds that it becomes more and more hopeless that one ever could measure up to the expectations one has built up around oneself. One is one large failed performance.

In this condition, it is easy to have one's energies wither and recoil. It is easy to feel a loss of connection with those around you. It is easy to feel a loss of connection with the sustaining energy of all that is. And one is utterly alone, thrown back upon resources one can hardly believe. One has to

accomplish things of which one is no longer sure. And one has fallen into a condition of being utterly without confidence and without much expectation of living up to the self or the image of self one would like to be.

My friends, this is a weighty burden that you need not bear. To be a self is intrinsically no more burdensome than to be a feather borne on the wind, a leaf in the forest, a song in the air. If one allows the self to blossom, if one allows love to express itself through you, you will find that it is not so important what particular shape your gift to the world will take. It is not so important what particular result shall come about in this or that occasion. It is not so important how others receive the gifts you have to offer. For everything—everything—is always acceptable.

Everything is an opportunity for you and those with whom you are engaged to learn, to allow love to find new avenues of expression. And if you do not hold tight in your grip a rigid expectation of the form your experiences shall take, you will find that you will have more opportunity to experience the new, the unexpected.

Now, this is not to say that there will not be surprises. This is not to say that there will not be pains of disappointment or hurt taken. But in an atmosphere to which you may contribute, an atmosphere of love, hurts taken may be more readily healed. Surprises may be more delightfully received and more clearly shared.

And so we would say to you that that concern which can harden and draw back upon itself, that concern about the sense of unworthiness that is so common among your peoples, the concern that bears harsh judgment against the self and puts the self on notice that great expectations are brought to it and it must perform, all of these are factors which decrease your confidence. All of these are factors which foreshorten your ability to reach out in love to those with whom you would exchange your gifts. The very greatest gift you have to give is something which must always remain nameless. It is merely the energy that passes through you. It is merely the love that has found its way into you and would find its way out again. It is not something which ... we would pause.

(Pause)

I am Q'uo, and we are again with this instrument. This love which comes through you is not something which you can ever own and therefore it is not something which you can ever do badly. So long as you keep your eye upon your highest and best effort to serve, the effort that you do make will be well received and you need have no worry about whether you are worthy.

We would stress again that each of you has a uniqueness that is an adornment to the very Creation. You are able to traduce an energy that is, in a way, an energy that you receive in a way that no other may do. This is your gift. This is what you bring to the table of mutual sharing. Thus you need never have any concern that it should be inadequate. When this concern is released, that which you call your "confidence" will grow.

We are those of Q'uo, and at this time we would pass the contact to the one known as L.

(L channeling)

We are those of Q'uo, and are with this instrument now and greet each in love and in light. Tonight you have asked about confidence, pride, faith. We would say that you have almost unknowingly dug deeper into this cavern of truth than you could realize and that the establishing difference between pride and confidence is faith. Both pride and confidence stem from a degree of self-awareness, an awakening of the self in realizing that one's actions have effect on the world.

Tonight this instrument has undergone a teaching exercise in that when she channels she usually begins receiving concepts in her mind before the circle even begins and she is finished tuning. Tonight there were no concepts. The blankness of mind remained and this instrument was faced with a choice. She could have panicked over the thought of having nothing to say. She could have looked to her skills as a channel and all of the power that she possesses and looked to that to guide her through, using her will and intellect to carry herself forth. What the instrument chose to do was to stare into that white nothingness in her mind and say, "I have faith. I have faith that all will be as it should be, that I am capable of holding this channel, and that all I need will be provided.

Pride is [the emotion which occurs] when one [comes to] one's self-awareness out of fear. Pride is

looking entirely to one's own basic capabilities, feeling that this individualized self is separate from everyone else and that what makes one different is what puts one on a level of superior functioning to do a better job. Confidence uses the channel of faith to respond in love. With faith one realizes that there are no mistakes, that there is a lesson to be learned from every action, and that therefore the fear of falling behind the crowd, of being seen as inferior, is able to be released.

When [people] have confidence in faith and love they do not fear what others will think of them. They do not fear what bad things may befall any mistakes they make because they realize that all is love and that no matter what should happen or what anyone may think or say, all will be well. Opportunities for learning will be provided from anything that goes awry. It is through faith that you may release the fear that keeps you from having self-confidence. With pride there is a degree of hurt, the need to shield the self.

When this instrument was a child, her behaviors were deemed as odd by many of her peers and she was told on a frequent basis by fellow children and adults alike that she was crazy. This hurt so badly she became angry at them for being so cruel and not understanding. And out of this anger she came to see herself as superior to everyone else, since she was not acting in such cruel and non-understanding ways. This is a time in this instrument's life when she fell into the particular vein of pride of which you speak.

However, as this instrument has come to see all as being worthy of love, there is no longer a need to hold on to that hurt and disdain and misunderstanding, for it all simply dissolves into love. With love, all things are possible. As the one known as Jesus said, "If you but have faith like a mustard seed you may move mountains."¹ Those who draw their self-image from faith and love do not realize the existence of walls and barriers. Every wall is but a stepping stone to another opportunity.

We would now pass this contact to the one known as Jim. We are those of the Q'uo.

¹ *Holy Bible*, Matthew 17:20, "I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you."

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each again in love and light. [We are Q'uo, and are with this instrument.]

When one has experienced the feelings of confidence in the self and wishes to go forward in service to others fueled by this confidence and by the desire to be truly of service, at some point in this experience the entity may become concerned that the growth of pride may usurp, shall we say, some of the sparkle from the joy of serving. It is the conscientious seeker of truth that guards the self from such experiences of the overweening pride by remembering that all is indeed one and that the individual self that the seeker is is not alone responsible for the energies of love and light which move through his being.

Each seeker is a vessel, a channel, a conduit, an instrument which may be utilized by the creative power of love, the Logos, the Creator, shall we say. When the individualized seeker becomes so impressed with its own service, feeling itself to be source of such, then there are indeed the hallmarks of pride. As each remembers that the one Creator's love and light moves all that there is, then the self is seen in perspective, as equal to, yet no better than, any other. Then pride falls away. Each of you is most desirous, we are aware, of being of service to others in those ways which have been given to you and which you have, through your own efforts, discovered in your pattern of this incarnation.

We applaud your great desire to be of service and yet your caution that your service be pure. We can assure you, my friends, that each will be tempted to puff up the self with that which you call pride. This is yet another experience which may teach and which is a reminder to the cautious and selfless seeker that the steps may be placed carefully, consciously and with the intention to serve.

What more can you do, my friends, than to give that effort which is the best that you have. Each so gives. We would transfer this contact at this time to the one known as Carla. We are those of Q'uo.

(Carla channeling)

We are those of Q'uo, and are again with this instrument, greeting each again in love and in light. To be proud is part of the 360-degree circle of being that each of you possesses. If all is one, my friends, are you not all things? Are you not all emotions and

feelings? To experience pride is to experience being human. Your situation of being a human being on Planet Earth in third density is an incredible gift and a great challenge. It is an incredible gift because you hold that unique position in two worlds—the inner world of concept and consciousness, and the outer world of thought and words and mind. You have the capacity and the mission of bringing into a limited and finite experience in your everyday world the aura of the infinite, the essence of the eternal, the power of a new paradigm. As you allow the love and the light of the infinite Creator to flow through you, into your open heart and, with your blessing, out into the world around you, you fulfill your greatest service and create for yourself the arena for your most substantial learning.

To be proud of that can be perceived to be an error, yet when a season of pride is upon you, we do not call it a mistake. We call it a distraction. For it is only those with limited views that measure success and failure by what they have manifested.

Eventually, as you persist in seeking the heart of truth, it will become more and more clear to you that pridefulness has no resources to give you and you will not find it so irresistible. You will see more and more that for every trick that you can do there is another trick that you cannot.

(Side one of tape ends.)

(Carla channeling)

And you will see that the other self that can do that trick and you, together, are collaborators in creating the dance of oneness in which all have a just part.

This instrument has a phrase in her mind which is “to get over the self.” “Get over yourself,” she will say to herself. And it is well to get over oneself. Because focus on the self is a distraction, like many others. In fact, we would suggest to you, my friends, that a lack of self-confidence, a low feeling of self-worth, is a distraction. You did not come here simply to be distracted. There is that in you that craves and hungers for the accomplishment of the service you came to offer. Let your trust be in that hunger and that thirst. You cannot be better than anyone else or less worthy than anyone else because you are unique. You have no one to whom to compare yourself. You stand not alone but in a rich tapestry of color, texture and movement; the color of your ideas, the texture of your emotions, the energy

of your skills and challenges. You entered incarnation in this place, at this time, both to learn and to serve. You shall learn and you shall serve—this is not an issue between us. You cannot help but learn. Evolution is an inevitable thing. Your choice is to accelerate the pace of your evolution or to allow it to wheel on without thought.

When the temptation comes upon you, my friends, to feel unworthy, remember the saying that this instrument has heard, “Trust in Allah, but tie up your camel.” Have faith that you came into this incarnation with a plan for service and that it is worthy. It may be that your service is simply to be a channel for the love and the light of the infinite One. It may be that there is some outer portion to that service, something that manifests in everyday life. There are as many kinds of service as there are unique beings in incarnation.

Consequently, when you decide that you wish to take up a service that has an outer manifestation as part of it, do not take it up with one eye on the service and one eye on your own performance. Take it up and do not look at yourself with judging eyes. Neither look at yourself with an applauding gaze. Look at your service and each day, as you rise, set your intention anew to be of service. And then enter into that which needs to be done with everything you have.

If you hear a voice that says, “You will fail,” identify it. It is not you. It is not your higher self. It is most likely one or both of your parents, or that panoply of other characters that littered your childhood so richly. Do your homework. If there are logical arrangements to be made, see to them. Use your intellect. Use your powers of analysis and deduction. Let that workhorse, your mind, do its job. But do not let it judge you. For you are about the Creator’s business. Persist, not judging yourself, not patting yourself on the back, but remaining focused on your service. And let all of the love that is flowing through you surround that hope of service.

Above all, my friends, remember that in the metaphysical sense, manifestation barely registers on the instruments that measure spiritual service as you keep your heart open and every nerve keyed to do that service, to be that service that you hope to do and to be. That focus, that clarity of intent is everything. The world may judge you to be a success. It may judge you to be a failure. You know

that you are simply attempting to be of service, this moment and every moment. Take heart, my friends. One’s perception of life tends to be somewhat of a muddle. One’s actual, received experience, on the other hand, is a marvel of assimilation and integration; catalyst turned into wisdom, suffering turned into love.

We thank this group for its question and for its intense and true desire to seek the truth and we would, at this time, ask if there is a follow-up to this query. We are those of Q’uo.

(Pause)

As this instrument’s ears perceive a profound silence, we would ask if there is a final query on any topic before we leave this instrument and this group. We are those of Q’uo.

L: Q’uo, I was wondering, if someone sends you a picture in their mind, can you see it?

(Carla channeling)

We are those of Q’uo, and are aware of your query, my sister. My sister, we are used to the way of communication that this instrument has come to call “concept communication.” Given that an entity is capable of seeing clearly and offering that vision to share, we are able to see that which is seen by the other self.

May we answer you further, my sister?

L: No, thank you.

(Carla channeling)

We thank you, my sister. As we have exhausted the queries in this circle at this time, we do take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. We are known to you as the principle of Q’uo. ✨



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SATURDAY MEDITATION

FEBRUARY 12, 2011

Jim: The question this evening has to do with the concept of angels. We would like to ask just what angels are and how we can interact with them. Are they different from or similar to guides?

(Carla channeling)

We are known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we come to you this evening. We are privileged indeed to have been called to your circle of seeking and are very happy to be a part of this working. It is our pleasure to speak with you concerning angels.

However, before we begin, as always, we would simply ask you to take responsibility for your responses to those things which we say. Be conscious of whether or not you find our thoughts interesting. If you do, then they are yours to work with as you will. If they do not cause resonance to start in your heart, then let them go, for they are not for you. If you will use your discernment in this way and pick and choose between thoughts according to how they strike you, how they seem useful to you or not, that will enable us to feel that we are not disturbing your free will and it will allow us to feel freer to speak our thoughts to you. We thank you for this consideration.

In talking about angels, perhaps it is well to start talking about humans. We also talk about ourselves, for we also have been through third density. We also have been flung out by the Creator to skitter across the pond of the universe and move through many

experiences and gather those pieces of information that interest us and seek what we desire.

We and you together have had cause to feel the distance between ourselves and the one infinite Creator; not a physical distance but an emotional distance. Outer distances make far less of a difference to one's feelings than the inner distances and we often have felt very much apart from the Creator and from other selves. It is part of the challenge and part of the blessing of being a spark of the Creator.

You deal, my friends, with illusion with a thick veil, with chaos and seeming uncertainty, for your entire incarnation. In a way, your life is a race that goes not to the swift but to the perceiver of truth. You're racing not towards an object, but towards the correct perception of objects. Occasionally, one thing will come clear to you. You will have a realization about yourself. And you are one quantum step beyond where you were before, in understanding who you are.

However, as the one known as G said, it is very easy to become lost in the tangle of thoughts that clutter the mind. The mind is a complex thing because you are using both your intellect and your consciousness. Your consciousness takes its information from love itself. Consciousness, by definition, is the consciousness of all that there is, that which holds all things together.

Your mind, on the other hand, is like a library, with your information either filed fairly neatly or filed

chaotically, so that you have to send one of the librarians scurrying after information—someone's name, the proper word that means such-and-such. The gaps in memory are notorious among the old, but they exist for everyone. So that is what it is to be human, among other things. It is standing in two camps, one foot in each, on the one foot space/time, the everyday consensus reality, the matrix, call it what you will. Your other foot is in the inner world, in consciousness, in love.

Furthermore, that is the point of your being who you are. You are a place where two lands come together. You are the bridge between finity and infinity, between limits and limitlessness. You bring, if you choose, limitless and infinite love into a world that is starving for love. You bring infinite and limitless light through your energy body and ground it into Earth's energy if you choose.

You ask a great deal of yourself in third density in that you ask yourself to wake up from a very comfortable slumber and become aware of the limitless potential that you contain. You become aware of your power and you seek its right use. You become aware that you do not know yourself very well and that you have been giving yourself a difficult time of it, looking with eyes of judgment rather than eyes of love upon what you do, what you think and how you feel.

You become aware that you have allowed a clutter of meaningless details to distract you from love itself, from the devotion of your deepest heart, from the hopes and dreams that you carry like treasure within yourself. And you become aware that you have the choice of how you shall be, thought by thought by thought.

As so, you choose to take on the challenge of third density as a person who is awake, aware and conscious and attentive and you make of your life a beautiful pattern, a pattern of learning and service, a pattern of responsibilities taken and manifested, and as you get to know yourself, you begin finally to forgive yourself for being human. And in the fullness of time you fall in love with yourself. And from that point on, your incarnation is easier, for the harshest critic is always the self. Yet there is no end to the challenges of life behind the veil of forgetting.

This is not the case with the angels. You have observed, as students, the regularity and predictability and hierarchical nature of the world as

scientists have come to know it. The elements of which you are familiar and many of which you are unfamiliar, make up, not simply a random collection of elements but elements that have an arrangement because of their nature. They fit together in a certain way. And there is a hierarchy of energies. You, yourself, are a perfect example of that hierarchy of energies—the energy field of the entire physical body holding within it the energy fields of each organ, each system of hormones, and so forth. Down to the cellular level, your body understands its own hierarchy and it functions well.

The hierarchy of the angels of which you have asked us is just as regular and predictable. You have angels at the level of Creator, and you have angels at the level of personal angels. You have everything in between. They carry responsibilities according to their hierarchy. What makes angels unique is that they have never left the vibration of the Creator. They have never departed from the one original Thought of unconditional love. They have never incarnated and they never will. While they have characteristics that can seem to be like a personality, to say that angels have a personality is to anthropomorphize¹ incorrectly.

Angels are love. Angels are love responsible for realms in a hierarchical manner. There are those which work with your sub-Logos, the sun, in creating the archetypal mind and the blueprint for the densities in this particular creation. There are angels who are attracted to vibrations and flock to those whose vibration are beautiful to them. You may not feel beautiful, dear ones, especially when you are struggling, yet to those who vibrate in unconditional love, the qualities of one who is seeking to learn and to serve are irresistible. It takes a great deal of courage to persist in a spiritual preoccupation, and each of you is [very] beautiful to us and to the angels.

There are two basic energies which angels have to offer. One is the simple energy of love itself and the other is a feeling of safety, which could be called a healing energy. Both of those aspects are the resources which angels have to offer. Angels also have connections with the four elements and the

¹ To anthropomorphize is to attribute to non-humans the characteristics of being human.

four directions² so that as you become more and more aware of the correspondences between certain archangels and certain energies, certain powers and certain directions, you become more able to cleanse your habitation or the area around you with the help of the archangels.

There is another class of angels that is indeed angelic and yet [these angels] have had incarnations. Those are the entities who have chosen to be angels but were not angels from the Creator. Yet between incarnations it became apparent to these souls that the work that they wished to do was angelic. And so these entities were incarnated and lived for a short time on this terrestrial ball you call Earth. And then, seemingly far before their time, they were taken. Instead of moving into the healing of the incarnation and the choosing of another incarnation, these particular entities move into the angelic realm. They are able to become angels because of their innocence within incarnation. These little ones are especially fond of those whose hearts are open and are very grateful to rest in that open heart that will accept them.

As this instrument mentioned before the meditation began, it is critical, if you wish to work with angels, to thank them, and to ask them to participate in your life, to be with you and to share their love and their healing and their feeling of safety. If you do not ask them, they cannot break free will. Therefore, it is important to remember each day to thank the angels that are around you and to ask them to continue helping you.

One way that this instrument and the one known as Jim ask for the angels' help is when they bathe, for angels are very good at magnetizing such substances as water or oil. And if asked, angels can place healing energy into the bathwater or shower so that the water carries the vibration of love and of healing. This is also true of substances such as food. If you ask the angels to help with the preparation of a food, they are able to help you magnetize love into the food. Homely chores such as chopping wood or cleaning house are ennobled by the angels as they aid you in magnetizing love to the motions that you make with your body and the thoughts that you think with your mind.

² The four elements or powers are earth, air, fire and water. The four directions are north, south, east and west.

We find it stupendous to contemplate the generosity of the infinite Creator in enriching the experience of each of those it has sent out to gain experience by making sure that there is no corner of the Creation that is not full of love, not only on a passive level, but on the active level of those who love, those who care.

We are those of Q'uo, and would ask if there is a follow-up to this query at this time.

(Pause)

We are those of Q'uo, and as there is no follow-up to this query, we would ask if there is another query at this time within the group.

Questioner: I have a question, Q'uo, but I would first like to thank you for sharing that and sharing your love with us. My question is about the substance of marijuana, the chemical THC, and what effect it has on seeking of any given seeker. My question comes from my experience, which is that it has an impact that seems to be negative on my seeking. It lowers my energy in days following exposure to it. But at the time of using the substance I do feel a certain inspiration and a sort of freedom, so that's my question. What is the nature of this substance and its effect on seeking?

We are those of Q'uo, and are aware of your query, my brother. Each substance has complex characteristics. Each food that you eat, each liquid that you drink, has those characteristics which are generally considered positive and those characteristics which are considered undesirable and therefore called something like "side effects." The substance, marijuana, is no exception.

In general, my brother, if you want to obtain maximally useful results from your observations and your witness during incarnation, you are best served by a completely pure and this instrument would say "sober," base. Every substance you ingest, every substance you drink, creates not just one, but several different effects within the body, and, as the one known as S has said, it is quite so that every seeker will have a different experience of apples or asparagus or marijuana. However, none of asparagus's side effects impact the spiritual life whereas in the case of marijuana, its effect on the spiritual life is inconstant and untrustable.

The basic principle involved in this opinion is that principle which suggests that you will be able to

open your mind, your body, and your spirit more and more as you become lit from within, as you become kindled by that spirit that yearns for the perfect devotion, the truly whole giving of the self to service. As you persist along this line of seeking the veil thins for you, little by little, in a way which is safe for you.

The difficulty that we see with the use of marijuana in the spiritual seeking is that it enables you to experience an environment for which you are not naturally prepared. Thusly, while the experience is a good one, perhaps, at the time, the side effects that come with the use of marijuana, mainly the damping of the energies that you would normally have in more abundance, create the sum total experience of a positive time that you could not fully use because it was artificially created, and the cumulative effects of the use of marijuana, which involve weariness and a lack of motivation.

It is to be noted that all of these effects, both positive and seemingly negative, are temporary. The [chemicals in marijuana] are chemicals which have an effect, here and there and here and there, and then within a month's time they are gone. Consequently, it is a relatively transparent, recreational mood changer. And as this instrument can attest, that particular substance has medicinal qualities that are very appreciated by those who have chronic pain and chronic nausea. There would be no reason for us to encourage people to think of marijuana as evil or as an agent that will lead people astray. However, in terms of improving the spiritual life, its uses are very limited.

When you wish to improve your spiritual life, turn within. There is no substance, there is no answer, there is no shortcut outside of the vast reaches of your heart. When we suggest that you go within, we truly mean to go within, to cross the boundary between the ordinary reality of everyday life and the reality that is the environment of your open heart.

Dear ones, your people have ingested and drunk and smoked and breathed in an amazing variety of natural and manmade substances through the years of your history, working with outer things to attempt to achieve a result. And no result is found that is satisfactory. Meanwhile, quietly, humbly, invisibly, person after person after person has gone within and walked through the deserts of the self, climbed the mountains of the self, sailed on the

oceans of the self, lost, wandering, exultant, cast down, and in every weather and in every situation the limitless potential of consciousness awaits.

The most effective spiritual practice is to believe in the spiritual practice and to seek it as does a lover its mate. It may seem trivial or unnecessarily emotional to encourage you to have intense personal, even intimate, feelings about the spiritual life, yet it is very helpful and healthy for the spirit to yearn and to crave for the presence of the one Creator. You have that presence within you, yet it is a journey over desert and mountain and ocean, finally to come to that magic island at the center of your heart where lives love, unrestrained, wild and free. We therefore encourage you to enjoy yourselves as you will.

We do not condemn marijuana, my friends; we are simply saying that for the serious seeker, that which he manipulates shall be within himself.

In olden times and in some tribes of those who live in the indigenous way to your present day, there would be the time of dying to the self in one way or another, whether it was a case of physically being immured in a cave or [whether it was being] buried alive for a certain amount of time. There were rituals in which there was the experience of death. And when that individual arose from the sweat lodge or the shaman's quest, for the first time there was the true appreciation of the gift of life.

To have a keener, freer, wilder experience takes patience if it is done properly. Yet when you have come into states of mind that are altered and you have moved into them naturally, you are ready for the wisdom of the experience to impress itself upon you and you are ready for the responsibility of what you now know. As the one known as Ra said, "There are no mistakes but there are sometimes surprises." To create an environment in which your surprises are likely to please you, we encourage you to seek within.³

May we answer you further, my brother? We are those of Q'uo.

Questioner: No. I'm very satisfied. Thank you.

³ Ra's wry statement comes in *The Law of One*, Book III, Session 69, Question 15, "Although there are no mistakes, there are surprises."

We thank you, my brother, for your query. We would ask if there is another query in the circle at this time. We are those of Q'uo.

(Side one of tape ends.)

G: Q'uo, M writes: "Can personal events be metaphysically manipulated by negatively-oriented entities in order to give the outer appearance of synchronicity? If so, how does this demonstrate the Law of One and how can one best discern between true and false synchronicity?"

We are those of Q'uo, and are aware of your query, my brother. My brother, we would say that it is entirely possible that negative entities might be interested in a certain entity and might find it useful to manipulate events so as to create synchronicity that would help to persuade a person to feel that certain thoughts were helpful. As always, those behind the veil, unable to see the true vibrations of unseen friends, must depend upon their powers of observation and discernment.

If an unseen friend of the negative orientation were attempting to persuade you, for instance, that it was a good idea to break free of a relationship or otherwise destabilize your life, it would work only if the person being persuaded wanted that persuasion. Consequently, we would encourage each seeker to look at synchronicities and rather than scooping them up wholesale without thought, look at and ponder the pattern being made by synchronicity. If the pattern is one which does not sit well with you for some reason, we would encourage you to trust that and to lift away from finding importance in such synchronicity.

The principle of the Law of One which bears upon this question is the principle of free will. This instrument, for instance, was once given the negative impression that she could not breathe. Try as she might she could not bring air into her lungs. However, this psychic greeting was unable to be effective because its effect depended upon the instrument panicking and losing faith that all was well.

As it happened, this instrument was well aware of the greeting, as it had been ongoing for some time, and simply walked on, thinking that, probably, eventually she would fall to the ground because there was no more air and that when unconscious the psychic greeting would no longer have an effect and

she would regain her ability to breathe.

Consequently, there was no fear. And after perhaps a minute of this situation being ongoing it lifted away and was gone.

There is a tremendous amount of play that you have with the steering of your mind. There is a great deal to learn about the discipline that you can exercise over your thoughts. And it is the work of an incarnation to become an artist with perception working with thought in a creative way but not fooling the self; being insightful but not being clever; moving into the verticality of a moment so that it opens up like a flower rather than moving horizontally past the moment in search of a distant goal.

The web of synchronicity is valid and it indeed is offered from all sides that are attracted to you and your situation. It takes discernment to sort out the tremendous richness of information that is coming into you at all times. It is not the work of a moment. It is not the work of a year. It is the work of a lifetime. And we hope that each of you enjoys this carnival ride. Remember, dear ones, that what you see often depends upon how you choose to perceive.

The one known as L spoke recently in a circle like this one of experiencing a concert, first as full of negativity where the words to the songs seemed to be violent and hurtful and the energy of those in the audience seemed to be shallow and driven by substance abuse. Yet she persisted and moved to a level where she was able to see the love pouring out of every heart, every instrument, every note. And her environment changed from an environment of hell to one of heaven.

You have this capacity within you to make heaven of hell or hell of heaven. We encourage you to believe in the truth, which is that heaven lies within you. It is accessible. It is as if you were looking at a closed door. The key to that door is silence. Open it. Walk into your own heart and fly away. There you are safe. There you are loved. There you shall become capable of loving. We are with you; the angels are with you.

At this time we find that it is time to leave this group and this instrument, leaving each in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai my friends.

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SATURDAY MEDITATION FEBRUARY 19, 2011

Jim: The question this evening has to do with the topic of ascension. Most of us think of ascension in terms of what will happen to us after we die. We know that we drop the physical body and retain our spiritual or soul body. We walk the steps of light and continue forth into a new experience in that way. We would like some information tonight on the type of ascension that, say, Jesus did, or certain masters of all religions have done. I think Ra spoke of the 150 souls who were graduated after the second cycle. They could either go on to fourth density, if they wished, or stay, as they all chose to do, because they wished to see all of their brothers and sisters, shall we say, ascend or graduate with them. So we would like to know something about this type of ascension in which certain masters of all cultures throughout the ages have participated.

(Carla channeling)

We are the principle known to you as those of Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we come to you this evening. As we gaze around this circle of seeking, we feel the great privilege of being asked to join you. Each of you has carved out a piece of your day to give to the seeking of truth. It is our honor to be included in that search and we are glad to share our humble opinions with you on the subject of ascension while in the body, that is, the physical body of third density.

But first, as always, we would ask that you listen to or read our thoughts with discrimination and your

best discernment. Listen for what appeals to you, for what makes you want to seek further. If something is not alive for you in what we say, please leave it behind. In that way, we can be fairly sure that we shall not disturb your spiritual seeking or infringe upon your free will, and that is important to us. Thank you for this consideration.

In this instrument's mind, we find the word "ascension" to have connotations of confusion and chaos. This, my friends, is because as long as spiritual texts have been offered to the people of your planet, the subject of ascension has been one that is held in heavy dispute. Depending upon the way one's culture works, ascension may or may not be a part of the tenets of the religion of the culture. It may or may not be the way that particular religious or philosophical system describes spiritual advancement. Therefore, there is a certain amount of emotion that clusters around this concept and tends to create a situation in which it is difficult to speak about the subject without exciting emotion.

Our desire, as you know, is to consider such subjects in a way that allows the seeker to see into the structure of the query, to gather information about that query, and to lay out before the seeker resources that may possibly aid in thinking about the query. We would like to attempt to speak about ascension in that way.

We would start with the Christian concept of ascension. The act of leaving the third density while in one's body and going elsewhere is called ascension

because in the Old Testament and the New Testament, those of seemingly greatly advanced wisdom or love were able to be taken from the Earth. We note Elijah and his whirlwind and Jesus and his cross. Therefore, it is considered that they ascended in their bodies.

From our point of view, we would say that ascension in general means to the population of those not Christian, perhaps not on a particular religious path at all, the event tied in with the date of the Winter Solstice of 2012, or whenever a particular seeker considers that third density is over and the next density or Age of man has begun.

Now, what virtue is there in considering how to ascend while in the body? My friends, in terms of activity within the body, we do not find that this is a helpful concept for all people. The reason that we say this is that each of you won his or her way into the earth plane [at the time of] the harvest. Many there are who wished to have incarnations upon Planet Earth at this time, either to help raise the consciousness of Planet Earth with their love, or to do the work of third density in achieving a satisfactory balance between love and wisdom, love and power, or wisdom and power.

Consequently, having won your way into the physical, we find there is wisdom in choosing to stay with the incarnation until you have learned all you can and served all you are able and are truly ready to let go of third density and all of its gifts and challenges.

However, the one known as Y noted that the kind of ascension that she has seen discussed in the book *The Masters of the Far East*¹ seems to be a lot like living in fourth density, and we find that the heart of the question concerning ascension while in the physical body is keyed to this realization.

Life, as it passes by the individual consciousness, seems to be very solid. Yet, it is not. The flow of time and space has endless potential. For those who seek deeply enough into the present moment, that moment, every moment, comes alive. Beneath your feet, the floor opens up and you can dive into that present moment. Boundaries fall away and as the

¹ *The Life and Teaching of the Masters of the Far East*, by Baird T. Spaulding. This six-volume work is an excellent compendium of oriental teachings. It is older, but still available.

song which you heard before this meditation says, you can be unbound.²

Some attempt to approach this state of consciousness from the standpoint of clearing the body—eating well, exercising well, and so forth. Others seek to reach that state by going more and more into meditation, slowing down what this instrument sometimes calls “the monkey mind” and allowing spaciousness to flood in to the mind that is too concerned with the ten thousand things.³

Others approach the problem of lifting consciousness from its moorings in third density by reading and attempting to assimilate the gathered wisdom of all religions and all cultures, all systems of lore and myth. And although the scholar’s way often stays within the head, rattling around, filling the mind’s closets and shelves with too much information, the wisdom seeps down into the heart of the scholar and pulls him forward. There are as many ways to approach the evolution of mind/body and spirit as there are people.

The key to this work is this: the consciousness that you share with all others who are self-aware is one. It is the consciousness of the Creator. It is the consciousness of complete and unconditional love. [It is] not love as known to the poets who speak of romance. [It is] not the love of brother for brother. [It is] not the love that is sentimentalized in valentines tied up with ribbons, gifted with pretty gems. This is a love that creates and destroys. This is a state of aliveness and endless potential.

The vibration of love is the vibration upon which the planets turn in their courses, the suns rotate in the galaxies ever so slowly to your eyes [as they] climb the heavens. You are a spark of that one original Thought. Advancement in any density can be measured by how near the vibration of your consciousness matches the vibration of the one infinite Creator.

² “Unbound” is a song on the Refugees’ 2008 CD of the same name. The words to its chorus are, “Break free, let me be unbound to stand just once on holy ground, some day, somehow! Oh, to be unbound!”

³ Ten thousand things “is a Buddhist expression representing the dynamic interconnection and simultaneous unity and diversity of everything in the universe.” This is from an article by the *Kyoto Journal*. The Q’uo group intend to mean by the term the physical world of objects.

You do not mean to subvert or dilute this consciousness of love. It is inevitable that there will be distortion. There will be a measurable dynamic betwixt the vibration of love and the vibration of your being at this moment. You are seeking to lessen that distortion so that you may avail yourself of the vibration of love and be taken into the waters of that consciousness.

Those who would be priests among all peoples have generally sought to work with consciousness itself, to work with their thoughts, both on a moment-to-moment basis and on the deeper level of work in consciousness, to tune their thoughts to the pitch of love. In many, many ways there has been the dedication to devotion of the beloved One. There has been time set aside to tabernacle with the Creator, to come in from the desert of everyday life into the oasis of grace and mercy, to enter the tent of prayer and to rest in silence with the Beloved, blind to the world, open to the spirit.

You may have wondered why there is such a multiplicity of takes on how to serve the Creator, how to know the Creator. The answer to that, my friends, lies deep within the history of your planet, deep within the minds of its people. You have, among you on Planet Earth, sixteen different archetypal minds. They vary in seemingly small ways, yet the cultures produced by these archetypal minds vary widely in the way perception works. And it is according to the perception of people that they must work within the veil, veiled from memory of other incarnations for the most part, veiled from memory of the way things are outside of the veil. Various archetypal minds, various cultures, have found different doors of perception that work for them.

The perception of those such as the one known as Y has found useful is a perception that does not accept the reality of third density in the physical illusion. This is radically different from, for instance, the typical perception of those within the American culture or the European culture where great respect is given to the solidity of life, its mass and weight and physical characteristics. Your culture has found great value in coming more and more to understand how things work from the standpoint of chemistry, physics, mathematics and so forth.

Those who are able to develop the kind of realization that frees them ultimately from the bounds of the

physical are those who have grown up breathing in the air of belief in the reality not of this illusion but of the Creator. It is indeed bewildering to many who are in the European or American cultures to consider that their bodies, their obviously physical, obviously present bodies that have weight and mass, might not be real. It is a matter of perception. Those growing up where value was given to the physical illusion would not tend to be capable of opening those doors of those masters of the Far East. This does not mean that those who focus according to Buddhist or Hindu principles have less opportunity or more opportunity to open the gateway to intelligent infinity. It means that their perception of what they are doing varies, sometimes radically.

We will say this, my friends, there are ways in which individuals steeped in a culture that supports the unreality of physicality will find, given a lifetime of work in consciousness, to be able to manipulate matter so that it appears and disappears. You have seen in those who demonstrate hypnosis that if the perception of a person changes, actions can be taken that would seem to harm that person, such as running a needle through the arm or walking on coals that are burning embers. Yet under the influence of a hypnotist, a hypnotized person feels no pain at the stick of the needle, feels no burning as he walks over fire. It is a matter of perception.

For those who find these methods of seeking the love and the light of the infinite Creator such a seeking to cleanse the body, furnish the mind, understand what is happening and so forth, all of these various efforts can be very helpful. We suggest that the seeker play with such ideas lightly, musingly, as the cow chews its cud slowly, and if the mind catches fire, if the heart catches fire, then perhaps this method is one which will be a good resource for you.

To offer a more general perception to those who would find it useful, we might say that the matter of matter does not matter. You can think of ascension as taking your physical body with you. Many do. Or you can think of ascension as a state of consciousness that has nothing to do with the physical body.

If your perceptions find that thinking of ascension without regard to the physical body is useful then we would say this. In a very deep and real way, each of you is at the center of a Creation, your creation. In a world where everything is, in a clichéd way, relative,

you can easily and comfortably accept the proposition that your experience is subjective. You may strive all your life to achieve objectivity, but you see, my friends, you are there. You are a witness, and that which you observe is observed according to your perceptions. The truth lies beyond perception. The truth lies beyond the conscious mind; that is, the intellect. It is not beyond the mind of the heart, which is consciousness itself. Yet consciousness itself is. It is not a doer. You are the action figure in your drama. [Consciousness] abides. Therefore, it is easier to be love than to be able to speak of love.

Your creation is made up of the way you choose to think about things, the way you choose to observe and perceive things. The striving of humanity in third density is to move beyond the limits of normal perception and open the doors to all that there is. Consequently, if you wish to ascend within the body, that is, the physical body, you shall wish to let your intuition bring to you the activities and the thoughts that will help you to achieve that. Consciousness, awareness, perception, is malleable and easily influenced by many things.

This instrument has many times had the experience of reading something incorrectly because of a good deal of astigmatism in her vision, so that one set of words become something else entirely. Many times this instrument has gotten something out of words that she read incorrectly. Was her perception misguided? It does not matter whether she read correctly or incorrectly. What matters is how she responded to that which she perceived. That is your Creation in the making: your awareness that you are a Creator and that you can create a subjective creation that suits you not a little or not for the most part, but through and through.

You have this saying in your culture. It is, "What goes around, comes around." How you perceive has a tremendous amount to do with what happens to you. Say that you are one who perceives with a rosy hue, you are an optimist. You see hope and faith everywhere. That which happens to you will be interpreted according to [your expectation of] all things turning out well.

There are those who feel that everything is hopeless. The world is meaningless, existence has no point, and the only appropriate point of view is ironic, desperate and without hope. To such a person even the sunniest day will have shadows.

Both entities are seeing truly for themselves. Their experience overwrites what could be called "objective reality." Your experience will always overwrite the parts that make up the sum of what you observe.

Consequently, you can indeed create of your experience of life an environment that more and more nearly matches the vibration of the infinite One. You can avail yourself of that vibration. That which is real in the universe is both infinite and limited. Unity is that which is real. You are all one. We are all one with you. The Creation is all one interconnected being.

Consciousness abides. Whether you, like the masters of the Far East, focus on a set of perceptions having to do with the physical body, or whether you choose any one of a number of other ways of viewing the Creation and your place in it, regardless of what you think reality is, spiritual evolution is a matter of gradually lessening the difference between your vibration and the vibration of the one infinite Creator.

This instrument has often yearned for the peace that lies beyond the veil, in a land where all is known, as is the experience of a fictional character called Ria,⁴ yet there are many times within this instrument's life when she has found that she is in fourth density because she lives, as far as she knows how, by fourth-density values. If you could think of this kind of perception as an environment, such as a room or a house, one could say that this instrument spends some time in that room, but not all the time. There is a constant moving in and moving out of that state of mind because of the happenings of the day, that which impinges upon this instrument's consciousness. We feel that she is a useful example in that all entities tend to vary from moment to moment and from day to day.

Those who take themselves apart from society so that they may focus inwardly with more purity will have a different walk than those who choose to live their priestly life in the hustle and bustle of the noontide, with the buses honking and the trains running, the people going to and fro in their errands, doing their work. It is not true that it is necessary to separate from one's society in order to achieve spiritual realization. It is only true that it is a

⁴ Graham Hancock, *Entangled: the Eater of Souls*: New York, Disinformation Company, 2010.

very different walk, and there are gradations of practice that enable each person to choose for himself or herself how much of the walk shall be in company and how much shall be in retreat.

There is no right answer. There is only the assurance that, as far as we know, that which you seek can be accomplished in any environment in which your seeking and your desire have value. You can indeed live in fourth density this moment. It may happen to you inadvertently or it may happen to you as a result of the discipline of your mind and your body.

Feel for a moment the quality of consciousness within you. Feel it filling you; your chest, your limbs, your torso. Feel your heart expand as you focus on this consciousness. Feel the love in that consciousness. This is your basic tool—consciousness itself. It is inevitably true that speaking will confuse you, distract you, seduce you, and whether you are amused or charmed or dismayed by words, they cannot be said to lead you into essence.

Consequently, in order to dwell in the environment of your choice, we encourage contemplation, meditation, prayer or any way that you choose to enter the silence, to come out from the desert to the oasis and go into the tent of tabernacle. For the infinite One is ever awaiting you to companion you, to love you and to empower you for service.

We would at this time ask if there is a follow-up to this query. We are those of Q'uo.

(Pause)

We are those of Q'uo, and since this instrument's ears have heard nothing but silence and the occasional creaking of a chair may we ask if there would be a final query this evening before we leave this instrument.

E: I have a question. My question is more than an epistemological question regarding the knowledge of the chakras and/or concepts of energy centers. I want to know where this knowledge first came from. Was it purely through experience or was knowledge of these received some other way which then generated or manifested the experience of them?

We are those of Q'uo, and are aware of your query, my sister. [We offer] to the one known as E that there is a feedback system that tends to bring one to a more and more accurate perception of the truth

about things unseen. We would say that there have always been those in third density for whom the veil was thinner. Some have sensitivity to sight and can actually see the auras of the chakra system as they interpenetrate the body. Some have a heightened sensitivity to color and can feel, perceive and sense, if not see, the variation of colors and patterns as one moves up the chakra body along the spine from the groin to the top of the head.

One way and another, perceptions have been shared. And as perceptions are shared, intelligence grows for all of the group with whom this intelligence is shared. This intelligence in turn creates the possibility for more detail to be filled in by those who are sensitive in one way or another. So, in a sense, it was all from observation that this system of chakras or energy centers and their correspondences has been noted down and discovered, shall we say. And yet there is always that aid from spirit that comes to those who are keenly focusing upon certain material.

Therefore, we would have to say that it is basically a feedback system. This is not an entirely satisfactory answer to your query but in order to penetrate deeper, my sister, we would need more time than we have with this instrument at this time.

May we answer you in any way further? We are those of Q'uo

E: No, thank you.

We thank you, my sister. It is such a pleasure to be with each of you! Yet now it is time to take our leave of you. It is not in our nature or our environment to come among you and give you hugs but we feel the desire to give you hugs. We love you and we thank you for being you.

We leave this instrument and this group in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai vasu borragus. ✽



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SATURDAY CHANNELING CIRCLE - CHANNELING CIRCLE II FEBRUARY 26, 2011

Jim: The question tonight, Q'uo, has to do with the synchronicities that many people in the circle have felt, of experiencing the number 11:11, on a repeated basis, feeling that there is some sort of message here. Could you give us information as to what the significance of seeing 11:11 might be to the individual, or seeing any type of repeated number like that? It doesn't necessarily have to be 11:11 but we'd like to focus on that.

(Carla acts as senior channel for this session.)

We are the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we visit with you this evening. It is a privilege indeed to be called to your group and we are most happy to speak with you as you requested.

However, as always, before we begin, we would ask that you listen to what we have to say with a careful ear, an ear for the resonances of our thoughts. If they do not resonate to you, let them go. If they do resonate to you, by all means keep them and work with them, but please distinguish between those two and do not take our information or any information as gospel, as this instrument would say, for we are as you, seekers of the one infinite Creator's eternal mystery. We are happy to share our thoughts, but they are humble thoughts and we thank you for using your discernment and your powers of discrimination.

Perhaps people have said to you that you must listen to the voice of authority, but we say to you that you

are the reigning authority on your own spiritual life. You know what makes you hunger and thirst. Pay attention to those hungers, those desires for intimacy with the Beloved, for closeness to the Creator, for clarity about your service and your learning. You are capable and worthy of choosing that thought which you will follow. We thank you for listening to us with that discernment. It will enable us to share our humble thoughts without being concerned that we might infringe on your free will.

The query this day has to do with synchronicity. A synchronous event is a subjective thing. It does not happen, usually, to large crowds of people at once. Normally, it is subjective, happening only to you. It follows the Law of Attraction. Your thoughts are shaped in a certain way. Your desires are felt in a certain way. It is not like other people feel things or think things. It is your way and it sets up energy. The more keen your desires, the more honed [is] the energy. But the most vague of tendencies towards focusing upon a desire shall bring about some synchronicity.

There are those who are visual. There are those who are more sensitive to auditory things: the cry of a bird, a train whistle. There are those whose synchronicities tend to come to them as odors, the particular smell of a kind of incense, a favorite food, an herb. There are those who are close to nature whose synchronicities will come to them in the form of totem animals, birds, even certain gemstones. And when you see, hear, taste, [smell or] feel those things, they speak to you.

The time of 11:11 was mentioned as an example of this kind of synchronicity. You will not receive the synchronicity that another would receive, even if you desire precisely the same thing, because each of you is set up in a unique way. Your filters of what you perceive are your own. And so, even though you are part of the dance of all, even though all is one, even though you are all sparks of the same Creator, each of you is also unique. You will not learn like another. You will not serve just like another. So, naturally, your synchronicities are your own.

It is easy to doubt yourself when you receive a synchronicity. You may simply dismiss it, thinking, "Well, that's interesting." You may have been told toxic things when you were a child and you think, "I am not worthy to be noticed by spirit." You may think, "That's not for me, I'm just a regular person." You may dismiss it and you will still receive synchronicities from time to time. If you do not dismiss synchronicities but rather decide to pay attention to them and to note what you were thinking when a synchronicity occurred, they will begin happening more frequently and spirit will be communicating with you more often.

We would at this time transfer this contact to the one known as S. We are known to you as Q'uo.

(S channeling)

I am Q'uo, and I am with this instrument. A synchronicity can be viewed as a kind of symbol by means of which a deeper portion of the mind than that with which you are customarily used to dealing is able to communicate with that surface consciousness which is of the more everyday variety.

It often happens that in the course of a day there are unguarded moments when an opportunity arises to take a check, if you will, on the events of the day to deepen the course of one's engagement with the events of the day and to allow being to come through into the course of one's doing, if you will.

A synchronicity can register as a sort of mnemonic device or an opportunity to reflect more deeply, to take the resonance of a certain moment, [so] that you might begin to open the passageways that lead to a fuller communication from one level of mind to another.

Now these symbols, as we have said, are as personal and as unique as you are [as an] individual. It is true that there are certain respects in which individual

minds are in communication with a group level of mind, and in that regard symbols like 11:11 can have a broader significance than the merely personal.

It is a widely held view among those of your peoples who are particularly interested in spiritual work at this time that something special attaches to this date of the eleventh month of the eleventh year of this new millennium and, indeed, there is a certain truth to that inasmuch as a cycle of your beingness is coming to completion at this time. It is a good reminder to keep your eye on the prize, so to speak; to remember that you have come here to accomplish certain things and that your intention to accomplish these things can, indeed, waver. A glance at the clock, so to speak, can be a good reminder that no time is like the present for reinforcing that intention.

We would, however, caution against overemphasizing the importance of events of this nature that might be taken to have an outward meaning that causes one to lose sight of the real task at hand. There has been around this date some degree of fear generated; some sense that perhaps the planet will undergo such contortions that a great many will suffer deeply and die. While it is true that the turmoil and difficulties upon your planet continue apace, still we would suggest to you that the period of transition will not be a terribly dramatic one but will tend rather to be gradual. The date of more significance is that of the duration of your own incarnation, which holds the opportunity for accomplishing those things which you have come to do. And you all have come to do quite particular things in this incarnation.

We would suggest to you that the deeper portion of your mind is entirely aware of what there is to be done and is able in the most carefully nuanced ways to signal the more surface portions of the mind with a symbology that is uniquely adapted to each individual person.

Similarly, in your dream life you find that there are resonances and importances attached to certain persons or certain animals or certain events that would not have the same resonance or importance to another. So when they occur within the framework of your dream, they have a meaning to you that you and you alone can take, can work with, can profit from.

It is a sometimes useful exercise to look at the events of your waking life as if they had the kind of

meaning that one finds in a dream. And to be sure there are little events during the course of a day which can have a sort of symbolic significance to you. These are usually interwoven in such a way that they are not obtrusive and so if you choose to pass them by unnoticed, they will indeed recede into your past without leaving a single ripple. But should you choose to focus on them, there are ways that you can learn to interact with these interesting symbols, these communications from your deeper self. There are some within this circle that have come, over time, to associate the hawk with some of the significance of the Ra contact, and sightings of a hawk can be greatly inspirational.

Now, it is true that hawks are not uncommon in this part of the world. One may see a hawk not infrequently. But if you see a hawk, and that has significance to you, you might next ask, "What is the hawk doing as I see it? Is the hawk quiescent? Is the hawk flying? Is the hawk eating?" These are little indications that might develop within you a working symbology that allows a continuing communication from the deeper portions to the more surface portions of your mind to work upon a theme that gradually becomes more accessible to you, as if it were a language that you and you alone have learned.

And so, the more attentive that you become to the patterns that announce themselves in your life experience, the more you are able to discern subtle announcements within everyday events concerning the state of affairs at a deeper level of your being and in that way to become responsive to these deeper states of affairs.

We would, at this time, pass the contact to the one known as L. We are those of Q'uo.

(L1 channeling)

We are those of the Q'uo, and are with this instrument now. We greet you all again in love and in light. This instrument has found humor in the fact that she is at this moment experiencing synchronicity, for just earlier today she became open to a stream of thought that was so compelling she composed a paper on it that had to do with much of the same topic. The images this stream of thought produced in her head, when expounded upon, would be useful in discussing this topic.

The thought that came to this instrument is about words and their significance as what they are: condensed, conceptualized forms of energy. They are basically concepts that are formed into bullets and launched out to convey an idea. This instrument pictured a certain word that she liked in the middle of a web, and branching out from it were all the words related to that word. It continued branching out. You find that all these words connect and therefore all the energies in the words [are] connected.

She thought about rhyming words. Why do certain words rhyme? Why did we make them that way so that, seemingly unrelated, they go together so well if composed in a poem or song? The reason for this is that the greater forces of the collective mind constantly inspire us subliminally through the use of symbols. If you make up a word you may not know where those sounds came from. They just sound right. And yet there is subconscious significance that comes down through the [roots of] mind.

We find this instrument is having a hard time holding this train of thought.

These energies that create synchronicities in your life are all connected. Each branches out into another concept, and another and another. If you but pay attention to the root synchronicity it can continue branching out, expanding until every moment of your life is filled with depth and meaning and you will find that eventually the barriers between you and other selves dissolve.

Each synchronicity is unique to the individual. But it is also a way of connecting us all.

We find that the energy of this concept is draining to this instrument and would pass the contact to the one known as L2. We are those of the Q'uo.

(L2 channeling)

We are those of Q'uo, and are with this instrument. Synchronicities are unique to an individual, not just the personality within incarnation, but the entire individual in a stream going forward and backward from the beginning of time to the end of time boundlessly, and not just forward and backward but in depth from the body through the soul to the higher self. It is collective to that individual.

Synchronicities occur not just within a lifetime but repeated throughout lifetimes. This type of

synchronicity [with which] you may be familiar [is] called “déjà vu”. [This is] a synchronicity which occurs throughout several lifetimes. Although you feel as though you were living at a moment new [to you], you are repeating a moment of similar occurrence from an earlier lifetime and since, in the metaphysical, time is collapsed, these synchronicities go both forward and backward, occurring simultaneously, thus being even more synchronous.

Synchronicities are a form of communication. Synchronicities communicate to an individual in the conscious state from the subconscious state and also from the higher self to the little self incarnate at any given time. As the spiritual practitioner continues acquiring more and more skill at being a wholly spiritual person, the higher self works to communicate its teaching and refines these teachings with the little self.

Many times synchronicities are a way of grabbing the attention of the little self and if one synchronicity does not work then another one is tried until the attention is caught. If a ringing in the ear is not noticed and is dismissed as being perhaps some form of ear infection, then some other synchronicity occurs, such as an odd smell, until the little self can no longer ignore it as being some other form and takes it to be the communication of spirit, as it is meant to be.

(Side one of tape ends.)

As the spiritual practitioner grows, the usefulness or necessity of synchronicities become less and less. Synchronicities are almost a form of baby talk from the higher self to the little self. Once the little self takes note and starts listening, the communication deepens and becomes more and more complex and translucent, to the point where you converse with your higher self as though you might converse with a mate or a friend. It continues to grow in its complexity and deepen in its translucent character until it feels as though there is no longer communication from self to self but that all that remains is self, so the little self and the higher self seem to merge. But first is needed the synchronicities.

We now pass this contact on to the one known as Jim. We are those of Q’uo.

(Jim channeling)

I am Q’uo, and greet you again in love and light through this instrument. Thus, as each of you pursues your path of seeking, you have signposts along the way that give you confirmation and even inspiration to continue your journey. You form your ritual of seeking, shall we say, your manner of being. You pursue your daily round of activities in a set way, accomplishing cycles, patterns and individual journeys into the new realms of your own being. And as this pattern of seeking harmonizes with the entities and experiences about you, you find yourself in a goodly company of great souls, all moving in unison to the opening of the heart, the service of others, and the seeking of the one Creator.

And this great company of seeking, accomplishing the various patterns of existence and the cycles of experience, nears the end of this particular density’s ability to provide such catalyst. For the great cycle of experience upon this planet in third density also comes to its end. It is now the eleventh hour before the 12/12 striking of the clock on the great clock face of your galaxy. The time between now and then is as a second on this timepiece. And each of you now moves toward that striking of the clock upon the hour of midnight, shall we say, that will enter into this experience on this planet for all seekers, the enlightenment of the one Creator being found within the heart of all seekers.

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

(Carla channeling)

We are those of Q’uo, and greet each again through this instrument in love and in light. To whom is the synchronicity occurring? Who are you? You sit, each in your spot in this circle of seeking. You can feel your body. You can feel your thoughts. What is this collection of energies that is you? We say to you that you are sparks of the Creator, true heirs all. From glory come you and in glory do you live your life. Though you may not feel it, it is all around you. And to glory you go, for all is lit up with the love and the light of the One.

There is one Thought that made all that there is and that thought, that great original Logos, is love. You are love in search of itself. You are light. The light that you seek is within you.

This instrument said, before this meditation began, not to worry about hearing about being and doing, for the Confederation is very fond of speaking about the silence. This, my friends, is so. The key to the love and the light that are within you and that are your very nature is silence. We would expatiate upon that, for it is not simply silence, it is silence aware of itself.

Indeed, in the midst of the most crowded situation, one filled with noise and energy and emotion, it is possible to remain aware of the self as that entity which has ample space around it. Your life may be spacious in the most confusing and chaotic moment. It may also simply be chaotic. And it is part of spiritual maturity slowly, gradually, to become able to invest your busy moments with sacredness and spaciousness. Who are you? Are you the witness to these synchronicities that you experience? Do they place upon you some responsibility?

Above all else, remember that you are a creature whose very essence is love. That love is nearer to you than your breathing. Open the door to that love and that light with silence in the busiest day or in the deepest forest. Let the silence speak and stop your ears to that which is not silence, for compared to silence, words are small and weak.

Remember the story of Elijah, when great thunder rolled through. Yet the Creator was not in the thunder. And great fire burned, yet the Creator was not in the fire. And then silence fell and in that silence was the still, small voice of love. It is not that love comes to you. Love is within you. Love is waiting for you. Love loves you. It is you who choose to come to love, to let all the defenses down, to breathe fully and to welcome that which is in that which the one known as L2 called "the one singular moment of now."

You have business here. You came here to love and to allow yourself to be loved. Often the second is harder than the first for those who seek the truth. You cannot make a mistake in your spiritual lives, for spirit wishes you to learn, to grow, to evolve. And how do you do that, my friends, except by making what are called mistakes; by dashing into blind alleys and discovering the wall at the end and coming back out wiser. Do not judge yourself for dashing off into a blind alley. Congratulate yourself for having the passion to seek and the humility to learn.

When synchronicities come to you, ask yourself, "What was I thinking? What was my thought? Did it contain love? Did it contain service?" Use it. Let yourself bloom. Let yourself shine, for there is beauty within you. It is good to share.

You make a difference, my friends, each and every one of you. Each of you is a unique gift to the Creation, to the Creator, to yourself. Honor, value and esteem that self that you are. Steer your ship as best as you can and as you become more and more aware of who you are, you shall settle into being you and your light shall help those around you to avoid the rough crags of the sea. Lighthouses are there for you. And you, as a lighthouse, are there for others. Take yourself seriously. You are important. You are special. In fact, you are unique. There is only one of you and you have a place in the infinite, eternal and unified Creation.

We thank each of you for calling us this evening and we thank and bless each for seeking the truth with such sincerity and single-mindedness. You are beautiful and we celebrate the beauty of your auras and the beauty of the blend of auras in this circle. The light you have created this evening is a great dome over this dwelling place, extending far into the heavens. Together, you touch the sky.

We would, at this time, ask if there is a follow-up to this query. We are those of Q'uo.

(Pause)

We find that there is no follow-up to this query. We are those of Q'uo and would ask if there is another query before we leave this instrument. We are those of Q'uo.

T: I have a question. How is synchronicity involved in dreams? What kind of information do we receive in dreams?

We thank the one known as T for this query. We are those of Q'uo. My brother, the function of dreams varies. The most common function of what you call the dreaming is to burn off, shall we say, or process energies that are incompletely processed in the waking state. While such material is often informative, it is usually not inspirational and is simply the continued communication of self with self from deeper levels of the self to the everyday consciousness.

However, may we say that dreaming is much like synchronicity in that it is communication from spiritual sources. As you pay attention to the dreaming, especially if you begin to jot down in a journal the contents of the dreams that you remember, you can open a conversation with yourself. You will find your dreams becoming more detailed, sharper, clearer and more colorful. Once you have realized that there is information in dreams that would be helpful to the everyday self and useful to the intellect in analyzing that which is occurring in the life experience, the information becomes richer and deeper.

There are two other kinds of dreams that we would mention. The first is the teaching/learning dream where sometimes you are a student learning from a teacher; sometimes you are a teacher expressing and sharing to students. This occurs because on the inner planes of your density there is constant teach/learning going on and there are times when the desire of an entity is such that it propels that entity to join teach/learning in the dream state with those who are not presently in incarnation or are presently out of the body and dreaming.

It is seldom that the content of the teaching that you have heard or that you have offered will be available to the waking self. Please do not be concerned with this. That which you are learning would not penetrate the places that the learning is designed to go within your soul stream, except the fact that you are receiving this information much like you receive this channeling that this instrument is now doing. Part of it you have heard; part of it you have not. That is satisfactory because that which you did not consciously hear has penetrated into your subconscious and there it will be processed. What you did not hear, you have not lost. You have simply been open to spirit and allowed those things that are designed to go deeper to do so.

The last kind of dream that we would offer as a particular kind of dream is the clear dream. In that dream there is an encapsulated piece of information from spirit. It is generally a metaphor of some kind and you may draw what you wish from it. What differentiates this type of dream from others is the clarity of it. If you find yourself having a clear dream, or more than one clear dream, you may take it that you are moving through what this instrument would call the dark night of the soul, and new

realizations. Clear dreams generally come at times of crisis and if you have such a dream when you are not aware of a crisis then it is well to ponder it for the information which it may share with you.

You are not a simple being. Each of you is a very intricate and complex system of vibrations and frequencies. Some of those frequencies have been with you throughout many incarnations. Some are particular and unique to this particular incarnation.

Your vibrations and frequencies change with your emotions and those things that occur to you. What is your goal then? Certainly it is to desire, for that which you desire needs to be experienced. Certainly it is to love, for that is an expression of identity.

Perhaps, my friends, you have not thought that there is that in you which is beautiful. What is the purpose of a flower? It is to bloom. We encourage each of you to think of yourself as beautiful and as capable of great blooming. In all humility, in all emptiness, open yourself like a chalice and receive that which shall touch you with love.

Dear ones, it is time for us to say our goodbyes to this beautiful group. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai vasu borragus. ✨



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SATURDAY MEDITATION

MARCH 5, 2011

Jim: It seems that our purpose here is to assist in the birthing of fourth density. Now that it seems to be done, what will our purpose here be in a dying, third-density Earth, apart from the younger people cleaning up and healing the planet? What are we to get excited about from now until the end of our incarnation is here? What should we focus on during the remainder of third density?

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we come to you this evening. We feel very privileged to have been called to your session of working and it is a pleasure to speak with you concerning the object of focus for those serving on Planet Earth at this time.

But first, as always, my friends, we would ask that you listen to what we have to say with careful discernment and discrimination. Please do not simply take what we have to say as a whole but wait for that resonance about which the one known as W was speaking; that resonance that tells you that a thought is for you, for right now, and for this time ahead. If a thought does not seem alive and resonant to you, then simply pass it by. If you will do this for us, we will be able to rest our hearts in the knowledge that we cannot infringe upon your free will or disturb your spiritual journey. Thank you for this favor.

When looking at the question of what to do between now and when you leave this incarnation, we would

expand the views that you offered, my brother, at the beginning query, for we do not by any means feel that the work of those we serve upon Planet Earth at this time is done simply because the planet itself has won through to being born into fourth density.

It is indeed so that, in terms of birthing fourth-density Planet Earth, the work is complete. It, however, is emphatically not the case that the work of those on Planet Earth is similarly at a conclusion. There is a natural rhythm to each incarnation that you experience or that others experience. No part of an incarnation is dead time. And for those wanderers who came here to help with the harvest, as you feel you did, my brother, the work is most emphatically unfinished, for the fields are white with harvest¹ and you are the workers who have come to help.

You have to recall that those few who have worked to graduate in the polarity of service to self are also in their last incarnation before graduation. They are working, some consciously and some unconsciously, to create a climate of fear and to expand suffering. Consequently, the harvest, just like the harvest that is cut, is difficult to pick. It cuts and lacerates the

¹ *Holy Bible*, Luke 10:1-3, "After these things the Lord appointed other seventy also, and sent them two and two before his face into every city and place, whither he himself would come. Therefore said he unto them, The harvest truly is great, but the laborers are few: pray ye therefore the Lord of the harvest, that he would send forth laborers into his harvest. Go your ways: behold, I send you forth as lambs among wolves."

fingers that pluck from the bole.² It is not necessarily a pleasant thing to observe and witness those about you as they spin out their lives and you spin out yours. There is much chaos. There is a harvest, shall we say, of anxiety and concern. The times, shall we say, are unsettled and it is easy to feel apprehensive for you know not what is to come, yet now is the time when those energies of love, power and peace are needed most of all.

When there is a storm at sea a lighthouse is needed, for one cannot see in the storm the rocks that are hidden beneath the waters. Each of you is as the lamp on the hill. You may feel that you have very little candle power yet light is penetrating. You can even see a candle a half mile away and you, my friends, are far more than a candle. The infinite love and the light of the one Creator flows through your body and as you bless its infinite energy you send it out into the world, and that light says to those about you, "There is love, there is safety, there is intimacy, there is that peace that passeth understanding."

A world hungering sees light such as yours and they are fed, for that which is coming through you is infinite, it cannot be exhausted. You have the responsibility of being a human being at this time of shift. You carry infinity within you. Each time that you pray you move into infinite light. Each time that you meditate you rest in unconditional love, tabernacling with the infinite One. It is not human strength that lights the flame that you offer the world but the Creator Itself. You are simply a channel through which that light may flow. And when your energy body is open and your heart is open, that light bursts upon the world in great beauty.

You ask, my brother, "About what can I be excited? Upon what should I focus between now and when I enter larger life?" We would remind you of the story of the Hundredth Monkey.³ This is a true story

² This reference stems from the previous reference to the fields being white with harvest. Cotton is white, and the soft cotton is protected by a protective capsule or bole that can cut the hand that picks it.

³ From Wikipedia: "The hundredth monkey effect is a supposed phenomenon in which a learned behavior spreads instantaneously from one group of monkeys to all related monkeys once a critical number is reached. By generalization it means the instantaneous, paranormal spreading of an idea or ability to the remainder of a population once a certain portion of that population has heard of the new idea or learned the new

which concerns apes upon two islands that learned a different way to eat bananas. The scientists studying the apes on these two islands noticed that at one point the knowledge of an improved way of eating bananas had moved from one island to the other and somehow, because everybody on one island was aware of how to eat bananas, this information traveled so that the apes on the other island began doing the same.

Your hope before you came to this place of service and learning was that you might be able to lighten the consciousness of Planet Earth. You did not know before you were in the physical body precisely what shape that service would take. And you have spent your lifetime up until this point sorting out, "What belongs in service in my life? What belongs in learning? What lessons do I carry on an incarnational level that I would like to focus on before I run out of days and light and breath in the physical body?" The answer is different for everyone but it is very likely that you had hopes of making the kind of difference that the apes made on the first island when they learned how to eat a banana a better way.

Perhaps you have seen the film *Pay It Forward*. One teenager got the idea of serving others and this teenager in the film infected a whole town with that energy. It may seem to be entertainment and fiction, yet each year when the birth of Jesus is remembered, people all over the globe participating in the spirit of Christmas open their hearts, take notice of their neighbors and reach out to be of service. That is not fiction nor is it fiction to recall each time there is a natural disaster such as Hurricane Katrina or the earthquake that hit Haiti recently. In those cases people opened their hearts and found that they truly cared for strangers, realizing that there is no such thing as a stranger in the tribe of humankind.

This is perhaps a central theme about which to be excited, my brother. The opportunity is there in every day of the remainder of your incarnation. Pay it forward to serve others with such style, affection, humor and *elan vital* that you infect others with the desire to share that light and that love, so that they begin radiating, they begin serving, and they infect

ability. The story behind this supposed phenomenon originated with Lawrence Blair and Lyall Watson in the mid-to-late 1970s, who claimed that it was the observation of Japanese scientists."

others in turn. Visualize the love and the light of the infinite One becoming pandemic in this newer Planet Earth so that, instead of a poor harvest or a small harvest, you are able to affect a large part of the population of Planet Earth.

It is usually in times of difficulty and challenge that people become ready to wake up to a different way of thinking. The shock of the chaos that you have been experiencing in your business and economic world has been a wakeup call for many and the inconveniences, my brother, continue. People who have been sleeping are now vulnerable to a new way of thinking, a new paradigm. The old one clearly does not work. And you can, with every fiber of your being, enter into the moments of your life in such a way as to share the love and the light of the one infinite Creator. What you share, my brother, you need first to experience and so part of that which we would encourage you to focus upon is silence.

Silence seems to be an absence of sound. Yet in actuality silence is the medium necessary for information to flow from the energies and essences of spirit into your waking consciousness. It is powerful. We do not encourage a sudden immersion in silence but rather the putting of the toe in the water, shall we say, five minutes here and five minutes there. Yet we would encourage you to do this frequently so that you keep moving back to the silence that offers you your most powerful awareness of the infinite Creator.

It is necessary to avail yourself of the Creator's vibration, which you may do at any time that you fall into the silence with the intention of seeking the one Creator. That which comes to you in that state of silence may not be anything of which you are aware consciously. However, you may trust that you are receiving information that will expand and transform you. And you, each of you, by your energy, your essence, your characteristic vibration, have that wonderful capacity to encourage and support the awakening of others.

Until the moment when your physical body stops breathing and you move on into larger life, you have the opportunity and the capability of serving the infinite Creator powerfully and meaningfully. As you craft your life, as you take care with integrity and a keen ethical eye for polarity, you are not only working upon yourself, you are changing the world. You can't see it, you can't prove it, but one logical

inference from the statement, "All is One," is that all things that are apparently separate are actually connected. Your physicists have begun telling you this with such disciplines as the string theory.⁴

Therefore, do your best to be good stewards of this planet and help those who have come here to do that. But remember that your main job is to be a channel for the light and the love of the one infinite Creator. Rest in the effulgence of that love and ask for the fire of love to be kindled in your hearts from spirit that you may with the utmost passion and intensity do your best with this incarnation of service, of learning.

My brother, we are aware that you cannot follow up on this query as you are not physically present and so we will allow this question to rest as it is. If you have a further query we would welcome it.

May we ask the one known as Jim if there is another query at this time? We are those of Q'uo.

Jim: (*Inaudible. Jim said that W had the paper that G left with the questions from the L/L readership.*)

We are those of Q'uo, and would ask if there is another query at this time?

W: (*Reading from G's notes.*) S in Japan asks, "Q'uo, I am really nervous about vaccinating my newborn child. There are two schools of thought on the issue: one that says that vaccination is not only safe but necessary; the other which feels that vaccinations are extremely harmful. I find I can't trust 100% what either side says and there is evidence for and against both positions. How can a parent make a decision on taking or not taking an action that, once taken, is irreversible and may lead to cognitive and/or health defects, but if not taken may result in the death or disability of a child due to disease, not to mention loss of a child through prosecution and over-zealous child-welfare legislation. What are the spiritual principles involved?"

We are those of Q'uo, and are aware of your query. In working with questions such as whether or not to vaccinate a child that is within your care, the spiritual principle involved is free will. Because the child is not capable of coming to a reasoned decision concerning such issues, as in so many things for a

⁴ String theory is very complex and it is unproven. It infers that all things in the universe are connected.

parent, it falls upon the parent to make such decisions for the young one.

We look in this instrument's mind and see that this instrument has been selective in her choice of vaccinations. She has had experience with live vaccine that indicate that she is prone to having adverse reactions to such, whereas with a non-live vaccine or a dead vaccine, the possibility of receiving an adverse reaction is minimized.

However, this does not speak to your free will. It is well to be logical and do the research involved. It is well indeed to be informed in every way. And yet, as you say, in human affairs there is often no possibility of certainty. While there is no spiritual principle involved in the giving of vaccines, that being in the province of the body complex, it is important that you feel that you are doing the appropriate thing for the child.

Consequently, you must take this into your heart after you have learned all the facts that you can. Ponder the resonance of offering the child this healing modality, and we would suggest that for each type of vaccine you move through this process of consulting your rational and linear mind, your intellect, and consulting the wisdom of your heart. For often the heart knows things that it cannot say.

We do not encourage blind movements with no intellectual content, but rather a balanced approach, for you maintain the freedom of your will until you have learned all you can. And then you have pursued your own deepest feelings. We are not saying move with surface emotions or move impulsively, but there is the need to do the best that you can for your child and so it is worth it to move through this process of discernment, using all of the equipment that you have—all of your resources: your intellect, your insight, favoring neither and finding consensus.

It can be said that some things simply are not spiritual, and yet all that there is is composed of love, so how can anything not be spiritual? Spirit exists in all things—in the vaccine, in your child, in the rocks and the sky. And out of all of these gifts of spirit come responsibilities and duties that are an honor to have. And yet it cannot be said that there is no work involved in raising a child.

So, offer this matter and all matters the best of yourself. Be generous. Take the time so that the decision that you come to will be that with which

you can live from now on. We thank you for this query.

We are those of Q'uo and would ask if there is another query at this time?

(Pause)

We are those of Q'uo, and, since we are unaware of any further questions from this circle of seeking, shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. It has been a pleasure to be with you. We thank you for your beauty and your courage. Adonai. Adonai vasu. ✽



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SATURDAY CHANNELING CIRCLE - CHANNELING CIRCLE 12 MARCH 12, 2011

Jim: The question this evening has to do with surrender. Besides information in general on the topic of surrender, we would like some information on the type of surrender that is desired, the mental surrender where one wishes to surrender but really hasn't done it yet, and then some information on the surrender, shall we say, of the heart where the surrender has been made and then there is acceptance of that surrender.

(Carla acts as senior channel for this session.)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we join you this evening. It is a privilege to be called to join your circle of seeking and we are pleased to take part in this working.

First, as always, we would repeat our refrain. Please use your discrimination and your discernment as you listen to our thoughts, or to anyone's thoughts. Only you can know what moves you, what resonates with you. So pay attention to that, for what moves you and resonates with you is yours to work with. If our thoughts leave you unmoved, then please leave them behind. They are not for you at this time.

You can always read this material at a later time. Then it may hit you differently, but for now trust your discrimination and let go those things that do not move you. We thank you for this as it enables us to feel sure that we will not abrogate your free will. This is important to us. We thank you for this consideration.

In looking for an entry into this interesting subject of surrender, we surprise this instrument by opening with a note concerning her very recent actions. As she was sitting in this circle of beautiful souls under a green and leafy plant, the houseplant molted and shed a little branch. It fell upon her head and then upon her lap. She took it and without much thought threaded it through her earpiece to her microphone because it apparently wanted to join her. She did not think of this in terms of surrender. She did not, indeed, think about it. Yet her willingness to include the energy of an unexpected addition speaks to the subject of surrender.

To whom or to what are you surrendering when you surrender? Why is it important to surrender and what are you surrendering?

We would, at this time, transfer this contact to the one known as S. We are those of Q'uo.

(S channeling)

I am Q'uo, and am again with this instrument. We thank this instrument for its assiduity in challenging us as we reestablished the contact after this slight pause.

When one feels the press of strong catalyst, it is well to accept this as a portion of your life experience and to allow it a certain presence in your being so as to give it the opportunity to do the work it is designed to do. This does not mean to give in to every aggressive or reactive emotion which you feel announce itself as a possibility on your horizon, but

it does mean to take in the flavor, or the essence, shall we say, of an experiential catalyst that has become part of your process of life experience and to taste it to the dregs, if you will, to engage with it in a way that is not entirely passive, that explores the feeling of that space which it needs to have in order to make its case with you.

What you will find is that there is a certain process of natural discovery according to which an emotion, if it is allowed its sway, will run its course and find its place in your larger life experience. At this point you may look back on it and see that you have, in fact, already surrendered to it and that you are now no longer holding or secreting within yourself an energy which you have not allowed to express. So we say that, while it is true that there are many occasions which call for a more specific act called "surrendering," it can also be the case that one who sets up that activity as an ideal can suffer from a kind of regret which makes surrendering actually something that is, in the end, utterly impossible.

At this time, we would pass the contact to the one known as L1.

(L1 channeling)

We are those of the Q'uo, and are with this instrument now. Dear ones, we would say to you that sometimes when engaging in the process of surrendering there is required a surrendering to the process. When you have a desire it flashes up in the blink of an eye, fire kindled within your soul. Then it trickles down through various levels into your emotional network and your physical network. You have a desire and then you feel emotions surrounding that desire. That emotion moves you to want to take physical action to bring that desire about. If, for example, you are experiencing a thought or emotion that you find troubling and wish to surrender to the experience instead of being caught up in the heyday of the angst of that visceral feeling, you must be able to make emotional adjustments. And you may have to make physical adjustments. This instrument often becomes frustrated with the lack of instantaneous manifestation of her desire to just let go. She wants to and yet feels inside that the feeling is still there and all the despair and frustration that comes with it.

Sometimes you must surrender to the fact that there is a process that is required [if you desire to] get a

certain outcome. In order to overcome an emotion that is not seen as useful, there must be nurturing [of] the emotional body. There must be exploration into what caused the emotion. You may even have to make physical changes or perform physical actions to get the desired result. It is like a small baby crying for its mother. The cry of the child is incessant and frustrating but the mother continues to nurture it and to soothe it until, eventually, the child is quieted. She never ceases to love the child or wishes that she'd never had the child because it is keeping her awake.

That child is you. And you are also the mother that nurtures the child. Often, surrender is not a process that can happen in the blink of an eye. You cannot simply, forcefully, rip emotions out of yourself or rip your connection to a subject away and call that surrender. It takes patience and loving care. It is more like a relaxing set of clothes that you ease into at the end of the day. And when this process is gradually, lovingly slid into, you can sigh, "Ah, that feels so much better," and you can look back on the work you have done and feel proud. You can be as the creation account in the *Bible* [says], "The Creator rested on the seventh day and saw that it was good."

We would bring forth the image of a great tree in your heart. Fire, the very core of your being, [is] like the trunk of that tree, [with] the Creator's love nestled within it. The trunk branches out into branches and twigs and leaves. Each thought and emotion that you have, each thing that you do, each experience you entertain in this incarnation and in others, make up the various branches and twigs and leaves of this tree. You are never detached from the trunk. If you find that you have grown too far out and feel distracted and uneasy, it's simply a process of tracing the branches back to the trunk of the tree and realizing that all is well. That eternal peace can never truly be ripped from your heart. It simply waits until the moment it is right for you to bring it into your self.

We would now pass this channel to the one known as L2. We are those of the Q'uo.

(Long pause)

(L2 channeling)

We are those of Q'uo, and are with this instrument. We give this instrument the image of the little green

guru. Try? There is no try. There is do or do not. The more you try to surrender, the less you are surrendering. It is a futile exercise in self abuse.

Surrender may come first in the head but its work is not done in the mind. No amount of logic and reasoning will yield surrender. Surrender is not a part of the personal identity of the seeker. Surrender comes when one releases that personal identity. Surrender exists in stillness. Surrender exists in entering into the silence.

This stillness and silence exists at every moment. It exists in the midst of chaos, when there is a tumult around you, when there is confusion, when there is a frenzy of panic, when there are people rushing about you, things to be done, people who want, those who are vying for your attention. Amid frenzy and noise the silence and the stillness do not go anywhere. You may enter the silence and the stillness in the midst of any moment, any action, any time. The surrender is patient. It will be there for you when you no longer need to identify with anything other than what you are at this very moment.

You are your own guru. In ancient practices, most notably those with which we are familiar, coming from the East, it is the traditional practice of the student to surrender to a guru, a teacher. The student holds back nothing, but trusts in the wisdom of one who has gone before, and lays itself down and gives itself away to the teaching of a master.

My friends, in your current time, the age of laying yourself down to another is past. You are your own guru. Relinquish yourself as student to yourself and trust in yourself to be the teacher you need to be for every lesson and experience is laid out before you. Surrender to those teachings.

What is the distance between the mind and the heart? One teacher has said that it is a long twelve inches to traverse.

We would at this time like to pass this contact on to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each again in love and in light. My friends, if you do not have a guru to which to surrender, to whom or what do you surrender when your desire is such?

Is it to an authority outside of yourself to which you have given power and respect and obedience?

Is it the, shall we say, higher-self portion of your totality, that portion with whom you have planned your current incarnation so that catalyst of a certain kind could be utilized for your spiritual growth?

Is it to those angelic presences that serve as your guides and inner teachers, those who also have partaken in the laying out of the framework, in a general sense, of your current incarnation?

Is it to an inner master or higher teacher, such as the one known as Jesus Christ or Buddha, or other such principles and beings who embody the qualities that you desire?

Is it to that concept which you call God or the one Creator, the source of all things and all being and the destination as well?

Or is it to your concept of any of these possible authorities or sources to which you surrender? For in the final analysis, my friends, each seeker seeks that which it is—the one Creator. Each seeker is a portion of that Creator which has taken incarnation in order to gain experience to process [the] catalyst that will allow the one Creator to be more of Who It is.

The learning process and the surrendering process may be seen as one and the same, for in this process of giving over your smaller will to a greater will, that portion of the one Creator that is you surrenders to a greater portion of its own being, its own self, which is the one Creator in any of Its manifestations.

Thus, you are in collusion with yourselves, my friends, and this is the life that you experience in third density. For this collusion helps to create what you call your life experience. And thus you learn and thus you teach and thus you serve. And so you are that which you seek.

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

(Carla channeling)

We are those of Q'uo, and are with this instrument in love and in light. The subject of surrender contains threads that beggar our ability to speak to them in the time limits of this circle's session of working, and so we would offer some thoughts that may give you vector.

Firstly, we would offer two stories of surrender for you to ponder that are known to this instrument. One of these stories concerns Jesus the Christ. On the night in which he was betrayed, he prayed, "Father let this cup pass from my lips. Yet not my will but Thine."¹

The other concerns a student who went to India to gain wisdom. He walked far and wide, studying with those whom he found to be helpful. One day, while walking from one place to another on the edge of a great desert, a sandstorm arose. When the storm had settled and the air was again clear, he looked upon a new and unmarked world.

He sat in meditation for a long time. Then he arose, gathered his meager belongings and set out. He walked until he knew that if he walked further he could not come back and he turned and followed his footsteps to the original spot. He did this five times in five days. No food had passed his lips. His water was rationed and soon nearly exhausted.

At the end of the fifth day and the fifth journey, he finished his water, sat back down and stayed. He was found within minutes of that final relaxation into acceptance by traders who praised him as a guru. His actions were clear in the sand. He had made a five-pointed star with his treks. He sat in the midst of that star, accepting what came.

One man surrendered to an entity he knew and loved and called "Abba," "Father." The other surrendered to a condition known as powerlessness. There are ten thousand ways to surrender.

We are not suggesting that you practice surrender when there is that which can be done that is within your means to do. Perhaps you have heard what this instrument calls "The Serenity Prayer." It goes something like "God, grant me the wisdom to change the things I can, to accept the things I cannot change, and to know the difference between the two."²

(Side one of tape ends.)

¹ *Holy Bible*, Luke 22: 42, "Father, if thou be willing, remove this cup from me: nevertheless not my will, but Thine, be done."

² This prayer, untitled by the author, Reinhold Niebuhr, was titled "The Serenity Prayer" by Alcoholics Anonymous. It goes, "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

(Jim channeling)

The reason that the principle of surrender is helpful is that it is based upon the situation in which you find yourself as a human being on Planet Earth. The question of surrender comes up differently for those in higher densities because there is no veil of forgetting. All that can be known is known. The larger picture prevails.

Within third density, for good and sufficient reasons, the larger picture is obscured by the veil and you must determine what you can determine about yourself, not on linear logic or on proof, but through the good offices of faith.

Faith has often been defined as this and that. We would say that faith is the surety beyond knowledge that all is well and all will be well.

Yet who are you? For in the end, the question comes back to who you are, not to whom or what you are surrendering. To the best of our awareness, you are real, yet you are less than you feel that you are, and you are far more than you feel that you are, and both of these things are mysteries.

When we say that you are less than you feel that you are, we are saying that your personality shell is, as the one known as G said, a collection of thoughts around which one attempts to create a self. This does not make you less real. It means that you do not have at your fingertips, in the physical world, complete awareness and knowledge of who you are. This is why entities such as this instrument bond with that which can be seen to be a representation of the Creator. Those who do so do not know precisely who they are but they know Whose they are. They know the principles and characteristics of that representative of the Creator that brings a face to the infinite One, a visibility and an accessibility to the Logos.

That choice is given to some, not to others. Many there are who cannot find any representative of the Creator whose face is known to them or dear or beloved.

You are more than you feel that you are by far, for you have touched many and many have touched you. You exist in a web of love. Those who mean something to you, whether by physical contact, by reading and appreciating words and books, or by any other means whereby connections are made that are helpful, are part of you. We are not saying they are

part of your personality. We are saying that in many cases you are attracted to other-selves which are a portion of your soulstream. Time and space make no difference in these considerations.

We shall pause, while this instrument visits her earthly throne. We are known to you as those of Q'uo.

(Long pause)

(Jim channeling)

We are those of Q'uo, and are again with this instrument, greeting you in love and in light. The key to the concept of surrender is trust. Trust is a close synonym to faith. We told you two stories. In the first story the one known as Jesus, with his cloak of Christhood, trusted in the rightness of the mission laid before him, attributing that to his Father in heaven.

While any concept of the infinite One is a distortion, this entity's surrender was based on that which penetrates through any veil: trust in the rightness of his father. Trust in the Plan.

In our second story, the young student's surrender was based on his keen awareness that he had no action left to take. As he sat down, rather than flailing about, he did not feel resigned, nor did he feel fear. He felt trust that if this was where his incarnation came to an end, it would be a just and proper end. The one known as St. Paul said, "If I live, I live in Christ. If I die, I die in Christ, so whether I live or die I am in Christ and Christ is in me."³

Christ is a word that has been overused to the point of vulgarity, but it does not signify an entity; it signifies a frequency or a vibration. The vibration of Christhood is unconditional love. Unconditional love is with you without fail throughout your incarnational experience, before it and after it. For love is the very nature of the Creator and the created. The infinite quality of love creates and destroys with justice according to those energies that pass far beyond the ability of any within the veil to comprehend, to understand, or to predict. Indeed, the very energies and essences of personality and character that you brought with you into this

incarnation may often befuddle you, as the one known as L1 said so eloquently.

Yet it all comes back to you. If love is within you, if you are the guru you seek, you are surrendering to trust in yourself.

Sometimes surrender seems foolish. Surrender to those things spoken about in the circle this evening seems almost ridiculous. Surrender to a fire that takes all of what one has? Surrender to death that removes a loved one from physical presence? Surrender to arbitrary physical limitations or crippling emotional limitations? We do ask you to consider just these things.

Each of you is worthy. The chaos of your limitations and challenges make sense beyond the veil. Therefore, let them abide and cooperate with them, treating them as gifts rather than challenges. You are worthy. You are loved beyond your wildest imagination. You have work that has been given to you to do. And you have the capacity to do it to the best of your ability.

You have each passing moment, a gift out of time if you will allow time to rest in the Creator. Let the processes of emotion and circumstance work their way through you. If possible, offer no resistance, for that hinders the process. Do not judge yourself. Do not berate yourself. Simply allow those feelings and those situations to process themselves through you. You will be washed clean of all bitterness if you but persist.

We are certainly not suggesting that this is an easy or a smooth process. Yet rejoice that your emotions are turbulent. Rejoice that you have been given challenges. Your plate is full and there are things about this plate of catalyst that are very sweet. Give thanks for the sweetness of the moments as they pass. Give thanks for the love you see, the love you find, the love you discover within yourself fountaining upwards from a center that is mysterious and infinite.

Are you helpless? Are you in despair? Are you exhausted? Are you emotionally spent? These are acceptable states. The suffering involved in them tempers you like steel in the furnace so that you do not break, regardless of the pressure, but you bend like the willow before the wind. Unlike the willow, my friends, you have the power of choice. The

³ Romans 14: 8, "For whether we live, we live unto the Lord; and whether we die, we die unto the Lord: whether we live therefore, or die, we are the Lord's."

willow cannot lift its branches and fly away. You can.

Lift the wings of your soul and take to the air. Let it tumble you. You shall come around right and, in the tumbling, shall you see a fair city being built, the city of your content, your peace and your power. Take whatever moment speaks to you and enter that place: it is your heart. Let it open like a flower and accept you, then rest there, tabernacling with the Creator.

There is a point to the challenges and the suffering you experience. That point is to awaken you and to set you seeking yourself, for in the end, the "I" that is you is the "I" that is the Creator.

We wish to thank all of those in this circle of seeking for taking time to seek the truth. Thank you for asking us to share our humble thoughts with you. It has been a pleasure. We love you. We find your courage and your beauty stunning.

As this instrument and this group are weary, we would leave, reluctantly, but knowing that it is time. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai vasu borragus. ✨



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SATURDAY MEDITATION MARCH 19, 2011

Jim: The question this evening comes from T in Taiwan. “Q’uo, we in Southeast Asia would appreciate your perspective on the recent earthquake and tsunami in Japan along with the subsequent nuclear crisis. How does this event fit into the context of harvest and planetary transition? What can we do to be of aid to those affected by the tragedy?”

(Carla channeling)

We are those known to you as the principle of Q’uo. We greet you in the love and in the light of the one infinite Creator, in whose service we visit with you this evening. Thank you for calling us to your circle of seeking. It is a pleasure to share in this working.

Before we begin, we would, as always, ask you to use discrimination and discernment as you listen to our humble thoughts. Please use those that help you, that are alive to you and that resonate within you. If our thoughts do not take you and offer you something, then please leave them behind. Do not be concerned that you will miss something, for you will hear that which is alive to you and that is the meat with which you may work.

We thank the one known as T for his query concerning the recent events in Japan that have concerned not only the Japanese but all of the world because of the results of the earthquake and tsunami

being so devastating and threatening to cause a meltdown of one of your nuclear reactors.¹

You wish to know how these events fit in with the lead-up to the fourth-density harvest and what each can do to aid those affected by this catastrophic natural disaster and its manmade complications. We would offer our thoughts first on the place that this event holds in the events that come around the time of harvest.

Firstly, we would say to you that you will find that there is a natural spike in the natural disasters of your planet that began perhaps a half century ago or more, and that this spike is continuing into the present day because of the need for your planet to process the heat of aggression, anger and violence that has been pounded down into the Earth in various of its bodies within third density throughout the greater part of your third-density experience. Perhaps you have a good understanding of this because of the way anger and violent emotions cause you to process and go through a great deal of heavy emotional feelings. If you attempt to stifle them or talk yourself out of them, you soon find that it is useless. These feelings need to be processed.

¹ As this transcript is put up on the archive site, the reactors at the Fukushima Nuclear Facility were still in serious trouble, with radiation levels rising, irradiated water pouring into the ocean and several reactors potential candidates for nuclear disaster. Meanwhile over 3,000 dead are reported from the tsunami and earthquake, and 7,000 people missing.

The planet itself is alive, and it is the recipient of an increasing amount of pressure from these negative emotions of its people. It is attempting to balance itself, to heal itself of these distortions. The energy shall continue behind these extreme weather events to cause a record number of weather events for your next few years, shall we say. Gradually, and we cannot say when this might occur, there will be a lessening of these events as the energies are processed and expelled from the planetary body. For the present, however, the experience of those in Japan is as one with other places upon Planet Earth that have experienced the damage caused by extreme events. We find in this instrument's mind the examples of the earthquake in Haiti, the earthquake in China, and the hurricane in North America in New Orleans and that area.

In a way, we give you not what you would consider good news, but what you might consider devastating news: that there is no quick end to the extreme weather emergencies that you may expect. The good news, my friends, is, however, that by this means, the Earth is enabling the vast majority of all human beings to dwell in peace and in safety, rather than there being one global catastrophe that would cause the planetary population of humans to be destroyed.

The reason for this gradual lessening of the pressures within your planet rather than one great polar shift that would eliminate the second- and third-density populations of Planet Earth, or at least the great bulk of them, is the work of organizations and groups such as this one and many, many others. Your people have banded together in spiritually oriented groups whose goals are to serve the Creator by serving each other. The tribe of humankind is more and more awakening to the possibilities of the evolution of the spirit. And this increasing desire to serve has brought people together into groups that respond to the less fortunate developments upon your planet with the balm of their light and their prayers and their loving thoughts. We indeed thank those who are engaged in such groups and who are proactively sending light and love to all those places and all those entities who need the balm of that light and that love.

The second part of your query, my brother, had to do with what you can do in response to the catalyst of this great catastrophe. In order to respond to that

we would offer you some thoughts upon the concept of prayer.

It is easy for people to say, "I will pray for you," when they hear challenging news about a friend or loved one. Yet behind the glib words and the good intentions, there lies a great area of potentially transformative energy.

We say it is "potential transformative energy" because it takes the setting of the intention by an entity with self-awareness and choice to activate the intention of prayer. Yet when that intention is set, and when the entity moves into that environment called "the inner room"² where the Creator and you are tabernacling and the spirit rests upon you, prayer is powerful.

It is difficult for entities who work with what they can see and hear with their five senses to imagine what happens when you pray because it cannot be seen. Yet when the energy is chosen, intended and offered, it is immediately at the disposal of those entities or situations for which prayer has been offered. It is as though you are sending light from yourself in a literal sense. Those with sensitivity can see it. Indeed, this instrument recently read an account of an entity who was working to become able to travel out of the body. He did so while in a car. He was a passenger in that vehicle and free to work in consciousness. And as his group was traveling down the highway he moved out of his body. He passed an accident where people were hurt and ambulances were called and he wondered what all of the streamers of light were from the passing cars to the affected vehicles. When he was back in his body and analyzing the situation he realized that he had seen the prayers of all those who gave a thought to the accident and offered that thought in sincere and heartfelt prayer.

Yet there is more that you can do than simply praying for those affected in Japan. You may realize that you are one of millions who are sending light to those in Japan and you may consciously ask that your prayers join with those of your fellow human beings. This brings in the doubling effect so that

² *Holy Bible*, Matthew 6:6, "But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you."

more and more light can be generated from the Creator by your intention.

While you may feel that in the physical sense there is nothing you can do, in the metaphysical sense you are powerful in the situation to affect it for the better. Let your hearts be opened by the courage of the millions of people involved in this disaster. Do not be devastated by their suffering. Simply offer your love and your light and let your prayers move like incense to those who are affected, that the sacred may be all around them and that they may meet those challenges that they face bathed in the radiance of your prayers.

These energies move through many sub-densities and they go where they are needed. So we would suggest, my friends, that you not attempt to direct your prayers, but merely offer them for the greater good. The important thing in prayer, and in all actions that may be considered magical, is that you focus so that your intentions are purified and intensified and so that any insincerity or feelings of low self-worth that may hinder the effectiveness of your prayers be eliminated completely. Perceive yourself as powerful in this situation and use that power to love.

We would ask at this time if any of those present has a follow-up to this query. We are those of Q'uo.

(Pause)

We are those of Q'uo, and are again with this instrument. We perceive that there is no follow-up to the initial query and so we would open this session of working to other questions. May we ask at this time if there is another query for us at this time? We are those of Q'uo.

R: I have a personal question, Q'uo. I have listened to a channeling this week about concerning myself and past lifetimes and the one item that came up which I really noticed was about me being part of so many channeling circles where I tend to be part of it to provide some sort of support, is the best as I can describe it, rather than actually being able to translate the thought-concepts into words. As I think about that service, my question for you is, can you comment on it, turn it into a spiritual principle I can use as I look at this dynamic in my life? Because I do want to be of service and also learn my lessons and, as usual, when I come to particular difficulty I am not sure what the lesson is besides being patient and

willing to continue. So if you can offer me some thoughts or insights I would appreciate it.

We are those of Q'uo, and thank the one known as R for his query. Although it is a personal question, my brother, we are able to respond because the query has to do with universal energies rather than being that which would cause us to invoke the Law of Confusion.

For those who work with unseen energies in order to serve the Creator by collaborating with those energies to create material that may be of use to those seeking spiritually, the challenge is always how to ride the waves of energy that are coalescing and dispersing around a particular instant in time and a particular person who is acting as channel in order to maintain a stable environment for reception in translation of concepts.

The entity who has worked to tune itself as a channel, that is, as an instrument for producing thoughts that may be helpful, has certain work that he or she may do in order to maximize stability and accuracy. Instruments may work to tune themselves to be sure that their energy bodies are open and functioning well for doing the work and they are able to challenge the spirits who wish to speak through them in order to ascertain whether or not to accept contact.

Beyond these items, the work of a channel is prey to the vagaries of the movement of frequencies of vibration around the moment and around the self. That work is left to those who serve by stabilizing those energies for the channel. Their work is unseen and often unappreciated by the channels themselves and yet it is vital to the reception of accurate material. Without such batteries the channels are prey to losing the channel or to having that channel transform itself into that of a different contact due to sudden changes in the flux of energies surrounding the moment and the channel.

Consequently, my brother, we may say that those who serve as batteries are as important to the material that is produced as are the channels. This is not particularly helpful to those whose ego is involved and who wish some kind of public credit for their work, yet the work remains vital to the production of good channeling.

We may say, my brother, that those who choose to do this work are often those who have a desire to

work behind the scenes and specifically not to get credit on a public level. There are many reasons an entity may choose to serve in this way, chief among them generally being that there is a desire, looking at the balance of many incarnations, to discourage the ego-self or the personality shell, as this instrument would call it, and to encourage total unselfishness of giving service without expectation of return. We congratulate all of those who offer themselves in such service because they are as vital to the work that we do in collaboration with channels as the channels are themselves.

Further, we would thank all of those who sit in groups such as this one. It too, is sacrificial work in that there is no public acknowledgement of the part that they have played in the production of these words, yet every entity in the channeling circle is a part of the shape and the content of the channeling that occurs during that session of working. The hopes, the hungers, the desires of each person play into our choices of what material to bring forward and what to share, so we thank each, for each of you functions, to a greater or lesser extent, as a battery, smoothing out or evening the flux of energies around the receiving channel.

Each of you is vital to and a necessary part of the channeling process, and when a session is placed, as this instrument would say, online, so that many may read it, it is easy for such readers to think that the channeling is done by the channel alone. Yet the instrument who produces the words is only part of the equation. Thanks are deserved by all of those who take part in the production of these sessions.

May we answer you further, my brother? We are those of Q'uo.

R: Thank you Q'uo. Thank you for illuminating the subject. I think that I am one of those who works with the ego part and it is an inspiration to hear from contacts such as yours. I'll just say thank you.

We are those of Q'uo, and we thank you, my brother. May we ask if there is another query at this time? We are those of Q'uo.

Jim: (*Reading from a question sent in by a seeker in Portugal.*) A spiritual seeker desires to accelerate the process of polarization in order to reunite with the one infinite Creator. The question is: "Why do we have to hurry to go faster and faster? Why not take as many billions of years as is necessary to reach the

One? After all, was it not already said that we have as much time as we might need? Is this a competition of who gets there first? Would you please comment on these thoughts?"

We are those of Q'uo, and are aware of your query, my brother. In point of fact, my brother, there is a natural pressure towards evolution built into the very fabric of the universe, which is love. It is inevitable that you shall evolve. If you are satisfied with your present circumstances and have no desire to alter your perceptions or experience of the life that passes your senses, there is no reason whatsoever to work towards accelerating the pace of evolution of mind, body and spirit. You do, indeed, have all of eternity in order to evolve.

There are many who are not satisfied with their circumstances. We do not speak here of money or power or influence or comfort, but rather that hunger and thirst for a better way, for the truth, for awareness of the self, of the Creator, of the true nature of experience. There are many who realize that they cannot trust all that they think, much less all that they are told. They seek to have a more direct avenue of communication with the sacred. Their hunger and their thirst are for those things which the world cannot give them, no matter how hard the world may try.

It is to those who wish to move closer to the truth and to live more self-realized lives that the techniques for acceleration of evolution are useful. We would not dream of suggesting to people that it is unsatisfactory for them to be as they are. Each entity is perfect as he or she is.

Our information, however, is called upon by those who wish to seek the truth. It is the choice of all to seek or not to seek. We are paraphrasing one of your famous Shakespearean soliloquies: "To be or not to be."³ For those who wish such information as we offer we are happy to share our humble thoughts. We have evolved ourselves through third density and beyond and we share our experiences and our history with you as we find it is called from us, elicited and evoked by your desires.

³ Shakespeare, William, *Hamlet*, Act 3, Scene 1, "To be, or not to be, that is the question: Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous fortune, or to take arms against a sea of troubles, and by opposing end them?"

If such things are useful to you, that is more than sufficient reason for our participation in offering information through instruments such as this one. If it is not helpful to you, then you have no obligation whatsoever to tend to us or any spiritual source. Follow your desires, my brother. You may trust your own consciousness and your own desires to offer you the catalyst that is useful to you for the moment at hand.

We are aware that this entity is not in the physical circle and so we will not ask for a follow-up question. We would at this time ask if there is a final query for this session of working. We are those of Q'uo.

L: Q'uo, I have a question. For a while now I've encountered what I call "thought bombs," where a huge concept is downloaded into my head all at once—a lot like channeling but for no reason. A lot of it is very scientific stuff, things that I normally don't think about at all, that I don't really know what to do with, but [things that] could potentially be very useful—about molecules and things like that. Does this just happen at random? What would be a cause of this information coming through someone who doesn't really have the mind to process it?

We are those of Q'uo, and we thank you, my sister, for your query. My sister, although these thoughts are not random, they are also not specifically directed at you. Let us work to illuminate that statement.

You are not alone at all in having a very sensitive inner nature. There are many who have such natures. For the most part, they tend to keep them protected and defended and this tends to limit that which comes through them, yet they cannot stop the flow of information because they are doing the equivalent of listening in on party lines. There is no intention behind that, it is simply that the self that is embodied in an incarnation has the capacity to hear and thoughts are moving across the field of vision at all times if one may say such a thing without mixing metaphors.

The one known as Willie⁴ once said that he never had to make up a melody because he simply took one out of the air. This entity was sensitive to the

⁴ Willie is Willie Nelson, the country and western singer and prolific songwriter for the pop genre as well.

language of music. The one known as L is sensitive to the language of words.

My sister, there is no responsibility that is inherent in being able to hear what people are saying, whether those people be discarnate entities or entities in a physical body. If such an entity were to speak to you in the physical sense, you would be saying, "Why are you telling me this? I don't really understand what you're saying. Should I ask questions, or what?" It is difficult to have that conversation with a disembodied voice.

We enjoy your word for those concepts that are very pregnant with meaning as "thought bombs" and our sympathy is with you and all of those who are inadvertently exposed to voices they have not requested who are offering information that is either toxic or incomprehensible.

We shall say that if one of these overheard conversations interests you, then you are capable, my sister, of tuning and challenging entities so that you may pursue the conversation. Yet we would suggest, as always, that you work only within a group so that, as we were discussing earlier, the flux of energy surrounding you does not cause you difficulties.

May we answer you further, my sister? We are those of Q'uo.

L: I was wondering if this particular way of information coming through has a specific source and if there is [one], is it specifically being directed at anyone or is it just kind of out there, like everything that anyone could be thinking?

We are those of Q'uo. My sister, these thoughts and all thoughts are projected from sources that are specific and individualized, yet they are not directed towards anyone, but rather exist because of the interest of many through a substantial period of what you call time so that there are energies that are essential to that particular concern that collect. The projection of this information is sometimes the result of many entities seeking, calling forth a stream of information on this particular subject, and these streams are all about one at all times.

(Side one of tape ends.)

(Carla channeling)

It is part of the unseen environment that surrounds you. We may say, indeed, it is similar to the population of microscopic entities that is all about

you. It is an eye-opening experience to look through one of your microscopes and see the many living creatures that exist on skin, in water, on every surface, and for so many, many interrelated reasons you can see that the inside population is not personal to you. It is general to all. The microscopic life is not drawn to you because of your personality. It is drawn to you because of its function as one who cleans up this or that from your body or in some way interacts with the body for its help.

These streams of melody, words, inspiration and love are part of the positive unseen environment in which you live. There are also toxic voices, toxic music, toxic words, and so forth, that are part of that environment. It is an unknown environment to most people in the [physical] body on Planet Earth. It becomes all too familiar to those who are very sensitive.

May we respond to your query further, my sister?
We are those of Q'uo.

L: No, thank you, Q'uo. That was an excellent explanation. It makes me feel a lot better.

We are those of Q'uo, and my sister, we are very glad to be able to offer you the comfort of our thoughts.

At this time, we would leave this instrument and this group in the love and in the light of the one Creator. We are known to you as the principle of Q'uo. It has been a pleasure and a privilege to share this meditation with you and we thank you so much for taking the time to seek the truth and to ask us to join you. Adonai, my friends. Adonai vasu borragus.

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SATURDAY CHANNELING CIRCLE - CHANNELING CIRCLE 13 MARCH 26, 2011

Jim: The question this evening has to do with creativity. We were wondering in general how a creative outlet can help a seeker in mind, body and spirit, enhancing the experience of the incarnation in learning [and service] and maybe a little bit more information on how this creative energy that flows through us might be similar to the creative energy of the one Creator in making the Creation, including us.

(Carla acts as senior channel for this session.)

We are those of the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. We are very privileged to be called to join your session of working and we thank you for the honor.

Before we begin we would ask each of you to use your discrimination when listening to our words. Take those things that seem alive and worthy to you and leave the other thoughts behind. If you will do this, then we shall quiet our concerns about infringing upon your free will. We thank you for this consideration.

You asked concerning your creativity. You asked how it works to enhance the acceleration of evolution in mind, body and spirit, and you asked how this process is related to the Creator's creation of the universe. We would first speak of how creativity aids in the evolution of mind, body and spirit.

As has been noted in the conversation that precedes this meditation, each entity will express creativity in a unique way. If you will think about the fact that you are part of the creative principle, sparks of the Creator and fully worthy to be considered a co-creator, you may see that each entity possesses creativity as part of its birthright.

When that which you call life is occurring to you, it often seems that it is occurring in great waves of chaos, and yet, as you talk to yourself concerning what is occurring, you are organizing that chaos into a story. It is a natural function of the mind to take hold of an infinite number of details and to create of them a pattern that is intelligible to you and helps you to understand yourself. Working as you do with time passing away quickly and many things occurring, it is inevitable that sometimes your story may lose details that actually were part of the chaos and point up other details that seem to you to be indicative of pattern.

History itself is a collection of stories, and moving deeper into the human experience, there are endless stories of myth and legend and lore that further explicate the deeper levels of consciousness. All of these stories contain an unmeasurable amount of truth mixed with an unmeasurable amount of creativity. And as time slips away, who is to say what of history is true and what is myth?

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

(L channeling)

We are those of the Q'uo, and we are now with this instrument, greeting you each again in love and in light. When the one infinite Creator produced the creation it was so that the Creator could know Itself. The Creator broke into infinite facets, each unique, so that [each] may experience what it means to be from [an] infinite perspective at once.

When you create a story, you are mimicking the one great creation and getting to know facets of yourself. When this instrument creates a character, she is taking information and energies from the inside and flinging them out at an angle where they may be better studied and observed, and then taken back in again, analyzed and assimilated when [the material] is better understood. When numerous characters interact with each other, this is a way of talking to the self. This instrument finds that issues she has trouble resolving in her everyday life can be acted out and resolved in stories.

The greatest creative urges come from that passion and fire felt within things that must be understood, things that are longed for. It is a passion that drives one to express them over and over again from different angles until they are better understood. Such is the same with any creative act, be it building a building or drawing a picture or playing an instrument. The mode of expression is merely a matter of resonance. There are those who attune to notes of music; those who attune to the reflexive movements in the hand that allow pictures to be created. All creative acts are modes of self-expression from the abstract perspective.

In the need to produce something of permanence, thoughts come and go as quickly as the wind. To produce a creative work is to crystallize an image of the self caught in that one moment. Who were you at that exact point in time? It is crystallized and put forth that it may be viewed by the self, reflecting the search for wisdom imbued by other selves who are all characters in a much larger story. These are the lessons that we teach ourselves and the lessons we leave behind as we ascend the stairs of higher knowledge.

We would now pass this contact to the one known as Jim. We are those of the Q'uo.

(Jim channeling)

I am Q'uo, and am with this instrument. The passion and fire about which we spoke is likened unto the intelligent energy of the one Creator which has made each seeker. Each seeker, in living the life, in breathing, speaking, moving, working, is expressing creative energy, the intelligent energy of the one Creator. This is necessary, shall we say, in order to give a form and a path through which the energy may flow, to allow the Creator to know Itself through each entity and for each entity to feel itself and the Creator in this creative expression of intelligent energy.

There are various refinements to the expression of this energy which are more generally referred to as the creative aspect of a personality; those activities which you may know of as the musical expression, the written expression, the physical expression in dance, and so forth.

These are the more refined methods of expressing this intelligent energy that is the source of all seekers' experience. When one is able to find a means by which to bring forth a creation that was not before known, [this] allows each entity to reflect the abilities of the Creator, to make the creation about him, and to bring forth new expressions of love and light and of the unity that is at the foundation of all being.

Thus, these creative channels or avenues that many bring with them or develop during incarnation serve as a means by which a refreshing of the spirit is accomplished, an exercising of the mind is felt and in some cases even the movement of the body in ways that aid the creative outlet. Thus, there is a refreshing of the totality of the being as intelligent energy is given forth. The mere, shall we say, handling of intelligent energy is an energizing experience, even before form is given to it.

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

(Carla channeling)

We are those of Q'uo, and greet you again through this instrument in love and in light.

As an aside, in case you may wonder why we so often say our name and offer love and light, they are tuning devices that aid each channel in remaining on the beam, shall we say, on the frequency and the

vibration that is in the center of the point of contact, so that this collaboration for seekers may hold the maximum amount of solidity.

In this process of living the life, experiencing and witnessing the incarnation, there is a tendency for those who are sincere seekers to begin to build pressure within themselves. The earnestness and the sincerity of seeking can seem to create pressure. Creativity is a way of lightening that pressure, loosening that tight grip on seeking and letting the imagination fly free. Imagination is precious yeast that leavens the dough of living.

Perhaps a cook, instead of finding cooking a chore, invites the living ingredients in the food to play with her. The story changes, the mood expands, the food is invested with love.

Perhaps a technical person is finding it difficult to create that which is needed for an application in the computer. When imagination is invited and creativity is invoked a new way is seen and everything shuffles into place.

When one is working with oneself, there is tremendous creativity involved in lifting away from thought and inviting spirit. In those moments of silence following such an invitation, much expansion may be given to the self by the self and new realizations may come to the surface.

Creativity is not only the creating of written works or music or dance or any of those things one thinks of when thinking about creativity. Creativity and imagination are available in so many ways, on so many levels. And what binds all of the examples together is an attitude that is not invested in maintaining a narrow view, but rather is invested in the truth.

We would offer the image of a person who is trying hard to tote everything up into columns of asset and debit, good and evil, functional and dysfunctional. Imagine instead the expansion of mind in allowing a play of detail so that you surprise yourself with a new idea, a new relationship, a new correspondence. All of these ways and many, many more offer to your experience of life a spaciousness, a delight and a joy. These powerful positive feelings always tend towards accelerating the evolution of mind, body and spirit.

We would now offer some thoughts on the relationship between the person creating a story with characters and so forth. In other words, a world, and

the Creator creating the universe. We have said before through this instrument that each of you creates a universe. Your subjective creation is measurably different from the Creation as witnessed by others. The story of your life according to you is probably somewhat different than the story of your life according to someone else.

It is important to realize that since the physical world of space/time is illusory in its solidity, it may be difficult for you to comprehend how real your thoughts are. Yet they are the realest part of you.

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

(L channeling)

We are those of Q'uo, and we pause, as this instrument was not expecting to be called upon again. This instrument is attempting to perceive the message which we would send.

She was wondering in her head if those characters she has created can feel the love she sends them the same way she feels love from the Creator. We bring forth the image of the sun, your Logos, that radiates light, warmth and love to this creation. We would say that each of you is a sun. And when you create such a world your presence is the sun that shines down upon that world. This instrument's characters may not be cohesively aware of her involvement in their creation, but it is her love and energy that sustains that reality, just as it is your sun energy that sustains what you perceive as this portion of the universe. We pause.

This thread of creativity is infinite in its context. It loops into an infinity symbol. As this instrument's creations receive the warmth and energy of her love they will cause creations of their own and they will be the sun to their universe. There are infinite suns and just as the sun is a circle, so the love is one and it is all connected. When you draw upon the strength of your sun you are drawing upon the strength of all creation, and when you offer love and light to your creations or to anyone, the entire strength of the infinite creation is behind you.

We would pass this contact to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each again in love and light. You have the power of

the great central sun-body of the one Creator at your disposal. As you experience each instance of your incarnation, the nature of this energy, as we said before, is to enliven and to expand that which was, so that there is an increase in the creation itself and your experience of it.

The healthiest mode of experience, shall we say, for each seeker of truth is to be able to expand the boundaries of its being in a continuous fashion through the length of the incarnation. This enables the seeker to grow in a fashion which is sustainable, shall we say, and which continues to enrich and enliven the mind, the body and the spirit.

It is easy for this expansive experience to be slowed by the passing of your time and the addition of years to the incarnation, for that which is more familiar becomes a pattern or a ritual, a given within the incarnation, and as more of that which provides a foundation for being is repeated, there tends to be a slowing of this expansive process which can eventually become full of a momentum, shall we say, that begins to narrow the view of perceptions of the expression of energy and the continued growth of the mind, body and spirit.

This is a natural process that each seeker will experience at some point in incarnation. It is well for each seeker to attempt to remain open to further creativity and expansion of expressions. Yet the ability to do so is, itself, a practice which must be exercised upon a frequent basis.

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

(Carla channeling)

We are those of Q'uo, and are with this instrument once again in love and in light. In terms of comparing the self to the Creator, comparing the creations of the self to the creation of the one infinite One, we would say that it is a matter of thought, the quality of your thought. For you see, my friends, it is not simply that creativity is involved in your creating characters or seeing them as real and seeing them act in ways that you did not consciously create. It is deeper than that. It is that throughout your working with the experiencing of life and witnessing all that you witness, you are vibrating at a certain frequency, not because you took thought, but because it is your true vibration.

As you work within to clarify your thoughts and to focus on those deepest desires of your heart, you slowly become a thought; not a thought that you think, but a thought that you are. In this way, you are what you seek.

The Creator takes no thought in order to vibrate as the Creator, any more than you take thought in order to vibrate as yourself. The Creator is as It is, and we have said many times that we experience this energy as love, unutterable and untainted. Shall you vibrate as love? Shall you create in love? As your love is carried and offered as that which comes through you, is blessed by you, and allowed to shine from the eyes, from the heart, from the hand, it expresses a quality of light and love which only you can offer.

All that you create, every thought, has the potential for being expanded by the use of imagination and creativity. Those faculties are natural to you, yet they are often discouraged or unappreciated by the surrounding culture. However, they are greatly appreciated by all those forces of spirit that surround you in the unseen realms. Lifting up to imagination is lifting up to spirit. It is asking for light to illumine the page of your life at which you are looking, or the page of your story which you are writing, or the song that you are creating or the dance that you are dancing. Trust those rhythms in your head. Trust those inchoate urges and enjoy playing like an otter in the waters of life.

We thank the one known as L for this query and would ask at this time if there is a follow-up to this question. We are those of Q'uo.

L: Q'uo, often in my dreams I interact with characters that I've created in my stories. I was wondering if you'd have anything to say about that.

(Carla channeling)

We are those of Q'uo and are aware of your query, my sister. Once you have created these characters, my sister, they are as real to you as anyone else and it is only natural that ...

(Side one of tape ends.)

(Carla channeling)

... in the working out of the issues that have not been satisfactorily solved in conscious living those characters would have their parts to play.

May we answer you further, my sister? We are those of Q'uo.

L: No, thank you, Q'uo.

We thank you, my sister. May we ask if there is another query? We are those of Q'uo.

Jim: How can Carla and Monica and Gary and everyone else that's involved in the Friday night radio interview show use that venue as a means of being of service to others in the best possible way? Are there any spiritual posits you could give them to think about?

We are those of Q'uo, and are aware of your query, my brother. We find that the motivation for such work is the key factor in the perceived work. When entities desire to be of service, then there is an energy to that desire that aids in creating a useful service. All things are acceptable to offering such a service. As long as the motivation remains pure, as the desire to serve is pure, as the desire to love is pure, that which is spoken will shine with service and with love. There is no one right way to engage with those whom you wish to serve. We would suggest remaining open to all ways that seem fair, for truly it is a matter of your free will as to how to serve. Only keep the intention pure and set it carefully, and all will come forth from that good beginning.

May we ask if there is a final query at this point? We are those of Q'uo.

(Pause)

We are those of Q'uo, and as we seem to have exhausted the queries in the circle this evening, we take our leave of you. It has been our privilege and our pleasure to share this session of working with you. Thank you for asking us to your circle of seeking. Thank you for seeking the truth. We are known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai vasu. ✨



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SATURDAY MEDITATION

APRIL 2, 2011

Jim: The question this evening is from T in Taiwan. “Q’uo, please tell us something about the seeking and the enlightenment of Gautama Siddhartha, aka, the Buddha. What does this story tell us about spiritual enlightenment?”

(Carla channeling)

We are those known to you as the principle of Q’uo. We greet you in the love and in the light of the one infinite Creator, in whose service we attend this circle of seeking this evening. We wish to thank each of you for calling us to your group and for taking the time out of your lives to seek the truth in this manner. You help us greatly as we have offered our service to do just that, speak with those who ask on the questions they designate.

As always, before we begin we would ask each [of you] to use your discernment in listening to what we have to say, taking those things which are helpful from our thoughts and leaving the rest behind. We appreciate your doing this as it will ease our minds to know that we do not need to be concerned about infringing on your free will. Thank you for this consideration.

The query this evening has to do with the one known as Siddhartha, or the Buddha, and what he has to teach about spiritual enlightenment. We find in order to approach this in a way which may be more helpful, we would take some time to speak about the two strains of religious thought that are encapsulated in the teachings of the one known as Jesus the Christ and the one known as the Buddha.

Both entities, Jesus and Siddhartha, offer tremendous resources to those who are seeking the truth. They have different areas of appeal but that which they hold in common is powerful. To them both the seeking of the Creator, service to the Creator, time spent in the company of the Creator are all in all. To both, there is no priority greater than spiritual seeking. Both of them lived lives that indicated this preference, this concern, and this devotion.

There are two different styles of seeking when gazing at these two powerful and poignant beings. To one, knowing that his kingdom was not of this world, he nevertheless entered into the world with all of his heart and soul and nothing in his heart but love for all he saw. As he entered in, so his physical body was destroyed by that which he took upon himself: the suffering of the world. All suffering was taken into the self and accepted. That it destroyed his physical body was not that which was important to the one known as Jesus the Christ, but rather that he do his father’s bidding. “Not my will, but thine,” were his words.

The Buddha saw the same world and knew that he was not of it or part of it. Consequently, his path did not move into the open heart and take all of the suffering of the world into the self. Rather, he allowed the things of the world to fall away as they seemed to want to fall away in his view. Over the period of a lifetime he was able to investigate each path in the world and conclude that that was not his path. The principle of “neti-neti, not this and not

that”¹ comes into play here. Thusly, as the Buddha allowed all to fall away except the seeking for the one Creator, the entity no longer was concerned with the suffering of the world except to pray that all suffering might cease. There was not the attempt to take on the suffering of the world; rather, the attempt was to allow the suffering of the one known as the Buddha to fall away and as suffering fell away from the Buddha, so it would fall away from the world.

The teachings of the one known as Jesus appeal to those who enjoy the feeling of an open heart, a heart open to love. The teachings of the one known as Siddhartha appeal to those who seek wisdom. Yet, the compassionate follower of Christ and the compassionate follower of Buddha meet in the middle where love and wisdom are balanced. Consequently, either path is sound and useful. And we might suggest to those who are Buddhist or Hindu and have followed the path of the Buddha for their lifetime that they investigate what it is to follow the teachings of the one known as Jesus. It is equally useful for those who have followed the teachings of Jesus over the period of their lifetime to investigate and enter into the teachings of the one known as Siddhartha.

Remember that it is not to the extreme that awareness comes, but to the one who has been able to balance the energies of love and the energies of wisdom. The lifetime of the one known as Siddhartha was one in which the wealthy man became poor, the active man became quiet, the leader of armies retired from the lists and developed the habits of sitting in meditation and ferrying people across a river. Humble and modest, the Buddha was not led by intellect but by his hunger and his thirst for the presence of the infinite One.

There is no better exemplar of the truth than one entity who has achieved spiritual maturity. Such a person is capable of leading others to their own discoveries by association. We could say it was done by inspiration yet that would indicate that thought was taken to inspire and this is not so of the one known as Siddhartha. Yet his very presence became

eloquent and has lighted and inspired those who follow his teachings for many, many centuries.

It is almost impossible to use words to create in others awareness, sensitivity to spirit, or inspiration. It is not impossible but it is very difficult to use words to move people’s hearts and minds in a way that is lasting. The one known as Jesus worked upon this point by telling stories. The one known as the Buddha acknowledged this point with his silence. And in that silence stands the spiritually mature Buddha, that one who, just as you, had been full of desires, interested in wealth, influence and power. There was not distaste but simply a preference for not dealing with these.

Why, my friends, would one not wish to take up the reins of government, military, economic leadership and so forth? The one known as Siddhartha saw no attraction, no reason to stay within that prison of concepts, ideology and the clash of wills that represents the government, the military, and the halls of power. This simple turning away, this freeing of the self from the prison of things, stands as a beacon, letting others know that it is possible to free the self of the burden of the love of things. It is a powerful lesson indeed.

It is not that the one known as Buddha scorned money but that the one known as Siddhartha was not imprisoned by attaching himself to a desire for it. Where there was no desire, there was no longer a use for that catalyst and with his whole heart and mind, the one known as Gautama gently and firmly said “not this” to each thing he encountered in the world.

It is a very helpful concept to separate the things of the world from attachment to things of the world. The Buddha did not have to preach the evils of the things of the world. He simply did not desire them. To an entity swamped in desires, some of them conflicting, this freedom is precious and the way of the Buddha very, very helpful.

It is sometimes very difficult to separate entities such as Jesus the Christ, or Siddhartha the Buddha, from the institutions and cultural expectations that have grown up about these entities after their deaths. They have no control over what happens. They are no longer of this density. And those of this density, intent upon influence and power, have systematically attempted to alter the mystical teachings of these two leaders to approximate something that can make

¹ Wikipedia says that “In Hinduism, and in particular Jnana Yoga and Advaita Vedanta, *neti neti* may be a chant or mantra, meaning “not this, not this,” or “neither this, nor that” (*neti* is *sandhi* from *na iti* “not so”). *Neti neti* is a saying found in the Upanishads and especially attributed to the *Avadhuta Gita*.”

money and be sustainable. Therefore, if you wish to follow either entity, it is well to look for the source of teachings, to look for that which has been offered by these great teachers, rather than listening to the rhetoric of those who supposedly follow these teachers.

To follow either of these two men is very difficult because of the confusion that has arisen over centuries of distortion. Yet it is entirely possible to win through to a relatively undistorted grasp of that which is offered by the one known as the Buddha. An entity needing to look more closely at the Buddha just as an entity needing to look more closely at the one known as Jesus, the Christ, needs to do a continuing and daily amount of inner work to support the attempt and we recommend whatever form of entering the silence would be helpful to you in order to support the realizations that you are attempting to seat within your consciousness.

Both the Christ and the Buddha vibrate at a certain energy. It is a similar energy. The heart of following either entity is to avail yourself of this vibration. As you avail yourself of this vibration, you become that which you are seeking to learn. And as you gradually are able to allow this understanding, shall we say, to penetrate into the very depths and roots of your mind and consciousness, you will be able to avoid the distortion that is rampant.

At this time we would ask if there is a follow-up to this query among those in this circle. We are those of Q'uo.

(Pause)

We are those of Q'uo, and are again with this instrument. We wish to thank the one known as T for his query and at this time would open the circle to any other questions that you may have. Is there another query at this time? We are those of Q'uo.

G: Q'uo, M writes, "When in communication with my higher self it sometimes appears as though certain requests for information are not granted. Can you comment on the principle by which the higher self would choose to withhold information in some cases and not others?"

We are those of Q'uo. We thank the one known as M for his query. My brother, the higher self can offer inspiration concerning the highest and best path to follow in an ethical situation. When asked concerning where the highest and best path is, there

is a fairly reliable tendency for the higher self to be able to respond.

However, the higher self is a guidance system, a resource left to you by yourself. It is not designed to do your thinking for you or to open paths that for one reason or another are not in your life path. Consequently, it may seem sometimes as though the higher self is not forthcoming. If the higher self then, the guidance system that you trust, is not forthcoming on an issue, that will tell you something. That will tell you that you are in an area where you are asking more than that guidance system can offer.

We see in this instrument's mind the ancient joke concerning the grandmother whose grandchild is playing at the shore. A huge wave comes and sweeps away the boy and she is running up and down the shore pleading to God to bring the boy back. After several minutes of this prayer, the little boy is dumped onto the shore, safe and sound. The grandmother rushes to him, checks him over from stem to stern, and then looks up at the sky and says, "God, he had a hat."

My brother, it may be possible that you will lose your hat. Storms come, and suffering ensues. If you can stay in that fire of suffering and ask it for its gifts, out of that suffering will come spiritual maturity, lessons painfully but gratefully learned, and a surcease to that suffering. We would suggest that when the spirit within does not seem to be accommodating it is well to review your attitudes, your assumptions, and your requests of the guidance system that you trust. Realize that it is bound by the Law of Confusion and give thanks for the guidance it is able to give you.

We are sorry not to be clearer for we realize that it seems to you that somehow nothing should be withheld from those who truly seek. Yet we would ask you if you would consider it withholding from a third grader the principles of calculus or solid geometry. Sometimes, my brother, requests are made of spirit that cannot be fulfilled because you, as an entity, have not had the preceding information seated within your heart and mind. When you feel that you have been given less than you wish by the Holy Spirit or by your higher self, it is helpful to accept that which is given and accept as well that which is not given in the humble and earnest hope that life and learning will bring to you the requisite

knowledge in order that you may indeed wrap your mind around and understand calculus and solid geometry.

It is difficult to wait for spiritual maturity to develop within the self and it is equally difficult to do so without blaming the self somehow for not being able from the beginning to know all that is needed in order for spiritual enlightenment. All we can say to you, my brother, is that we encourage you to have patience and in your humility acknowledge that you will gladly take that which can be learned by you today. And you will ask again and again until such time as you have the maturity to understand the response.

We are those of Q'uo, and would ask if there is another query at this time?

G: Q'uo, M from Germany writes, "There have been reports in the media about an Indian Yogi named Prahlad Jani who claims that he didn't take in any food or water for the last 70 years. Doctors who have made some medical examinations found that his body didn't even keep the 100 milliliters of water [given by researchers] daily. Prahlad says he has taken all the energy he needs through meditation.

"Also, I read some independent studies that concluded that we would never be able to take in all the energy that we require and expend through food and water alone. So am I right in thinking that all biological life on Earth acts as free energy devices do and that they transducer interdimensional energy? Also, what is the relationship between foodstuffs as a source of energy and subtle energy?"

We are those of Q'uo, and appreciate your query. We would say to the one known as M that entities such as the one known as Prahlad are legitimately free from the necessity of the intake of foodstuffs. This is because this entity and others like this entity have either developed within themselves through spiritual practice or by nature have been given an awareness of the subtle energies of prana and light.

We cannot say that to all humans the capacity for using the body as a free energy device exists, for it is indeed a rare entity within third density that is able to lift away from physical foodstuffs for the physical body. We find in this instrument's mind the caution seen often on your television, "Do not try this at home." Usually, these cautionary statements are

made when the viewing audience is watching someone do a stunt or a difficult physical feat such as jumping a canyon or other risky and highly skilled maneuvers.

We would say that except for those who are seeking this freedom from foodstuffs, there is a faint possibility that you might achieve freedom from food and water and be able to live on light, the energy of prana, yet unless such a spiritual practice were fulfilling to the one seeking in this way and opened to that entity the gateway to illumination, we would suggest focusing upon the opening of the energy body rather than the retiring of the physical body.

It cannot be denied, however, that sleeping within each human of third-density Earth is the capacity to store and to use the energy of light itself in the breath, from the sun, by awareness of the life in all things so that there is freedom from the necessity to use the body as a distillery.

We are those of Q'uo, and would ask if there is another query at this time.

G: Not one from readers abroad, Q'uo. Thank you for those responses that you offered.

We are those of Q'uo, and we thank the one known as G for his patient shepherding of these requests. May we ask if there is a query from others around the circle at this time? We are those of Q'uo.

(Pause)

We are those of Q'uo, and we find no more queries in this circle. At this time, therefore, it is our time to say farewell for now. We leave you, as we found you, in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai vasu. ❄



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SATURDAY CHANNELING CIRCLE - CHANNELING CIRCLE 14 APRIL 9, 2011

Jim: The question this week is how does the concept of service vary or differ if it is offered in time/space as opposed to being offered in space/time? How does experience in general differ from time/space to space/time?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator in whose name we join you this evening. We thank you for asking us to join you in your meditation and share our thoughts and we are happy to do so. As always, before we begin we would ask you to use your discrimination and your best discernment to determine what of our thoughts are useful to you and what are not. If they resonate to you and seem to have a life of their own, then by all means use them. If they do not do so, please leave them behind without a second thought. We thank you for this courtesy for it allows us to feel sure that we are not infringing on your free will as we share our humble thoughts.

You have asked this evening concerning the differences in time/space and space/time with regard to service and to experience in general. It is a challenging question, my friends, because of the fact that in time/space there is still a space/time analog to enable entities to have incarnations; to begin and to end an incarnation there must be some reference to space/time. Consequently, even though in time/space densities, the bodies have their physicality in an electrical sense rather than in a chemical sense.

There is still a perception of the passage of time. This is not necessarily, however, the environment in which an entity in the fourth, fifth, sixth or seventh density will spend its time, or shall we say, its time/space. The pure realms of time/space do not have that solid connection with the passage of time and the energies involved in pure time/space are connected with vibratory levels and the central focus of each vibratory level, as you can imagine, there are an infinity of such levels.

Consequently, we will be discussing for experiences or environments for experience the waking experience of space/time, the time/space portion of space/time, the waking portion of time/space, and pure time/space.

The two sets of environments are very different primarily because of the veil of forgetting that drops when an entity incarnates into space/time in third density. Some entities are able to retain at least a partial memory of the unveiled experience of the Creator. Most are not and the prison, shall we say, of limited awareness is relatively complete around the waking entity in space/time.

At this time we would like to transfer this contact to the one known as S. We are those of Q'uo, and leave this instrument in love and in light.

(S channeling)

I am Q'uo, and am with this instrument. So, as we address the question of an approach to time/space from the vantage point of one who is incarnate in

space/time, we would begin with a consideration of those factors which mark out the respect in which space/time differs from time/space, or shall we say, adds a new set of facets to be considered. We would do this by offering you a distinction between doing and being. The space/time as you experience it in third density in the veiled condition is composed of a very large and complex array of doings. Everywhere you look there is that which is done, that which is proposed to do, or that which has been rejected as a possible doing. To be sure, at no point within the doings that are considered is there an utter lack of being, for in a deeper sense, all doing emanates from a being, but deeds done or contemplated tend to circumscribe that more qualitative portion of your experience such that it is contained within capsules, if you will, and treated as if the entire quality of the experience is adequately expressed in an event that has been done, that has been performed, or that is done to one received by one.

There is a very significant filtering mechanism that takes place in processing experience in this way such that a great amount of the qualitative content of the experience is not attended to and therefore does not register as a significant portion of the ongoing construction of that experience. From the standpoint of the vastness of the Creation therefore, a great deal is lost. However, from the standpoint of the achievement of focus in shaping an orientation on the part of the seeker within the life experience a great deal can be gained. In this way exploration, as it were, with a microscope may be undertaken and undertaken in a way in which the larger roadmap of being cannot even be featured for consideration and therefore there is a great deal of confusion and a great deal of groping about, as it were, in the dark. This is a normal kind of experience within the veiled condition and it is very useful to be able to proceed without a larger sense of how the particular qualitative resonance of one's being is integrated with the larger qualitative harmonics of beingness in a universe that is rich and vast.

As so, a lifetime proceeds from deed and event to further deed and further event in such a way that there is the suggestion of a set of causal linkages running throughout a lifetime and in such a way that new experiences, unanticipated experiences, may be had and may be seen as consequent to previously undertaken expressions, behaviors or experiences. During the course of these events,

conclusions may be drawn, inspiration may be taken, that has a potential for qualitative transformation resonating to a very deep level.

Now, these transformations, purely qualitative in character, purely of the order of beingness, are often of such a fine vibratory level, shall we say, that they do not cross the threshold into conscious awareness. Nevertheless, significant work is being done, although it is not easy for one doing the work either to be aware of the work or to take a fully conscious role in undertaking the direction of that work. It is work done in the dark, so to speak, but of a sort that cannot as easily be done when a fuller awareness is available to the seeker.

Now, during that period that you may call your "inter-incarnational" period, as we have said, there is an orientation or a tilt within the beingness of the evolving entity back towards its incarnational experiences in space/time, so there is still the space/time focus and a kind of memory which it would beggar our ability to describe because it is significantly different from the more linear memory which you now enjoy, and yet it does form a kind of linkage with a life trajectory spanning your incarnational experiences in such a way as to give an unique identity for each developing soul. In this condition of the time/space portion of your space/time continuum, there is not the veil and so one is much more directly conscious of the qualities of the beingness one exudes and there is awareness of the beingness of others with whom one has established over the course of many life experiences deep resonance in relationship, and the qualities of these around one too are readily knowable.

It happens, however, that the qualities within the beingness of those in the time/space portion are not always precisely what are desired by these developing beings, either individually or as a group. It is not so easy in time/space to undertake qualitative transformations of a deep and fundamental nature and so it happens that what appears to the time/space invested individual as a kind of sleep is sought and in this sleep there is a passage to what you would call the space/time portion of experience and this is the beginning of another incarnative experience which you might then liken to a dream being dreamed by one in time/space.

We could say, in respect to this point, that there is a certain symmetry here because when one is in the

space/time portion of experience, one's closest approximation to time/space is, once again, in that state you call the dream, in which the sequential kind of experience that characterizes your waking state gives way to a more fluid experiential environment dealing with affective or emotional tonalities, shall we say, more redolent of time/space experience.

We feel this will suffice for a description of what is extremely challenging to describe to an intelligence that is situated in a largely linear environment concerning the distinction between space/time and time/space as it is lived in third density which is subject to the veiling between the two dimensions, if you will. We have before us the discussion of space/time and time/space as they are factors less divided from one another in the higher densities and for purposes of pursuing this thought. We would transfer to the one known as L. We are those of Q'uo.

(L channeling)

We are those of Q'uo, and are with this instrument. We greet you each in love and in light. It is so that in the third density veiled experience of space/time that the dimensions of space/time and time/space are more separated in their concept and experience. There is a definite delineation between one and the other going from waking to sleeping.

The delineation between waking and sleeping in higher densities is more nebulous. In the fourth density, there is a pureness of mind that exists with an entity going through incarnation which is much more likened to your sleep state in third density in that the mind is less crowded to a fourth density individual and that which is expressed as being comes through brighter because the self is more translucent to the being that exists within all entities, all individualized portions of the Creator in every density.

The sleep state of an entity in fourth density could more be related to that of your deep meditation in third density. There lacks the confusion and the reorientation between the sleep state and the wake states in fourth density. Indeed, on your planet there are those currently existing in third density who do not require the sleep state as such, but have access to tap into the nourishment of being acquired normally in the dream state, by going into this form of deep meditation. We use the term "nourishment" because

the self demands reconnection with a more pure state of being and this is true on every level of density from third to fourth, fifth and so on.

The state of sleep in the higher densities being more like meditation becomes more like the standard of existence the higher up one goes in the densities so that in third density one goes into a sort of coma, has access to this state of beingness, and then comes out of this state of coma into what they perceived to be the waking state.

In fourth density it is much less of a coma. It is still required in order for the individual to maintain incarnation, that is to live and not die or cease that incarnation, but it is less of a coma state and more of an awareness during sleep. That which in fourth density would be analogous to dreaming is retained with greater ease and on up into fifth density even greater ease. The state of beingness in fifth density is so acute within the incarnation that going into a state of beingness in that dream state is very subtle. It is as a lucid dream where one goes in with intention, one performs the acts that it is aware need to be performed, and consciously awake from that state and continue in the awakened state of that incarnation. And higher up in sixth density the state between dream and waking is so subtle as to not even need the concept of sleep and wake or being in a meditative state versus a non-meditative state. It would be such as on your planet in third density people take a coffee break and just rest from activities for a moment.

The state of pure time/space becomes more and more readily available the higher the frequency of that density and at some point at the end of the series of densities the self dissolves into the pure state.

We will now pass this contact on to the one known as Jim. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each again in love and in light. The pure time/space environment is one which does not lend itself well to description for it is beyond most words' ability to describe. However, we shall do what we can in this regard.

The pure time/space experience is one of the identifications with what you would call intelligent infinity, that portion of the Creation which

permeates all of the Creation and expands beyond all Creation infinitely. It is the stuff of unity, shall we say, that is somewhat different from the rest of what you call Creation in that it is a quality of beingness that does not know any separation from the Creator. When the seeker of truth within your third density illusion, or within any density for that matter, is able to quiet the self, usually within the meditative state, to the point of blending the personal vibrations with the Creator and feeling that experience of oneness, then the seeker is experiencing intelligent infinity or the pure time/space experience.

Within this state of total unity, then, all service is seen as being the same without polarity for all is the Creator, all serves the Creator, and there is no separation. Within such a state of unity, there is no desire for service, for movement, for anything, for indeed there is no desire; there is completeness, there is infinity, there is all that there is. For those portions of the Creator that experience polarity ...

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am with this instrument once again. This state of unity then may be seen as a foundation, shall we say, from which and upon which all which is made is made. It may be seen as that which interpenetrates all of the Creation and gives it its substance. It may be seen as that from which all springs and to which all returns.

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

(Carla channeling)

We are those of Q'uo, and greet you once again through this instrument in love and in light.

You asked concerning the nature of service in time/space and space/time. In space/time service is perceived in one's heart and stems from the essence of self that rests in beingness. Indeed, many entities upon your planet in third density spend their lives resting in this beingness and becoming more and more skilled at being passive radiators of love and light, taking the infinite supply of love/light from the infinite Creator, blessing it and radiating it by setting the intention to do so through their eyes, through their actions, and through their being.

Being of service to others often is a matter of this inner service, this beingness that is practiced

throughout an incarnation. Other entities in third density perceive that they have the ability to serve in one way or another and by faith they gather their will to offer this service freely to others.

When an entity that is in space/time in third density is sleeping, there is the possibility of service that partakes far more in time/space than space/time. Much goes on within the unseen realms of your planet. There are those who find ways to nurture the young entities who have died when they are asleep. There are those who attend classes while they sleep, such is their desire to learn the truth. And there are those within incarnation on Planet Earth who offer themselves as teachers within the sleep state. All of these things are service oriented.

In time/space that portion of an incarnation that is spent with reference to time and the passage of time offer themselves in service as you do, my friends, in third density, aiding those about them, raising children, teaching and learning.

When a group of entities in time/space decides to be of service as a group, they move into that which is far more of time/space in its pure state, not beyond, however, the realm of individuality.

Words cannot fully express the process by which a group of entities becomes a unified concept. Picture, if you will, the endless vibrations and frequencies of your universe. Each vibration holds a certain character and attracts a certain population of entities. Those of the Confederation of Angels and Planets in the Service of the Infinite Creator, in our awareness of the plight of those upon Planet Earth, moved into the energy, the essence, or the vibration which was at the heart of our desire to serve those who were calling out in sorrow, seeking love, inspiration and information. In order to do this service then, we released our form from its strictures and simply retained our essential vibrations. We became a kind of composite crystal that was able to move in time/space and space/time as a unit and those composite parts of our principle moved into the inner realms of your planetary system to operate by thought alone.

In our environment we have little awareness of the passage of time for we rest in the vibration in which we feel we are most of service to those who call upon us. The call evokes our response. There is no judgment as to how many are calling but only to respond when the call for our service is felt. The

service is from vibration to vibration; from essence to essence. We are not of greater service than are you, for all service is one. We simply offer what we can to those for whom we feel sympathy and affection. Perhaps, my friends, you feel the same when you are of service. What unifies our experiences is the satisfaction of standing in our essential being and offering that service which we came to offer. Whether your service on Planet Earth at this time is in diapering a child, planting in the earth, offering smiles and good feelings to do with whom you come in contact, doing your job, whatever that may be, with pride, integrity and excellence, or whatever you perceive your service to be there is that satisfaction of having come to the conclusion that you wish to serve and then finding that you are able to serve.

You are limited in what you see, while we, as the song before the meditation says, are relatively unbound by strictures of any kind, yet please realize that we are naturally limited by our gifts. Our nature and the quality and shape of our intention moved us to you in a certain way and we vibrate at that frequency of love and service. That is our environment and it is from that environment that we offer our service.

When one is completely unbound, one also is no longer able to make a decision to serve. Rather, one's service is like the sunshine: it falls on the just and the unjust alike, radiating freely. While there is yet an awareness of personhood, while individuality still makes sense, there will be much more specificity of service. It is well in third density to anticipate service in time/space by releasing your concept of what constitutes service.

The one known as J spoke earlier of finding that when one cooperated with what was happening without attempting to shape it or change it, things seem to flow better and there seemed to be less turmoil in his life. And we would advance that concept by saying that one who wishes to be of service simply sets the intention to be of service. The next thing that comes before your eyes may not seem like a great service. It may be that your bathroom needs scrubbing. It may be that the area underneath your eaves needs scraping and painting. It may be that you find yourself going to a job that you have not previously thought of as being service oriented.

If you can remove all concept from your mind except that overriding desire to serve, and if you offer that intention to spirit, my friends, there will be that which unfolds before you that will bring you steadily, increment by increment, change by change, more and more into the heart of that which you can do to be of service to others.

Sometimes, my friends, the path to your rightful service is a winding road—do not be disturbed by this. It does not cost you anything to make mistakes, so-called to go down alleys that you find to be blind. You simply have to turn around and come back out. This is not a tragedy; it is part of the learning experience. Do not be discouraged no matter what your hopes of service are and no matter how far service seems to be from you. Set your intention and wait for that to be attracted to you that will fill your heart with love and your work with purpose.

We thank the one known as S for this query, and before we move on, we would ask the one known as S if there is a follow-up to this query. We are those of Q'uo.

S: I think not. I have a lot to digest here. Thank you very much.

We thank you, my brother, and will leave you to your digestion. We would ask if there is another query in the group at this time. We are those of Q'uo.

L: I have a question. Going back to the idea that those incarnate on this planet do service in their dream state; did I hear you correct with that?

We are those of Q'uo. Yes, my sister, your ears worked perfectly. May we ask if there is a further query? We are those of Q'uo.

L: So, I have a recurring dream that is always different every time in which I am confronted with a circumstance of haunting, I would say. There are spirits around me that seem to be in a state of distress and I'm usually in a fearful state when I'm in this dream. Occasional I have asked if there is something I can do to help you dispose to this presence that seems to be disturbed spirits, and that sometimes has elevated and brought about an easier dream, but normally I see recurring dreams as a sign that there is something I need to work on personally about myself to grow as an individual or grow metaphysically somehow, but bringing up the idea that I do service, I wonder if this case were different.

Can you give me some assistance with whether or not this is a service I'm doing in my dreams, or is this something I need to address in my waking life? Is this a message I need to address in my waking life?

We are those of Q'uo. We thank the one known as L for her query. My sister, without breaking the bounds of the Law of Confusion we may say that a very good way for you to determine whether or not the memories you carry of the dream state are those within the dream state, working upon the self, is to inquire of those who are lost if they are a part of you. Within the dreaming state when there is no service except the further processing of catalyst all that occurs is part of the self, and the waking state then ponders how the various parts of the self are attempting to be heard. When there is service being offered in a selfless manner, that is, service to other selves, then those entities who are left are not a portion of you as an individual in this incarnation. You are rather functioning as an instrument that is able to orient them and give them an enhanced awareness of location and the preferred vector from their present location.

May we answer you further, my sister? We are those of Q'uo.

L: Your answer was very illuminating to me. Thank you.

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

Questioner: I do, if no one else does. I just had a quick question. One thing that has been coming up for me, like a desire for service, is to maybe try to work on some kind of free energy device and I was just wondering if there was anything that you could tell me—any hints or anything, about how a free energy device might operate? Any scientific principles that could be researched by me?

We are those of Q'uo. My brother, we thank you for your query. The free energy device of which you speak has as its closest relation the planet itself which sustains and renews itself from year to year. The principles behind free energy are not understood by your culture's scientific lore. Consequently, it is difficult to study to prepare oneself to work with the concept of zero sum energy. Nevertheless, the beginning of such a desire to serve would be to inform oneself of the body of knowledge that is

contained in physics, mathematics and those applications of science that are relevant.

May we answer you further, my brother? We are those of Q'uo.

Questioner: No, that's fine. I just wanted to say thanks for the information you've given today. It's been very interesting and entertaining.

We thank you, my brother. Perhaps we are ready to break into the big time!

Dear ones, we find that the energy wanes and it is our time to go. Thank you so much for calling us to your circle. It has been a pleasure and a privilege to be with you. As always we admire you tremendously. Your courage and your determination to hew out time to seek the truth is an inspiration indeed. We are known to you as the principle of Q'uo, and leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai vasu borragus ✨