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

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SUNDAY MEDITATION

JANUARY 5, 2003

Group question: The question today has to do with the grid of our planet as we are moving from third into fourth density. We are assuming that there are points on this grid that are in need of some attention, some sort of focusing energy which we would like to be able to do, in our meditative state and maybe even in general, just the way we are able to live our lives to produce compassion or love or mercy or forgiveness in our daily round of activities. We would like Q'uo to give us some sort of an idea about how we might be able to be of service in this respect; in strengthening the grid, the road to fourth density from where we are in our daily round of activities in dealing with the catalyst of the day, with our own distortions, with our desire to serve and our feeling like sometimes it's just too much.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator. We consider ourselves to be those who are part of what this instrument's teacher calls the godhead principle, and we speak to that part of you which has called us here, that part of you which is also the godhead principle. It is in the sympathetic vibration of that likeness of focus and polarity that we link and find ourselves in this most agreeable and blessed condition of sharing this time of seeking with you. We thank you for the privilege of being called and for the careful way in which our nature was defined by the parameters of the tuning and challenging of this instrument. We greatly appreciate the care being taken with the tuning of

the connection to enable us to experience clear communication with this particular, shall we say, biological instrument; one of the more complicated wind instruments, shall we say, being the human bodily instrument. In this case, the instrument is also the composer of the song which creates a fascinating context for us to work within in shaping these awkward bundles which are called words, to attempt to speak of concepts which exceed the limit of any words. We ask only that each take what seems sensible and helpful, from those thoughts we share, and leave the rest behind, for we are not those who are in authority but rather those who share experiences as your neighbors and co-creators.

We are glad this day to speak with you concerning the metaphysical road-building in which this particular instrument and the one known as Jim have been much interested in late months, as the experience of entering fully into the twenty first century and dealing with the weight of previously known information has brought these two entities to a condition of perception at this juncture which seems to indicate work in the direction of this metaphysical roadbuilding.

We would first comment upon the concept of time, for much of what we say has a certain timbre which can create sense only within a limited context, that being the illusory context of space/time. The metaphysical universe is not the space/time universe, and so, consequently, a query concerning the physical aspects of metaphysical work draws a response which must straddle both space/time and

time/space considerations. The outer activism which is the interest of this instrument, especially, is dependent upon a network of information and data concerning space/time projections of time/space events. If one focuses upon the space/time continuum and its illusory march of progress, shall we say, the energies of metaphysical structure recede, and the more the effort is made to interact with space/time events and space/time values, the less direct will be the effect of such work upon the time/space or metaphysical continuum, which is a consideration when one is attempting to connect space/time to time/space, insofar as each entity involved is capable of embodying that linkage.

In this regard, we would state our observation that fear and fear-based concern is easily the most challenging foe that stands before the faithful warrior of light at this juncture. We do not criticize or judge entities for their fear-based responses to the space/time events which unfold as part of the consensus reality of your illusion. There certainly would appear to be concerning and substantial issues which indicate almost certain disaster. From our viewpoint as those observing this global culture from the outside in, we would state another observation, that being that, although it may have escaped your notice, there have been few years in recorded history in which there was not disaster, catastrophe and war. There also has not been a time within your recorded history when there has not been a wide range of options for solving all perceived problems. That which appears to be worthy of great fear on another level is precisely that which may be embraced with the most surety, because it is in challenging and novel times that one begins, within incarnation, to learn about the self and to be surprised, encouraged, invigorated and renewed by the experiences one has in learning of the depths of the self, the self's emotions, and the self's hopes and dreams.

Is it hunger that is feared? Then, when that time of hunger comes, take what little that you have and give it away to the common good, and you will find that you can create miracles of loaves and fishes.

Do you fear the cold? Take heart, and when you are cold, move to the company of others who are also cold and embrace them, and together you may live through the night and know the heart of another.

Do you fear having nothing? Take heart, for truly all entities possess nothing, but merely share that which

comes their way, that which has been allowed to come their way by circumstance, by pre-incarnational request and by the desire to learn.

Do you fear not having enough? Embrace thankfulness and gratitude and count the blessings of what tiny things you may have in the face of deprivation and you will find yourself endlessly giving thanks.

For once the eyes of gratitude, of thankfulness, have been opened, it may more and more easily be seen that all circumstances are those for which one may give thanks with a true, honest and cheerful heart, for insofar as circumstances seem difficult, just so far shall they later be revealed as the healers of those deeply buried sores that must be lanced.

Each entity has placed in its own path those things which look remarkably like stumbling blocks and sources of great suffering, and they can be seen that way with perfect logic and sanity. We do not suggest that losing fear is a logical process; we suggest rather that the way the process of living has its impact upon a given soul is dependent upon that soul's point of view and attitude. We are suggesting that the point of view or attitude is powerful and central to the goal of becoming a working crystal which is indeed sending blessed and transmuted light received from the infinite Creator by personal intention into the planetary fourth-density/third-density connection, creating the lighting up of the fourth-density grid.

Losing fear is therefore a tremendous and powerful resource to pursue. The ways of losing fear often have to do with more and more becoming aware of how fear has embedded its trigger points within the network of antennae which your personal structure of perceptive priorities presents to you: first, second, third, fourth and so on. A great deal of what is gained from the input of data into the mind and the consciousness has to do with how items are prioritized in the consciousness. The process of perception is far other than the way it seems, entities neither hearing with their ears nor seeing with their eyes, but rather forming a digitized information grid from not only the present moment [grid] but previously organized grids of expectations. Changing the expectation grid of one's prioritizing software, shall we say, changes the information package that one receives from oneself as it inputs the data.

In a way, we are speaking very mechanically and yet the mind works along logical, mechanical and

habitual routes, taking shortcuts when it can once it has decided upon the priorities. Moving into the prioritizing mechanisms within the self is deep work and takes a good deal of self-awareness that can usually be achieved only through time.

Consequently, this is a long-term goal, for fear is not an absence of love; it is not what is left over when love is ended. Fear is the dark side of love. Fear has its legitimacy and must indeed be embraced within the self and asked to avail its gifts to the use of the light. Fear becomes courage when the fear is faced, and the wolf that has caused the fear, rather than being fled or being slain, is invited into the heart to be loved, understood, accepted and charmed.

We ask you to become storytellers to yourselves, telling yourself the story of the hero or the heroine that you are, the warrior of light who makes so many mistakes and must iron its costume daily, and yet somehow, though the costume is baggy and the efforts are unavailing, this story of the self moves on as one of the fighter that will not quit but never fights against but only for. Gaze upon those fear reactions and ask your most intelligent and clever self what creative things that you can do to target, come to understand, and come to have sympathy for each direction of fear-based thought; not rooting it out, not judging the self for fear, but having compassion upon the entity that is involved in a flesh, blood and bone illusion.

Each entity will perish from the third-density experience. This source of fear is, shall we say, the parent of all other fears, that fear of ceasing to be. We would ask through faith that the entity posit to itself whether it is worthwhile to fear death or whether it might not be more skillful to see the inevitability of that, and, rather than shrinking from that inevitability, to turn that story from that fear of death to the love of each and every day and hour that remains to you. Time, in terms of space/time, is an illusion, yet it is within this illusion that each of you dwells; it is within this incarnation that each of you now acts; and within your continuum and your illusion it is indeed a very intense time of transformation and change for the planet upon which you live. Consequently, there are indeed aspects of the metaphysical transformation of the planet's population and its very global entity that poke up rather abruptly as mountains on the topography of the present time and space. Many catastrophes have already been seen of the natural

kind and of the, shall we say, human or political kind, and you may see that these forces and energies become more sharply delineated, more clarified and more obvious.

Embrace this time as a time when those who are steadfast shall be those who are able to function as light transducers, keeping the energy moving into that grid which is made up of love. When an entity's heart has been able to relax and free itself from fear and from the need to protect, it becomes soft and fertile and yeasty with the food needed for the seeds of love to blossom into those beanstalks that truly do constitute a ladder between earth and heaven. Each is aware of the story of Jack and the Beanstalk. This entity gave away its cows in exchange for magical seeds, and the entity came home and planted these seeds and grew itself a beanstalk that reached into another world. It is having the faith, in very non-physical ways, to sell the cows that gives to the light worker the ability to grow beanstalks between third density and fourth. The beanstalk is a seed of faith, and each of you is one who gently and sometimes unknowingly cradles that seed. When you birth it, that is the beginning of the self as an impersonal portion of the godhead principle.

When one can see oneself as, shall we say, a priestly or a magical figure, one then is able to move from a metaphysical position, from a position of embracing time/space and time/space values. This is the other side of releasing fear; that is, the discipline of continuing in remembrance of love, continuing in remembrance of who the self is, continuing in remembrance of why the entity is here.

We would close this discussion or, shall we say, this primary discussion by touching upon those interests that this instrument has in more specific details of ways to have organization come to a physical effort to support the concept of helping the fourth-density or Christ grid become stronger; helping the connection between this world and the next to solidify. You may tell from the balance of our cosmic sermonette that most of the work has to do with state of mind, for love and all of the energetic essences which underlie and create your space/time reality have to do with the energies of love, those energies which created you and which you now can focus as co-creators, allowing your will and your desire to direct those healing and infinitely beneficial energies of unconditional love that flow through

each entity ceaselessly from the Creator. This state of mind is always the choice of the entity and indeed constitutes the greatest and most continual choice of the incarnation. Where shall the thoughts settle down? In love or in fear?

When one sees the self in fear, do not abandon the self, do not correct the self, but sit with the self and look at the fear. Let it be. Let it wash over and through one seeing the self as permeable, as healable, as fallible but [also] as a shining hero dealing with the most amazing adversity. This is your story; we ask you to stick to it; we ask you to think well of yourself. The one known as S, in channeling, enjoys creating a common ending for these channelings just as this instrument enjoys closing with those words which mean farewell and peace in the Creator. This entity closes its channelings with the thought, "Play well together." This is a great road-building statement. Those who play well, with themselves and with each other, are honoring the Creator and the forces of unity that will release fear and open the heart.

There is some science which can be applied to a linear calculation of those plans which entities may create for themselves in order to give more shape and focus to what may otherwise seem an amorphous goal; that of lighting the planet and creating that solid connection to the next world which is at this time attempting to be born and certainly having its own difficulties.

We commend all and any efforts to serve. Needless to say, we must leave plans which have to do with physical calculations in the hands of those in whose free will these plans are being tossed about as dreams, hopes and visions. We commend the group effort suggested for exploring such services and would echo the sentiments of this instrument as spoken prior to this channeling having to do with being willing to rest in mystery and resonance to a certain extent in feeling one's way towards the blending of the physical and metaphysical in service.

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

(Jim channeling)

I am Q'uo, and we greet each of you in love and in light through this instrument. It is our privilege at

this time to ask if there may be any other queries to which we may speak at this session of working.

S: [I have] questions with me. In each meditation we have with you, we offer the lives of those friends and family who may be in need¹, but, since we may not always ask specifically to do that for them, would that be considered any violation of free will, per se?

I am Q'uo, and we are aware of your query, my brother. There is the gift of the one Creator which is the prana, the love energy which is available to all entities as a source of the life-giving qualities of the one Creator. It is to these energies that one adds when one prays for the wellbeing of another. Thus, the entity has the free will to work with these energies as they are given in the daily round of activities, perhaps enhanced by those who pray, by those who wish the entity well, but these energies are added to those which are usually utilized without one's being aware of them.

Is there another query, my brother?

S: The last one is, I seem to have a great affinity for quartz crystals and points, and I was wondering if there is any other light that you could shed on why that might be so, whether it's past incarnations or just the energies they allow or anything like that that I could contemplate on?

I am Q'uo, and am aware of your query, my brother. We find that there is some general information of this nature which we may share without infringement. We would suggest that there has been within your pattern of incarnations a great predilection towards these means of communication and healing which you have utilized in various ways in different incarnations. Thus, there is within your being a portion of your learning and service which resonates to these crystalline entities and their abilities to enhance one's wellbeing, one's level of *élan vital*, shall we say, the energy which powers one in the daily round of activities and in the geometric precision with which these crystalline entities may be utilized for healing, for communication and for the far-seeing, shall we say.

Is there another query, my brother?

S: Not from me, thanks.

¹ L/L Research meditation meetings are concluded by a release of stored light from the session, while placing in that light the names of those we wish to offer healing prayers for.

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

Carla: I'd just like to ask, since it was my question and also my channel about the grid, if there was anything that you could channel through the one known as Jim that you couldn't get through me because of my biases? If so, I'd be glad to hear it.

I am Q'uo and am aware of your query, my sister. No, we do not wish to be overly generous in our compliments to your abilities as an instrument. We would suggest that there is a clear entry into your being which we may utilize in speaking our thoughts through your instrument. We feel no distortion or hesitation or bias that would hinder our ability to communicate that which we wish to communicate.

Is there a further query, my sister?

Carla: No, thank you, thank you very much. Thank you for the indication. I'll look at it very carefully.

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

(No more queries.)

I am Q'uo. We are most grateful for each entity's participation in this circle of seeking, and we thank you for inviting us once again to join you as you walk this path of meditation, of service, of intensification of desire, and of open-hearted sharing, each with the other.

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



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SUNDAY MEDITATION

JANUARY 26, 2003

Group question: The question this week is from J: “My understanding is that free will is based on the right to shift the point from which one views life and experience, while choice deals with the decisions made once you are there on that point of view.”

We would like Q’uo’s comment upon J’s idea that free will is the point from which one views, while choice deals with the decisions made from that point of view.

(Carla channeling)

We are those of the principle known to you as Q’uo, and we greet you in the love and in the light of the one infinite Creator. It is our great privilege to be called to your group for this session of working, and we thank each of you for the seeking that brought you hither. We ask, as always, that each use discrimination in listening to those concepts which we may offer this day, for we would greatly prefer not to be a stumbling block before any. It is never known what reed may break under a general breeze, and truly we would wish to harm no spirit who is seeking this day. We simply urge each to be aware of the power of thoughts, perceptions and concepts, for their energy for weal or woe is great.

You ask this day concerning the nature of free will and the nature of choice, and, as often is the case in such queries, we find it is well to step back from that question and create some platform from which to observe the context of that question. The structure of the universe that is your house is created hierarchically; that is, from that which is above to

that which is below or from that which is inner to that which is outer. In this hierarchy of creation, the unpotentiated Creator is that which rests in infinity and eternity.

The first distortion to this one infinite Creator is that distortion called free will. The distortion called free will creates that distortion which is called the Logos, that principle from which the creation is brought forth, that Thought whose power to create and to destroy is absolute.

From this second distortion of unity in its unpotentiated form develops all of the nested series of illusions which you enjoy within your creation. Such is the structure of the house of the one infinite Creator.

What, then, could be described as the nature of this first distortion of that so-called Law of One or unity of all things? Within this instrument’s system of studied and practiced religion, there is a concept which is part of the mythological structure of Christianity, as it is called, that entity being one of a triune set of entities or essences which express the relationship of parent-child and that which is somewhat amorously called the Holy Spirit. It is this so-called Holy Spirit that holds within this mythological system the equivalent position to this first distortion which is called free will, in that it expresses the feminine aspect of the principle of deity; in that it is the fructifying, fertilizing and potentiating force that makes possible the concept of

novelty, creation, separation and all of the concepts that flow therefrom, including the concept of choice.

Consequently, this aspect of free will is as an archetype or an archetypical energy which has aspects of the Creator centrally placed within that structure which make free will, as an entity or essence, that mystery which is infinitely feminine in the archetypical sense. Thusly, it could be observed that the energies of femininity can be seen prejudicially as being negative, in the same way that light can be seen to be a negative influence from the standpoint of those who associate light and knowledge with an awareness of sinfulness or wrongdoing. However, the energy of free will is as the energy of the wind, moving under divine influence.

Light, itself, may be seen to be an aspect of divinity, and that which is subsumed under the concept of the tree of good and evil may, endlessly, be seen in ways both positive and negative. Always, when there is such power as free will expresses, there is within the system of judgment of those attempting to grasp the nature of such energies a slight tendency, perhaps, to be prejudiced against the sheer power of such an impersonal and yet highly individuated essence, to the soul stream which is looking out through the eyes of incarnation. The impact of beginning to grasp the actual nature of the nested illusions of experience is daunting and can constitute a time of adjustment in which the nature of the self is allowed to transform itself according to the ways of this free will that enters into the creation upon each level of development. The free will of yourself can barely be distinguished from the free will of that Logos that is your higher self, that overarching Logos that is the group mind of that soul stream, that overarching Logos that is the planetary mind, and so forth. The connections that each entity has with other aspects of an infinite being that is the self are unending, so that free will is, shall we say, that icon of deity which expresses the feminine, the ever-moving, the fructifying.

As we begin to speak of choice, we move deeply within this nested arrangement of illusions into that one which you now enjoy, for this illusion which you now enjoy, which we have often called third density, is that density within which a very pivotal choice must be made, and indeed for almost all of those upon the surface of your sphere at this time,

has been made. Indeed, in these so-called latter days, we have begun to release our concerns about choosing, for we feel more and more that people are awakening to their choice having been made, or are becoming aware very quickly of the choice to be made; that is, the choice of service to others or service to self and the making of that choice.

It is a situation in which people are within a very small distance of awakening in greater numbers, and we can say that this is exciting for us to see. It does indeed seem to be a substantially growing energy within our observed routines in watching the energies of your planetary energy grids that there is more substantial light from all over your globe, that there are those within all precincts of your earthly sphere who are spending time within the tabernacle of their hearts offering their hopes, their dreams and their full intentions towards the increase of light, love, healing and peace within your planetary sphere.

These energies are not lost but rather are gathered together, and, as we have shown this instrument before, you may see these angels of light weaving together the many, many prayers and hopes and dreams and visions that are the vehicles for sending light that is blessed by entities such as yourselves into the inner spheres. We may say that many, many are those who have chosen to begin to do this, as people, whenever they can, thinking of those who are in need and sending them prayers of love, light and support. Indeed, we find more and more that entities have made the choice of how to serve the infinite Creator.

Now, perhaps it is valid to build on the choice that has been made; to rest within its commitment as if it were a cleft in the rock, and, from that point of view, which is the choice to be fearless, to allow all other choices to be those choices that optimize the perceived sense of love. The choice of service to others or service to self that so classically is expressed in the archetypical image of the tarot card of The Lovers seems a simple one. It often seems very clear what is service to self and what is service to others. However, many are those who have found that there are courses in polarity given to them by the school of life which are exceedingly subtle and worthy of study. For those who are attempting not only to choose but to choose with grace and deftness and skill, not the most obvious service to others but the highest, there is a never-ending and very rich palate

of choices to be made, options to be considered. And always, ever-new each day; a new and newly mysterious universe to comprehend, behold and give thanks for.

Free will blows as it will; spirit moves where “it listeth.”¹ Shall your ears be open; shall your eyes see clearly; shall your hearts understand. We salute that universe our poor words faultily attempt to describe, and we salute the questioner for seeking the truth. We hope that our humble words have provided some thoughts that may be helpful and would at this time transfer this contact to the one known as Jim that any other queries that this group may have may be addressed. We thank this instrument and leave it in love and in light. We are those known to you as Q’uo.

(Jim channeling)

I am Q’uo, and we greet each once again in love and in light through this instrument. At this time, we would ask if there may be any further queries remaining upon the minds of those present. Is there another query at this time?

T: Yes, I have a question. Maybe I’m beating a dead horse, but it’s back to my attempts to conquer my negativity, and I guess just any help, I mean, my idea is to try to pick out the person that I least like to give positive thoughts to and attempt to do that. Could you comment on this or have any suggestions?

I am Q’uo and am aware of your query, my brother. We would respond by suggesting that, though it is well to send positive thoughts and thought forms to those whom you feel have an emotional attachment to you or, should we say, you to them, it is also well to be able to accept the self, for having this flow of charged catalyst moving through one is much like the meditation in which you attempt to focus single-pointedly upon a concept, a thought, or a feeling or perhaps upon nothing itself, and while you are doing this, many thoughts of all kinds move through your mind and to address them most efficiently with your goal of single-pointed focus in mind, it is well to observe them and let them go. Thus, in your daily round of activities, as you experience these moments of negativity in which you feel anger or frustration

or doubt or fear, any of the emotions which would cause you concern, that you also observe these; that you let them move through your being and let them continue through your being unless you feel there is some quality or concept which a particularly recurring thought may have for you. This you may determine by feeling the emotion within you in its, shall we say, aftereffects or long-run impact upon your mind and your emotions. When you feel there is something of importance within the origination of such a thought or the form in which it takes and expresses itself to you, then this also may be examined. However, if you feel there is no emotion that is connected to the thoughts in a personal sense, it is well to allow the thoughts to pass their way and to continue on your way. Is there a further query, my brother?

T: No, thank you very much.

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

V: I have a quickie. As you spoke of the concept of free will earlier, you likened it to a house as a hierarchical structure, and what came very vividly to mind was a brief portion of a dream that I had a number of years ago where I am standing in front of a very large house, or not standing but riding in a car and traveling up to the front of the house, and I say to the person with whom I’m traveling, “This is my father’s house. It has thirteen rooms.” I’ve never known what that meant, and I don’t even know why it came to mind as you were speaking of the concept of free will, but I’m wondering if indeed that is why it came to mind. Can you speak to that?

I am Q’uo and am aware of your query, my sister, and, to a degree, we feel that we may speak, though there is much in this concept which is best left for your discovery. However, in relating the concept of free will as a house or a hierarchical structure, we may suggest to you that, in the dream house with thirteen rooms, that you have within this structure which you have described in the dream as your father’s house a room for yourself that is placed in an hierarchical fashion; that [in] this house which belongs to your father there is a place for you, and that place is the point, is the question.

Is there a further query, my sister?

V: No, thank you.

¹ *Holy Bible*, John 3:8, “The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goes: so is everyone that is born of the spirit.”

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

Carla: I'd like to ask about a dream I had also, Q'uo. Just anything that you could tell me about its meaning, because it's haunted me. In the dream, I was trying very hard to save a family of royalty from the disloyalty and perfidy of some people that were around them, and I was having to work with a whole team and do all kinds of derring-do, and it was a big adventure, and, at the end of the dream, when I woke up, I had collected all this evidence against the criminals and had taken it to the authorities and then was told that, because I had done it the wrong way, I had not taken the evidence directly to the judge, that the evidence was no good and that I had failed to do my job. And, since I had that dream, I've had several more dreams in which I'm seemingly back in this same, very large hospital and research center trying hard to save the lives of the royalty that the opposition is attempting to kill. If you could give me some direction to go in looking at that, I'd like anything that you have to say, I'd appreciate it.

I am Q'uo, and am aware of your query, my sister. We face the same situation in regards to providing interpretation of this message from your subconscious as we did in the previous query. However, we may suggest that the family of royalty may be looked at as those qualities or concepts that are held most dear by you and for which you would indeed give all of your effort, your self, and your incarnation for the preserving of which. The paperwork may be seen as related to the mundane world and its valuing of such qualities or principles.

Is there a further query, my sister?

Carla: Not on that point. I would like to ask another question with the full understanding that I'm just asking, and you don't have to answer. I would appreciate it if you could confirm that an energy that I've recognized in the one known as K is belonging to an entity that seems now to be visiting another entity known as C. I wondered if you could comment on this or confirm that there is indeed a congruency of vibration?

I am Q'uo, and am aware of your query, my sister, and may suggest that there is a great degree of truth in this assumption, though there is also more complexity than the simplicity of the statement would suggest.

Is there a further query?

Carla: Yeah, I'd like to follow up on that by asking if, by that, you intend to indicate that there is a fairly comprehensive extended family of entities that are not local earth which cooperate together not just on the positive side but also on the side of service to self in attempting to create the atmosphere that would be most conducive to their goals.

I am Q'uo, and am aware of your query, my sister, and would suggest that this assumption is correct except with the use of the verb, cooperate. Those of negative polarity compete, thus there may be more than one negative source.

Is there a further query, my sister?

Carla: No, not at all. I will have much to think about there. Thank you for that. I just really appreciate being able to talk to you. Thank you for everything.

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

Carla: I guess, could I ask just one last query? And, it is this. A lot of people have asked me lately, how do I look at this world with all of its difficulties and have a good attitude, and I've basically said to them things along the lines of, well, just look and be as accurate as you can and learn it all and know that this is what it is that you're here to love. Is that a helpful way to focus on the things that are seemingly quite appalling that are occurring, is that it's time for us to be steadfast but it's good for us to know what we're being steadfast in the face of?

I am Q'uo, and am aware of your query, my sister. We would suggest that, as you look at the illusion which is your experience at this time in third density, that you attempt to activate and balance all energy centers and the attributes with which they allow you to deal with the solution; that you see with clear eyes and honest seeking for truth that you give wholeheartedly your unconditional love to the Creator in all beings; that you work tirelessly within your illusion to bring these principles to those you love; that you communicate with each entity that you have a connection with to work together for this goal and that you give praise and thanksgiving for the very life you experience within whatever kind of illusion presents itself to you in your daily round of activities. Taken together, these energy centers and expressions of your abilities and desires can form a

kind of magical transformation; first upon a metaphysical level of your own being and of the illusion about you, and then may move in a doubled sense each time you are able to share with another these efforts, concerns, dreams and so forth.

Is there a further query, my sister?

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

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

(No further queries.)

I am Q'uo. We would take this opportunity to thank each one again for inviting us to join you in your circle of seeking this day. It is always as great joy for us to do so.

(Tape ends.) ❄



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SUNDAY MEDITATION HOMECOMING

February 2, 2003

Group question: The question today has to do with the concept of self-acceptance. It seems that every seeker of truth at some point needs to be able to accept the self as completely as possible in order to progress in the seeking. It seems like many of us, in order to increase the compassion in our lives, have programmed a lack of compassion for the self, being service-to-others people, and this gives us constant opportunities to accept the self when we fall short of our goals.

Could Q'uo give us an idea about how we can go about accepting the self, perhaps through opening energy centers, through balancing the distortions that we find? Any other information Q'uo would have concerning self-acceptance would also be very much appreciated. And we would appreciate any additional comments Q'uo would care to make about the process of sharing with each other that we've undergone this weekend¹; we've had a great weekend of sharing personal experiences and our catalyst and our growth and our dreams, and we would appreciate hearing a little bit about what Q'uo might have to say about that.

¹ L/L Research's annual Homecoming was held at Louisville, Kentucky, at the Rueckert-McCarty-L/L homestead, The Magic Kingdom, from January 31 to February 2, 2003. The sitting group is the Homecoming group, folks who gathered for this time together to celebrate our shared journey.

(David Wilcock channeling)

[(David's Guidance System) We greet you through] ... that entity known in this sojourn as David Wilcock. We greet you in the light and love of the one infinite Creator. It is at this time that we shall commence our communications.

Bear in mind that the relevant statistics of proportion have it in your favor that, within the span of this incarnation, you will have increasing opportunities to allow those aspects of self that have been inimical to the greater process of integration to fall away. This process of falling away is fundamentally that of an allowing; allowing the consciousness of the higher self so to infuse you that your every breath is quickened and enlivened by that living essence of the creation that is all there is.

Recognize, as you gaze across the spectrum of experience that you have amassed within this sojourn on the physical sphere, that there are those experiences that were of an apparent detrimental nature, which seemed to remove a certain degree of opportunity for the self to have happiness in function and an ease in mobility, among others. As you are now becoming increasingly aware, the nature of your experience is chosen, and it is the catalyst of the choice that determines the polarity of the entity.

The progress towards polarization to the positive is indeed, at times, a dark and bumpy road with many false steps and apparent inconsistencies in the path.

Recognize that truly all steps do lead back to the Oneness, and thus [regardless] of the apparent discrepancies in the patterning of life, there is always centralizing focused consistence within the sphere. The fact is that you can walk along any surface of the sphere and you will always be the same distance away from the center as you always have been and, thus, progress is made while also the orientation with regards to center has never been lost.

The idea, then, is to recognize those inconsistencies that have developed in what you would think of as the past, regarding times where experiences caused for there to be a mental partitioning and a sealing away of the pains that have been brought about by said experiences. We have referred to these before as fragments. The fragmentation of the self occurs when there is a denial that certain experiences truly exist; not that they have been completely forgotten but, rather, that they are knowingly held down with a conscious exertion of energy by the mind, so as to eliminate the possibility of further apparent suffering or struggle from occurring by the reflection on the hurt.

What we have spoken to you about during the course of this weekend, through the medium of the checklist questions, is that most centralized way in which we can begin to look at the life pattern as a whole and examine the droplets of issues that have [bedewed the] spectacles [looking on] the entire vista of awareness that is the self. Each droplet is, in and of itself, a precipitation from the ocean of Oneness from whence you sprang, and, thus, the differentiation of yourself as being separate from others is but another aspect of this illusion, as is the illusion that any experience is separate from that of the conscious forces.

Thus, you could think of these fragment cells as being akin to droplets of water that have been arrayed across the tabletop of your own psyche. The process, then, is to enable for there to be that centralizing gravity well at the center of the circle that does then call forth all the droplets together once again to merge into oneness. In this rather simple analogy, you see how it is that, by the formation of a sieve or a funnel, so to speak, that the water droplets, in turn, form rivulets which then grow into larger droplets, and then all again returns back to that point of oneness.

These topic areas that we have mentioned speak particularly to the issues of how one's self has been able to enunciate these differences between "before and after," "here and there," "seen and unseen," "form and formless," within the realm of the conscious self and how that consciousness then precipitates into physicality. And so, much as your mouth is filled with teeth which are used to chew and to process that energy which would sustain the physical body complex, we ask that you also sink your teeth into the issues that have been the central, leading motives of your life; and then to spend some time distilling and chewing upon each [of] those experiences that you have processed in the past; to arrive at greater levels of understanding and coherence within the self, so as to eliminate any distinction that these were events that caused you to be a victim or that were unprovoked but, rather, to recognize that all was occurring in perfect, harmonic, sacred ways

There was a question with regards to the self-acceptance aspect of this understanding and how it is that the falling away of these fragments might very well lead to a greater ability to accept oneself. We would ask that you recognize that the intrinsic lack of self-acceptance is a precipitation of the fundamental characteristics of work within third density; namely, this work does not prescribe a certain degree of easy "half-ways" but, rather, it is a path of suffering, or apparent suffering, as the experience is chosen to be labeled by the conscious self. The nature of catalyst, therefore, is for those experiences to come about which create a motivation which allows[or invites] that muse that helps the self to move forward and to make strides towards higher and higher levels of attainment and understanding, towards a greater and greater degree of personality transparency such that the self becomes as a gleaming mirror that reflects back only that which is the true essence of the one infinite Creator, such that those other selves may then see it.

The balanced, self-aware and self-accepting self is one that has been able to work through these processes, then to analyze, understand and accept the experiences of the past and distill the love and wisdom contained within them and to use that as a propellant for the rocket to take off into the ethers, such that the self is no longer encumbered by the gravity of the physical but can indeed rise higher and higher into the firmament, with the understanding

that there is only irreducible simplicity in this essence of creation.

The simplicity is that you are the light. The chair that is holding you up as you hear these words is formed of light, as are you. There is only an apparent sense of there being an atomic or molecular structure by virtue of the distortions of this light through the various spiraling movements that then bring about physicality. But, in essence, all begins and ends as light. Thus, more and more, by defragmenting the self, by working through those aspects of personality that have remained compartmentalized from conscious awareness, there [comes] an ability to supersede those feelings of being frustrated by virtue of the understanding that all of your life's experiences have been created only for your own evolution in understanding.

Therefore, you cannot continue to indulge in victimhood. Once you have seen past the illusion, [you see] that there was [not] any experience foisted upon you other than that which you, by your own discretion, created for your greater evolution and path. We ask on this day that you recognize that the brain is but a bio-computer; that the true center of function that you have exists outside time/space, outside of anything within your body; that, at this time, there is a mind being created as you listen to these words, with all others who would seek to find that Oneness. And, therefore, you can never be alone; you can never be outside of this Oneness; there is no differentiation save for that which is consciously elected to be chosen by the higher self as it then exhibits its tendencies towards producing catalyst that will allow the physical self to rise towards higher and higher levels of manifestation and acts of greatness; not acts of greatness measured in your physical terms but, rather, the greatness that can be found in simply being able to let go of the repetitive behavioral pattern that has not been in the highest and best good of all involved; by being able to focus one's efforts towards the greater good and recognizing how it is that, by clapping the hands together in appreciation for oneself and being able to self-accept, that there is an everlasting wellspring that is created within the self and that the chalice of divine self-preservation and self-transformation can be dipped into this sacred water; that you can, then, imbibe these waters of life for yourself and experience that divine communion with the one infinite Creator.

It does, then, allow you to supersede those distinctions of right and wrong, of good and bad, of positive and negative; to recognize that all experiences that have transpired in your life, whether you felt alienated, isolated, alone, victimized or abused, are all emanating from that essence which does have the destroyer aspect or Shiva as well as that positive, constructive aspect. It does, then, form the framework through which you can arise to higher and higher levels of manifestation.

We now, at this time, cast the wording over to that known as Carla.

(Carla channeling)

We are that principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we are. May we thank each in this circle of seeking for calling us to your group to share our humble thoughts with you. It is our privilege and our blessing. We would ask of you that you allow the opinions which we share to drift through your mind without attempting to accept them or reject them but, rather, simply listening to them. Those thoughts which are part of your process of truth will resonate to you as though you were remembering them. Those truths that are not part of your personal truth at this time will simply roll over you, and we ask you to allow that to occur and to leave them behind without a second thought. For, truly, that careful discernment upon the part of each of you allows us to share our opinions and our heart with you without concern that we might infringe upon your free will and your learning.

May we say also that it is a great privilege and a great blessing to meet that entity which suggested that it be known to us as Guidance System. We greet the Guidance System of David; that is the chosen name of this entity for us, at least. We are most privileged to be able to share this conversation with the one known as Guidance System.

We would perhaps pick up upon the powerful image that this entity suggested: a way to look at suffering as being that rain which falls in its bitter drops upon the sensitive sphere of the self and which is, then, allowed by the fearless seeker to enter into the energy system of the vehicle and to come through the natural spiritual gravity that moves the energy within that body to pull those energies down from

tributaries into rivers and to the ocean of All That There Is.

Let us look at the suffering as it touches the sphere of self. It flows in a muddy, silt-filled rain, touching the grosser of the antennae of the sphere of self that are put out to catch those energies that threaten survival and comfort. The emotions that are brought from the second-density instinctual entity that is your physical vehicle are often clear, but not often of an energy that is at all open to growth. Rather, such energies are protective, armoring, defensive and survival-oriented, and, in such an atmosphere, these droplets simply must slide off. They have stung the [antennae] of the outside of the sphere of self but have not penetrated and begun the process of working through or being refined by the energy system of the physical and finer vehicles of that soul stream in connection with personality shell in connection with physical vehicle that you call a self.

As the self begins to lose the need to armor, the self becomes semi-permeable, and, for the first time, this vulnerable, undefended self is able to suffer, and this is an achievement, in our humble opinion. The achievement of a self-acknowledged suffering is a great achievement among your peoples. When that crystalline moment comes that the self knows its suffering and sees its sorrow, in that moment is born the opportunity to lift, transform and energize that portion of self which has become deadened, that it may once again become enlivened. The process occurs through this simple process of permeability that allows one tributary, and then another, and then another to spring up in that desert of defense until the self becomes fallow and open to the rain of pain; to that which is causing anger, jealousy, envy, covetousness or any other feeling which causes one to feel an adversity.

Look, now, at the color of this rain, as it begins to be distilled by the processes of the energy vehicle. The process of [self-]acceptance moves the pain through the protective layers and into the personal layers and into the depths of the societal layer, the most difficult of all for catalyst to penetrate and flow through.

Notice that this rain seems to fall upward, but this is because, my friends, you are one of the branches of the tree of life, and that tree has its roots in the heaven worlds and only its branches within your earth world. The rain is moving upwards into the

heaven worlds; the energy, as you allow the pain to move through the energy body, is moving upwards from the denser aspects of pain into the heart and into that transformation of the heart which is as the ninety-degree phase shift which moves an ineffable part of the self into a kind of time/space in which that higher energy may far more easily be made permeable and penetrated with great amounts of energy and undifferentiated or unlimited light.

In this part of the process, once that simple allowance of pain has been able to create permeability so that the pain falls into the heart, then the energies of the tabernacle of the one infinite Creator are able to exercise their true-color nature upon this dim, many-colored rain, and each drop of envy becomes true-color envy; each drop of grief becomes a true-color grief, and, instead of the muddy palette that you began with, as you allow the truth of your interior self to work upon this catalyst as it will, in wisdom, in rhythm, and in time, this heart energy begins to place true-color value in those things that you have allowed the freedom to be fully experienced.

Once these colors have been achieved, the experience flows on wings of beauty, transformed by that warrior of light that is yourself; that true channel of light that keeps the armor bright, [moving] into that truth which is the newest portion of the Creator's knowledge of Itself. In this process of acknowledging your own suffering, it is perhaps appropriate to speak through this channel of that which it experienced earlier this day as it experienced the feast of the presentation of the one known as Jesus the Christ. This is the last or final aspect of that mythological system which this entity experiences as its closest road to the Creator² in its season of acknowledgement of the birth of the spirit within flesh. It is long been our feeling that each within the circle of seeking represents, as the one known as H has said, the Creator Itself, in the aspect not of the Creator-Father but of the child of the Creator, the daughter of the Creator, the son of the Creator, the Christ of the Creator, that which is in the world, that which has come among us in each of you.

The heart awaits the birth of your own spiritual self, realized for the first time as a being of integrity, eternity and infinity that you cradle within the

² Christianity.

manger of your heart. This seed, this child must be protected, loved, cared for, nurtured, encouraged and paid attention to. In this Christ child dwells all of those things which the one known as David's Guidance System was describing as that house of cards which is the build-up of accreted crystallization of pain. Once one crystal is dissolved, it is easier to collapse the rest of those crystals, which become as the ice that melts into the water or the cards that collapse the space between them. In this presentation, the one known as Jesus was brought, as an infant forty days old, to the temple to be given to the Creator, as is the custom of this particular entity's culture.

Each of you is an infant; you are at the temple; you have been given to the Creator by that parent which is your physical self, and we say to you,

Lord, now lettest thou thy servant depart in peace, according to thy word, for mine eyes have seen thy salvation.³

Behold the self as it is: an outer defense system of clay, bone, flesh and blood; an inner network of feeling, and, within that feeling, an inner network of truth, and within that truth, an inner network of the one infinite Creator. May you rest in that tabernacle whenever there is suffering within your life, and may you rock the child within. Protect that spiritual self with your love, with your compassion, with your acceptance of the suffering that is going on, placing it all within the loving arms of that Presence that rests within the tabernacle of the heart.

We believe that this is the energy that we wish to share upon this subject. However, we find that there have been two queries asked and that they are connected in a very integrated and energizing way, and, consequently, we would move from speaking through this instrument to passing the sacred feather to the one known as David's Guidance System, for there is much to speak on in terms of that movement of the energy through the system of points of energy or chakras of the finer bodies. The techniques involved in removing blockages move into interesting connections with the nature of suffering. The energy system of the physical vehicle,

as we have said, moves from what this instrument would consider the lower to the higher, and, as energy moves into the scoop of the root chakra, it has a full and undifferentiated potential. The colors of the chakras of each individual's energy vehicle are unique to that entity. Each entity is its own blossom; each entity flashes in its own colors, and there is, in the fuller acceptance of the self, an increasing scintillation and strength of energy of the energy that is moving through the body that is a product of that acceptance of self that relaxes the strictures that narrow the path of energy flow.

We believe, however, that we would do well at this time to allow the one known as David to speak upon this subject for a time, as this entity does not have the vocabulary that would be helpful in this discussion. Consequently, we would at this time temporarily pause and turn the feather over to the one known as David's Guidance System. We are those of Q'uo and leave this instrument in love and in light.

(David channeling)

[(David's Guidance System)] Your neurological system is not fundamentally related to the cognitive processes of the brain and how the various nerve system impulses do then holographically imprint their matrices upon the tissues of said organ. The aspirations of the higher self, to strive for a conscious mind that does involve a fuller and more complete rendition of the vibratory centers or nexi of the physical form, [functions] in such a fashion as to have the conscious self using a mental process, using a consciousness template that involves emanations from all of these centers.

The issue to which we are speaking is a representation of the fact, as was stated in the Law of One series, that the contents of an ego is so distorted as to be useless.⁴ Rather, we would ask that you reflect upon the energy that forms consciousness, and see that the wheels-within-wheels of the chakra system formulate the true consciousness that you experience at any given moment in your illusion. Therefore, potentially speaking, all chakras do then contribute to that which you know as your conscious

³ The Song of Simeon, from the *Holy Bible*, Luke 2:29-32: "Lord, now lettest thou thy servant depart in peace, according to thy word; For mine eyes have seen thy salvation, which thou hast prepared before the face of all people; To be a light to lighten the Gentiles, and to be the glory of thy people Israel."

⁴ "QUESTIONER: Can you tell me how you balance the ego?" "RA: I am Ra. We cannot work with this concept as it is misapplied and understanding cannot come from it." (*Law of One, Book I, Session 13*)

process, the conscious process being that which you oftentimes experience as imagination, intuition, hunches and the like.

We are setting up a necessary framework in order to better differentiate between that distorted concept of consciousness which most of your peoples possess, and the truer and deeper essence of awareness as a harmonious function of all the centers. You have seen many examples in your life of what is known as synchronicity, whereby you experience that time where you look up from a book or have some other moment of symbolic importance which is then immediately followed by an instantaneous feedback mechanism from that which you would think of as the physical. You recognize, of course, that there must be some aspect of yourselves which goes beyond that which is physicality. But this is in effect a thinning of the veil between dimensions, causing you to have a greater ability to focus and differentiate on the essence of true individualized creation as opposed to true unified creation. When this differentiation has been accomplished that which is known as form then dissipates into formlessness. This is known in the shamanic traditions as stopping the world. It is by this process that one who has quickened his process can see those other selves around it to suddenly disappear, and perceive that it is the only being in existence. This is a vibrationally uplifting process. The reverberations that we speak to most specifically this time have to do with the relative degree of cacophony that exists in most of your entities as they go about the hustle and bustle of daily existence without care or consideration for the stillness of mind. This causes there to be an extreme vibrational dyslexia, so to speak, within those lower centers. Then the kundalini spirals, so to speak, can only be awakened by the vertical uplift of the vibratory energy frequencies so that to allow the higher centers to be more fully actualized in the here and now.

What we find is that if you do not have a rooftop over your house, then you will never truly be able to experience the shelter from the raindrops of catalyst. You will never truly be able to home in on that which is known as "home," that which is of the warm hearth, the bear rug, and the delicately arranged objects on the mantelpiece that allow you truly to feel at home in your own physical instrument. Relatively speaking, most of those on your plane exist in a homeless condition. They exist

in a condition where they drift and wander to and fro, much as do their thoughts. And this does cause there to be a specific vibrational disharmonious complex in the lower centers.

This disharmonious complex can be analyzed for each individual center as a spiraling line of light, so to speak. And as we have spoken before there are those turns of said spiral whereby certain events have transpired. We seek to collect these spirals, to bring them back to a spherical center of one-pointedness or unity. When this spherical point has been readapted, then all experiences that happen in the present moment can be understood within the greater matrix of the soul and the understanding of how past, present and future merge into a seamless continuum, much as would the Ziploc baggies in which you have stored the food that you have prepared in loving service to others.

So, too, do you have the opportunity to take this manna from heaven, this bread that is the bread of life, and to then package it and conceal it from yourself, without the compartmentalized self recognizing that this manna or higher consciousness that breathes into your physicality does then have the opportunity to be differentiated, not for the purpose of partitioning the ego from those aspects of self that would be deemed as differential but rather storing away various nuggets of awareness within the self. So that, as you continue along the spiral, and various experiences arise into your illusion, you have the prosperity that comes from having a storehouse, so to speak, much as would a squirrel store up acorns in the hole of a tree, knowing that when winter comes there will be those hard months of cold and shivering. Thereby there is a supply that has been instilled.

There is the opportunity for greater abundance in those moments when many others would feel distraught and alone. By storing a larger amount of catalyst than is currently being processed, you can then have that background of experience. When these experiences again arise, they can be compared against that newfound wisdom that has been accumulated by the self. In so doing, [the self may] arrive at a greater degree of functionality so as these blockages are then moved through.

With the appropriate requisite collapsing of fragmentariness within the lower centers of your physiological organism, as it relates to the glandular

systems, and that of the energetic body as it relates to the chakra system, we do then see a greater opportunity for there to be a relative clarity in these lower centers and this does then allow for the spiraling line of light, or the kundalini in this case, to progress higher up the chakra system into that known as the seat of love, where the heart is centered, into that known as the seat of will and communication, or the throat center, into that known as the seat of psychic awareness, of the unification of love and compassion, or that of the brow chakra, and on through the crown [chakra]⁵ into the gateway density, in which spiritual gravity⁶ is attained and you again begin collapsing into the oneness.

And thus, fundamentally speaking, the acorns of the self have been holed away in this moment as you listen to these words shared by those known as Guidance System and those known as Q'uo and experience for yourself how it is that, though you may not be able to remember consciously all that has been spoken, that which you think of as the conscious mind is actually a subset of your true awareness. And the deeper awareness that you have is that which is existing in all the chakras. The synchronicities manifest by virtue of the fact that your mind does possess those aspects of the higher centers, if you can but remain still long enough for them to bubble to the surface, much as would the precipitation occur as we have previously spoken.

Therefore, in potential, your conscious mind and day-to-day awareness does have the ability to have full access to intelligent infinity. It is [needed] that the cares and concerns that you have can be cleared

off the tabletop, so that you can then make a place setting for the Master, the Christ self to be seated before you. As this Last Supper occurs, you can then accept the death of that distorted ego personality that you have created for yourself and understand that it is through the prayer, "Not my will but Thy will be done,"⁷ that you can allow this ego sense to be subjugated and recognize the greater degree of personality transparency such that the higher aspects of being do then become, by virtue of proximity, your vibrations.

As there is no proximity within oneness, we thank you and again turn the microphone back to that known as Q'uo.

(Carla channeling)

We are those known as Q'uo, and again are with this instrument and greet you once again in love and in light.

So it may be seen that the rain of catalyst, the cycle of suffering, is that which may also be seen as the sunshine of life and the cycle of joy. There is a healing in that permeation of self with suffering, in that refining of emotion through the processes of dealing with and experiencing those emotions and experiencing their growing nobility within you, their growing beauty and deepness of tone. It becomes clearer that, once this rain has fallen and been accepted, sunshine moves into the heart. For is there not rain and is there not sun, and shall one be surprised at the rain? But shall one not give thanks when the sunshine abounds and when the day is fair, and opportunity is rife. Those days are also part of the cycle of joy and suffering.

We thank the one known as David and the one known as David's Guidance System for discussing the energy centers as they did, for it is beyond this instrument to explain in that detail how one may move from dealing with specific catalyst, dealing with specific flow of emotive material, to moving into the deeper waters, that ocean of processed catalyst which has become beautiful, blessed, transformed and given back to the one infinite

⁵ This refers to the chakra system by ascending order from green through violet. Green is the color of heart energy in this system. Blue, the throat chakra color, is associated with clear communication, while indigo is the color of the brow or third eye chakra. Violet is the color of the crown chakra, and in the Law of One material, it is associated with the "gateway to intelligent infinity." About this gateway, the Ra group says, "Know then, first, the mind and the body. Then as the spirit is integrated and synthesized, these are harmonized into a mind/body/spirit complex which can move among the dimensions and can open the gateway to intelligent infinity, thus healing self by light and sharing that light with others." (Law of One, Book I, Session 17)

⁶ "QUESTIONER: Then when our planet is fully into fourth density, will there be a greater gravity?"

"RA: I am Ra. There will be a greater spiritual gravity thus causing a denser illusion." (Law of One, Book I, Session 17)

⁷ When Jesus is praying in the garden of Gethsemane, the night he was taken into custody before his trial, he prayed to be spared this, but, he said, "Father, if thou be willing, remove this cup from me; nevertheless, not my will, but Thine, be done." (Luke 22:42)

Creator. That is a crystalline and light-filled ocean of experience ...

(Side one of tape ends.)

(Carla channeling)

It is as the overarching system that rules the system most proximate to the human or physically human experience. If one can envision, as the one known as V was discussing, diving down that cliff of ocean from the relative shallows of the conscious experience into the abyss of infinite awareness, that infinite awareness has a coherence that is full of information that, in its very transmission, is as the Balm of Gilead, that healing energy that can move into a situation within as those healing waters, as that medicament without description heals by its energy alone, not needing rhyme and reason, not needing logic and possibility, not needing the human acceptance; needing, rather, the acceptance of a state of mind that is other than that which your culture understands, or accepts.

So let us end by looking at the silence. For this is the most potent weapon that the warrior of light, as this instrument has called the spiritual warrior, possesses. The silence has been described as that [which] unlocks the door to the room in which the one infinite Creator dwells. It has been described as that which unlocks truth. It has been described as that which enables and ennobles the process of catalysis, chemical reaction, and result: catalyst and experience.

Silence is as the open hand. Come to the Deity empty, empty-handed, empty-minded, empty of all but the thirst and the hunger for the presence of the one infinite Creator, the one original Thought that created all that is. Come empty, for you shall overflow. What concerns you? Come to your heart, and come empty. Come into the sea and dive deeply. Dive for that deep, deep water where truth has been crystallized within your own process, where you can enjoy the company of the angels of the deep that are there to comfort you, hold you, love you, strengthen you, and send you back into the fray.

And when you come back, into that archipelago that is conscious living, know that each island of chaos and confusion and each stretch of lonely ocean between are one with that deep water. Each drop that touches each island of confusion comes from the One and goes back to that same One.

We leave you with the greatest of love and thanks for each of your hero's journeys. Why are you together this weekend? What have you come to rejoice in? We leave you to each other and we ask you to love each other. Heal each other. Encourage each other. Bear each other's burdens. And bring each other home.

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



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SPECIAL MEDITATION

FEBRUARY 6, 2003

Question from B: The question today has to deal with the concept of empowerment and enslavement that Q'uo mentioned in the last session. We are aware of how enslavement in various kinds occurs through governments, military and so forth, but what we would like to know (*inaudible*) empowerment might even be found in the very DNA that we contain, that would help us to realize our life's goals of serving and of learning, and we were wondering if Q'uo can give us some information about how a person can achieve this empowerment, and what was Q'uo talking about when empowerment was mentioned in relationship to the enslavement. In addition, we would like to know something about what the empowerment in the DNA might actually look like.

(*Carla channeling*)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are. We greatly appreciate and thank each present for calling this circle of seeking together and calling us to your group. It is a great privilege to speak and share our opinions and we would simply ask that, as always, each idea be taken as an opinion and not as an authoritarian statement, for we would not wish to be a stumbling block for any. With this caveat in place we feel free to share our opinion with you without infringing upon your free will or your learning process.

As we gaze upon your query we realize that there are opportunities to infringe neatly pocketed along the way that we shall need to observe, so pardon us if our information is uneven. It is to be noted that as we tell you this story we ourselves are the legend in the story and when history is revealed in its truth it is almost inevitably made of stories. There is almost never the possibility of achieving a unified truth concerning the events of your peoples. It is possibly to move closer and closer to the full picture but very difficult to move beyond unseen limitations. Some of these unseen limitations lie within us and some within this instrument. Both systems of limitations, whether that be ethical or informational, these things do limit and possibly skew the story that we tell.

The long history of your peoples is preceded by an even longer, unwritten, unrecorded history of those energies and essences and individuals that made their own history at the time of what this instrument would call the last cycle change, or ice age. These entities were plummeted into service of a high second-density nature by entities who wished to have aid and help with their needs. These entities were not intending to be either evil or good, but rather were those who looked upon the second-density life forms of this planet as fair game for molding into the workers that they needed.

Thusly, a new race was created, not merely by the infinite Creator, but by those co-creators which were

attempting to work with these life-forms for their own needs. Further energy and further manipulation was offered to these entities, creating within them that which this entity would call soul-streams. These were the improvements, shall we say, that indeed moved into that which was part of the DNA. However, not the same portion of DNA which had been the focus of change previously.

In this second wave of alterations, improvements were made so that entities were of third density, being ensouled and capable of mental, emotional and spiritual evolution in ways which transcended the second-density model of individuals coming from a gene pool and returning to that common memory pool. These entities, then, having been altered twice, were soon joined by other entities from other spheres within your galaxy whose time had run out for their third-density planets, and whose needs led them to this particular sphere that you call Earth.

These entities through the processes of years, generations and millennia gradually continued to alter and continued to spread and continued to learn. With the steady increase in the sources of population to your planet came an increasingly complex mix of archetypical structures, which were in some ways not so much incompatible as cranky with each other. It was not that the differences between populations was impossible to breach, it was that within the biases of the population groups there survived a good deal of territorial energy from second density, the parent genetic structure being that of the great apes.

Consequently, there was an inborn tendency towards aggression which had only been encouraged by the second wave of genetic manipulation. This set the stage for entities we shall grandly call the space pirates. The space pirates were, in these entities' way of describing them, from the fifth density, and they had many minions from the fourth density, but these densities being in the negative sense a very pure path along the path of service to self.

It was discovered that if these entities used those with a hunger for power to encourage and hone their appetite for power and domination, these entities in turn would do their best, through the processes of aggression and war, to conquer and control that which was seen as desirable, whether it be geography, position, money or power. And these

entities found, perhaps due to the limitations of your human imagination, perhaps due to the limitations of imagination of fourth-density minions, that their greatest tool was the very blunt instrument of war and consequently, when the forces that learned their trade within the culture that this instrument calls Atlantis, whenever these entities show up their plan is always to encourage division, strife and, if possible at all, the largest war available.

For this in turn [subverts] the energies of youth and maturity towards the entrainment of conscious thought processes until entities moved into that space within their minds where they believe and accept as true the necessity of war, the rightness of the native land's authority figures, and the real and genuine desire to make the world a better place through rearranging the geography, the people (*inaudible*) power in a way which keeps those in power in even more power and simply enslaves the attitudes of the minds of all of those who follow them into furnishing the physical vehicles that march off to the war, and by their dying, their suffering, and their injustice thereby spread the suffering, the pain, and those other negative emotions ever higher, evermore violently, ever at a greater level.

The goal of these space pirates is simply to achieve a (*inaudible*) so that third-density cycles come and third-density cycles go and there is either a very small harvest or no harvest at all, most of the harvest, therefore, being that which this instrument might call spent energy or entropy, except that it has to do with the burden of sorrow, grief, suffering and pain of those who have not made the harvest.

This began to cycle in Atlantis and has moved through its complete cycle at this time. In all three cycles, then, there has been almost no harvest and as your peoples approach the end of this present cycle of time, which is the final opportunity for harvest within this particular planetary third density, the energies of Atlantis remain. There had been incarnations of groups of entities which first did the bidding of these space pirates in Atlantis. Not yet once, but as the gazing eye looks at history this group can be found again and again. Within those of Babylonia, within those of Rome, within those of Germany, within those of Germany once again, and now within that which is the United States.

These energies have grouped, gathered and arisen as a natural event, since graduation is at hand and these entities are attempting to graduate in service to self. Consequently, once again millions and millions of earth natives who are otherwise very close to being harvested have been entrained in their minds and in their thinking by the discussion of subjects that lead the mind to war and to the just reasons for it, thereby once again placing these millions of entities in the uncomfortable space of being dimly aware that their true freedom is being taken from them, but truly having no real capacity to figure out what is going on and why there is no rest or peace for them.

The one known as B asks concerning the DNA and the empowerment of this DNA, and, indeed, the DNA was carefully adjusted not to move beyond third density by those entities of the first adjustment of the great ape vehicle which was found upon your planet at the end of second density. This adjustment was in its own way a safety precaution, as in a tamper-proof lighter or a child-proof bottle cap, for it was felt that such entities as these great ape beings had been would not be able to withstand the pressure of ethical decisions or knowledge of right actions.

However, the structure of DNA is not limited by these manipulations which may be done by your men and women of science. These spirals of light that cohere for the formation and continuation of [life] are born from states of consciousness or matrices of perception rather than being limited by the current instructions of the current DNA. The energies of unity and unconditional love once welcomed into the heart and worked with in a persistent and conscientious manner begin to lend to the mind of the meditator and seeker of silence access to a state of consciousness in which there are no limitations. In this state of consciousness infinite energies flowing in infinite supply at all times and there is ample energy to fuel any state of consciousness to which the focus, the desire, the purity and the process of an entity has brought him.

Is it easy to attain a state of consciousness that builds new strands of DNA? For a very few it is relatively easy. However, for most it is a great challenge. The hope of the various populations of your sphere, then, may be based upon that hope that springs forever from the heart. That hope to seek and find, to open

up that source of magic that makes the impossible possible.

We of the Confederation of Planets have come to tell a very simple story. It is a story of thought. It is a story of the power of thought. It is a story of the power of a certain Thought that created all that is. It is a story of the power of absolute and unconditional love. It is a story of intelligent infinity and the desire of that infinity to know itself. It knows itself with every thought of its children and each entity of whatever density of whatever planet within the infinite creation is a child of the Father, or as many would say in this time of political correctness: Father/Mother.

This work of connecting DNA strands through alterations in consciousness is work that is as accessible as the next moment, that moment when one ceases speaking and enters the silence with a full heart. This moment is as far away as the nearest star. It is the kind of choice that entities may look at from the worldly point of view and say, what a nice structure, what a pleasant fantasy, that fantasy of creating the self anew and transforming the self into an entirely different kind of person. However, from the standpoint of faith there is available another point of view. That point of view is inscribed within what this instrument would call the magical personality.

For a millennia you upon this planet who look straight at the questions of truth, beauty and life have carefully written down this and that observation and experiment with consciousness and with (*inaudible*) fields. Each attempt at inner knowledge have been somewhat successful and there is available to the seeker a fairly substantial supply of excellent information on what it is to become a magical being, what it is to become a nation of priests, what it is to become a tribe of shaman. It is entirely possible through the discipline of the personality, through the seeking after silence, and through the other giving of oneself to the will of the Creator to move into that space wherein there is a true, real possibility of literally designing and building DNA in many of those who come now to birth upon your planet.

The entities you call your scientists begin to find again and again that there are more strands of DNA found within many of the children being born upon your planet at this time and even those who have

been born with usual DNA are found to be creating new strands within their incarnation. This is that which we were speaking of when we were mentioning that empowerment of DNA. Indeed, more and more entities among your people are able to share in a charismatic sense a good deal of that state of consciousness for a limited amount of time, it being a yellow-ray sharing rather than that which comes from the truly unified heart. Within this influence it is entirely possible that many would find it maximally potentially doable to lift themselves into a state of mind which indeed is true freedom, that state of mind which no longer is connected to fear, is no longer connected to the desire to defend, but is free to love, to radiate, to embrace.

We feel that we have come to a natural pause and would ask if there are any follow up queries at this time?

Question: Has there ever been a time in the history of this planet when human beings experienced unconditional love in a group way?

We are those of Q'uo, and are aware of your query, my brother. Indeed, at this very moment there are many groups upon your planet who are experiencing unconditional love. Such entities have largely been hidden, entities such as this group, entities who are not at all well known, entities who are completely out of sight of any publicity, have always in these ceaseless changing patterns of energy of groups upon your planet found ways to come together to express love for each other. Sometimes it is the force of an idea that for a time blends people's energies so beautifully that they are able, simply by the force of an idea, to dedicate their lives to that goal, to that ideal. We would suggest those known as the Quakers and those known as the Transcendentalists.

Other groups have been formed because of the charisma or beauty or purity of the service of one entity, a woman or a man of extraordinary capability. The great monasteries of your so-called dark ages were opportunities for entities who wished nothing for themselves but everything for the truth. To serve without (*inaudible*), without record and with exquisitely positive results. Groups such as these will exist as long as there are entities within third density, for it is the absolute destiny of that which you call the human spirit to seek and know the truth. When that seeking for the truth becomes so pure that it has a force stronger than the need to

respect authority or resist change, then such a group moves forward, finds its own strength and serves quietly, lovingly, faithfully and persistently.

Spiritually speaking, history is story after story of those who, for the love of the Creator, for the love of an ideal, or for the love of a wonderful teacher, gave all that they were and all that they had towards the generation and the propagation of unconditional love.

May we answer you further, my brother?

(Pause)

Question: In the Ra books it was mentioned how much of the information that seemed quite sensational was actually transitory and had little importance. When making films, this type of sensational information is usually quite frequently utilized. How best can we balance the need for sensational attraction and the quality information that may not be quite as sensational?

We are those of Q'uo, and grasp your query, my brother. Perhaps we may simply say that when telling the absolute truth the sense of humor is often helpful. May we ask if this penetrates the outer walls of thought at all, or shall we attempt again?

Question: Could you also speak further?

We are those of the Q'uo, and would be glad to do so. It is indeed truth that transient material fascinates the mind of those within the illusion which supports such antics. It is equally true that the substance of metaphysics is naturally and instinctually fascinating to few. The introduction of characters who are wise is often accompanied, because of these biases, by the addition to that character of quirks which while not destroying the creature's wisdom or veracity, nevertheless give a character quirks that are genuinely humorous to that culture. Consequently, the use of humor softens the blow of the use of truth. The use of the various devices of humor, whether those be of language as in the rhyming or in any other ...

(Side one of tape ends.)

Question: In *The Law of One* books it was mentioned that Star Wars was kind of like a children's story compared to what is really occurring. So many times Hollywood uses fantastic stories to give a message. Is there some way that we could be

more realistic, shall we say, in presenting this information?

We are those of Q'uo, and are aware of your query, my brother. We believe that there are an infinite number of ways for such information to be shared. The truth of spiritual achievement is that those among your peoples at any particular time who are able to do work in consciousness dwell side by side with those who have no claim to an inner life. They dwell for the most part very quietly.

We would ask you to think of those known to this instrument as Native Americans, whose rituals are based within the general category of the magical personality [and seen] by ordinary people as an everyday part of a naturally lived life. To entities within this particular culture all parts of the illusion are alive, all first density, second density, and third density entities alike share consciousness and are part of one ever moving, ever living story of creation. The earth is seen as the body of the mother and all of those upon the mother are seen as the children of the mother. All natural elements and energies and animals and plants are seen as various very lively, very energy filled creation which is full of information at all times.

It is very instructive to see how simple and direct many of these exercises in enlarging consciousness are. The truth of enslavement to fear and suffering and other people's wars, and the possibility of choosing instead empowerment, freedom and the spiritual path is one which lies directly in the path of every day and of every man. It is not necessary to be extreme or inhuman in order to become an entity that truly has a magical personality. Rather, it is a matter of moving through an awakening process and becoming directly aware of the self. Once this point has been reached—and this point is very realistically expected to be reached by one who attempts it—the universe opens and the impossible becomes possible.

The greatest amount of effort for one who is attempting to make this change is the beginning, where it is in the beginning where one must express the faith of that which has not yet occurred. When there is a very good psychological structure which would give characters a reason to pay attention and to begin to work upon the spiritual personality, the magical personality, then it is possible, perhaps, to move into your structure of (*inaudible*) character the logical and persuasive [proximate] reasons for

characters to become part of a group which does attempt to seek the truth.

May I answer you further, my brother?

Question: One particular possibility is to have a dissatisfied business man who has perhaps suffered a loss of a loved one who has the chance to risk his life to save another and this other was not really in danger but was a means by which an ancient brotherhood contacts him and through this interaction between the brotherhood and the man many aspects of love (*inaudible*) are brought out. Could you comment on this particular approach to the project?

We are those of Q'uo, and are aware of your query, my brother. As in many good ideas there are inconsistencies within the idea. However, we would say on the whole it is an excellent idea. The difficulty that we see with it is simply that the positively-oriented entity is unlikely to set up a situation that is false in order to make a test. Rather, such an entity or group of entities would observe such an entity as moving into such a role and would, because of the emotional colors shown by this entity, because of its emotional purity and love, become a candidate for further communication.

May we speak further, my brother?

Question: So the situation would really be an actual situation that would be observed by the brotherhood rather than being staged by the brotherhood?

We are those of Q'uo, and we can affirm your understanding, my brother.

Question: Could you comment on a second approach which would have a scientist, a geneticist perhaps, discovering that within the DNA there had been a certain quality that allowed the experience of unity but it had been switched off so he begins to work with himself and his own DNA to switch it back on, which brings him into contact with various villains and other characters.

We are those of Q'uo, and are aware of your query, my brother. And this concept is also an excellent one and also has drawbacks, in our opinion, and we would share that with you. The DNA angle, shall we say, is a very helpful one to bring up for entities as it is, indeed, the heart of the penetration into the illusion of the structure of the spiritually or energetically formed world. The changes that will

allow entities within third density to welcome fourth density life are bound up in the further strands of DNA that are formed with the full consciousness of unconditional love.

However, the concept of moving through scientific testing and in some way measurable by scientific instruments at this time discovering how to place unconditional love into the perceptive matrix of an entity is questionable. There is much to study, shall we say, in this angle of DNA research and we would suggest that which has been useful to this instrument has been a specific work called, *The Biology of Perception*. This instrument, we may say, has had its eyes opened to a great extent, far greater than the eyes were open before on this subject by this very helpful bit of research.

We encourage the one known as B to investigate not only this particular source of information on DNA and perception, but any sources which are suggested in the course of investigation into this particular article or video cassette as this instrument would call it.

May we answer you further, my brother?

Question: So when you said earlier that there were children now being born with additional strands in their DNA, is it true then that this would not be measurable by current scientific technology.

We are those of Q'uo, and would say, my brother, that there is always the possibility of doubt when outrageously different or new information is offered, and this has certainly proven to be the case with many other instances of seeming impossible events, such as, for instance, the possibility of meteors falling from the heavens, which was considered impossible at the time that they were finally, once and for all proven to exist.

We find that we are very limited in our ability to speak concerning this because it is more than most of those things that we have offered that which can be plumbed by the use of your techniques of research.

May we answer you further, my brother?

Question: What was the connection of doubt that was mentioned?

We are those of Q'uo, and, my brother, we do not doubt that we used the word but we doubt that we can remember why.

Question: Writing about unconditional love is hard to do from the theoretical point of view. Is there something that B could do in the way of another session with Carla or with Q'uo that would help him to experience this quality in order to be able to write about it?

We are those of Q'uo, and are aware of your query, my brother. Certainly, we would be glad to speak with you upon the subject at another time. The one known as Carla is also most happy to share upon the subject. We would also point out that there are two other sources of strength for you. One is that invisible but very present group of entities that are devoted to the one known as B and that have spent many, many years caring for and accompanying the one known as B. Those presences of support, sanity and encouragement that have sometimes being felt are most real and most loving and these constitutes an unseen band of advisers and helpers. The key in invoking their help is in the word, invoke. It must be asked for, and it must be appreciated. With the request and the thanksgiving being the foundations of such a silent communication with those that have no words, this very powerful help may be activated, enlivened and energized by the living entity's faith that they are there.

The second group that this entity has available to it is that visible group known as L/L Research which has a physical location and a location in time which meet your requirements for being upon the planet at the same time and being able to connect with a spiritual group, or, shall we say, a spiritual clan or family, which in and of itself has the potential to be a great source of strength for those who wish to spend time becoming, shall we say, enchanted or charmed by the magic of that particular gathering of light and energy. Such places, once established, are as the lighthouse which the longer it burns gathers more fuel to burn even brighter.

We are aware that this has been your last query but if we may clear up anything we would offer you that opportunity at this time.

Question: Thank you for your questions, they were very, very good.

We are those of Q'uo, and we would at this time take this opportunity to bless you, wish you well and leave you in the love and in the light of the one infinite Creator. We are always available to you to deepen and strengthen your meditative states. You

have only to ask mentally and we will be there in
silence and in great love. We are known to you as
the principle of Q'uo. Adonai. Adonai vasu
borragus. ✽



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SUNDAY MEDITATION

FEBRUARY 9, 2003

Question from J1: The question today from J1 has to do with the difference between belief and faith. He considers belief to be a lower channel of data and catalyst processing than faith. We would like Q'uo to give us some information on what they see to be the difference between belief and faith.

(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 today. It is a great privilege and a pleasure to greet each of you, and we wish to thank you for arranging time in your lives to come to this circle of seeking, to spend time asking and yearning and opening doors in search of the truth. It is those who persist, and those who do not quail at the thought of further truth being shown to the world, to whom that truth comes so richly and so generously.

And for us, you are our truth; you are our primers of beauty, service and learning. We thank you for sharing those vibrations of your meditation with us. As we share our thoughts on belief and faith, we would ask each of you to do us the favor of listening with great discrimination, and choosing only those thoughts that appear fair to you to keep and to think about, letting all the rest go without a second thought. In this way we may be assured that our opinion remains opinion and not authority, as we would not wish to be a stumbling block for any.

We wish to thank the one known as J1 for such a perceptive and probing question. Indeed, we have a very simple story to tell, and our story is in part the story of the difference between belief and faith. Our story is a story about unconditional, pure and creative love, a love so powerful that it has created all that is, all that has been and all that shall be. It is also creative and powerful to destroy, and all that has arisen likewise moves into transformations which remove it from one form into another.

And this same energy of unconditional love is that energy which creates that benign and most kind gateway to that which is the life to come. Thusly, this Logos, this great original Thought of the Creator, is responsible both for your energies of life and your consciousness and for those limitations upon the form which you now enjoy, which shall put a period to the apparent lifetime of you as an individual. And indeed may we say that it is more than an apparent ending, for each personality shell that you choose with which to come into incarnation does indeed have its appropriate period, when that personality shell has done the job for which you assembled it.

It is difficult to imagine, faced with the riches of one's own complex and subtle gradations of personality and beingness, that that which you experience as yourself is only a tiny portion of your true self. And yet this is indeed true. That which you experience within a single incarnation is as that

tributary that is a portion of the stream of soul that is you, but it is as that stream flowing from the beginning at, shall we say, a distance from the center of the circle of life, and flowing towards the center that is your soul stream; that is, rather, a soul ocean. And each individual life experience is at the same time, in metaphysical time, flowing towards that center of the ocean of self. Consequently, it is well that you are not able to remember or to know that which is going on in all the other radials of this circle of self, for the information would be too much to bear.

Nevertheless, it is within this rich milieu of discovered and undiscovered self that the question of faith and belief arises in its best context. For it is questions that move beyond transient material that are generally thought of as the life-and-death questions, and these are the questions that seem to ask for belief or faith as that which is used to address the uncontrollable and implacable forces of this great creative love that births and that puts an end to life, with equal generosity.

What is the entity within third density to do with these inarguable forces of life and death, being born and moving through the gateway of death? There is within the heart of your people an absolute instinct towards what you may call either faith or belief, in the general sense that it calls forth a spiritual response. The catalyst of being faced with one's mortality creates the situation in which the self faces the unknown and asks, and there is a great hunger behind that question: What? Why? Who am I? Why am I here? Why am I poised between my birth and my death? Why did I choose birth? Why did I choose a state of mind, body and spirit that will end inevitably in the dissolution of body? These are fundamental queries about which the spiritual instinct of third-density entities will naturally cycle.

When this entity was a young woman of teenage years, this entity discovered that it could not believe in the dogma of its church, this entity being what she calls Episcopalian or Anglican. The point of dogma upon which this instrument choked was the virgin birth. And so this instrument asked for advice from its spiritual advisor, an entity of great authority in this instrument's church. He suggested to her that the Christian story was a mystery which, in the particular church that is Episcopalian, is not expected to be understood, but rather is held as a

point of faith, as a mystery to be understood at a later date, not within this lifetime. This view of the story of the virgin birth, and of all the other points of faith in the Christian creed seemed to this instrument to be far more tolerable, and to this day this instrument retains firm and loving ties with its parish church. Nevertheless, this instrument has never been able to absorb, accept or understand the need for dogmatic and dogmatically held beliefs.

However, we believe that we grasp the nature of the need for articles of faith that are dogmatically believed, perceived and promulgated, and perhaps if each will think within its own mind and heart of those times when structure equaled comfort, it may be more easily understood what the attraction might be for those who desire and crave the black and white world of right and wrong, acceptable and non-acceptable, that is implied and created with the acceptance of a dogmatic structure. Basically, that which is belief always has content of a specific nature. This insistence upon the nailing of spiritual value, truth and beauty to specific words and only those words chosen by a specific dogmatic editing of holy works, each point which is used to describe another limitation of specificity, is as the builder who wishes to build itself a house to keep it safe from the whims of doubt and change. There is the desire to create a structure of belief that will be stout and firm against the storms of those issues that inevitably bring one face to face with what seem to be the gray areas of self.

In such times, as inconvenient and limiting as belief systems may be, the comfort of knowing what one must do often seems fairer and more desirable than existing within the outdoors of an unconstructed spiritual path in which the only features of the landscape which are distinct are those features that come at one at their own time, out of their own fog, bringing their own gifts in hands that are open to give, loving, but above all, unknown and unexpected.

And let us look at the processes of faith, for faith is that which accepts a truth without content. For the structure of faith is such that it is expressed in that leap into midair, where all that is known is that it is the Creator's world, and all is well. Thusly, one launches oneself into the abyss of the present moment and what comes next, because one has lost all fear of the consequences of being out of control.

In the Buddhist story, there is a tiger above and a tiger below, and the seeker clings to the side of a cliff, and the question is, "Shall I let go?" That is the question of faith. The question is, "Shall I let go?" Thusly, perhaps it may be seen that the choice between belief and faith is the choice of arranging a protected structure in which faith may stay the same, and arranging an open structure where the sanctuary that is built exists primarily within the heart.

We would pause for the one known as "GuS" [Guidance System] to speak through the one known as David. And, may we say, the pleasure of sharing this communication with the Guidance System of the one known as David is indeed a privilege that we appreciate to our very toes.

We would at this time pause, awaiting this instrument in love and in light. We are those of Q'uo.

(David channeling)

We speak this day as the Guidance System of that entity known as David Wilcock. We greet you in the love and the light of the one infinite Creator.

When enunciating the peculiarities of semantics in such a question as the differentiation between belief and faith, one must pause for a moment and be somewhat guarded in the dissemination of wisdom in accordance with said words or sound vibration complexes, for it is a fact that those of your peoples are more than capable of using either of these words in a variety of contexts.

We do understand the framework of the question as implying a selective bias preferential to the idea of one concept complex over another, and we would ask that you recognize that there are negligible degrees of semantic overlay between these two concepts, such that you may discover one entity using one concept in a completely different fashion as would another. And so, there is certainly one aspect of personal definition whereby the term known as faith would be seen as a less distorted view of the one infinite Creator in all Its majesty and glory, as opposed to that of belief, which, [as a word,] has more of a "herd" mentality [in which the Creator] is apprehended for a sense of purpose or satisfying curiosity, rather than for enhancing one's love and ability to serve. This is the aspect that we will focus on in the course of this session. But let us begin first of all by describing the characteristics of

the words themselves, in terms of how they are most commonly utilized.

It is indeed true that both belief and faith can be seen by your peoples as a positive. Both of these words can be used in contexts wherein the entity has found some aspect of meaning that informs existence, and that gives pause before one would otherwise indulge in repetitive behavioral patterns that have become so ingrained as to wear a circle in the rug of your mind, so to speak.

And let us also say that it is indeed quite a fact that in the name of belief and in the name of faith there have been many great evils committed. And thus both of these words could be used in a decidedly negative context, depending on the will of that person, for the benefit of others or for the benefit of self, and how those terms are then contorted.

It has been said that truth is a moving target, and in one sense this is true, and in another it is not—so thus you see the pun. The essence of truth is indeed an individual process. As was enunciated in the Law of One material, the primary gestalt through which one views the Law of One is that of free will. This gestalt implies, fundamentally speaking, that as long as you understand the importance of each individual's path as being totally unique, and its own Christed self in action, then you shall never fall again into the whims of the ego, or that personality-self that seeks self-annihilation, that seeks separation, that would seek to fragment the creation into a series of disparate parts rather than to allow the melting influence of love to form that energy of allowing, which does then cause all of these various separate aspects to again fuse together.

So let us be clear, therefore, that although truth is a moving target, there are those philosophical principles that act as over-arching beams of support upon which the stage of life is being played. It is important to have a steady diet of spiritual materials that gives you an adequate respect for these principles, as otherwise it is all too easy to use either the principle of belief or the principle of faith as your platform through which to expect that a particular belief construct that you would have or a particular aspect of faith that you would experience is also right for others. We are speaking in broad generalities here, because we are aware of the disparate levels of consciousness from which many of our readers will be coming to this material from.

And thus this is not to imply judgment or blame in any way, as we are aware that you understand this.

Given this construct of free will as being the overarching support structure through which your game is being played, it is wise to then understand that you are in a system of causes and effects that has a very discrete motivating purpose, regardless of whether or not you are conscious of it. This system of free will shall be preserved. It has been said in the Law of One material that you are free to have any experience that you desire. It is only when these experiences begin to infringe on the free will of another that you then would experience those balancing acts that would manifest into your physical sphere, so as to offset the energetic disruption in the harmonics of your field and in the fields of others that had been produced.

Therefore, if you can step aside from the drama of self, from the passion plays of whether you will be enlightened or whether you will make the ascension or not, you can have loads and loads more freedom and information coming into your being by simply recognizing that every single path that is being followed is precisely perfect for that entity; that every entity at some point or another becomes aware of this under-arching framework often known as karma. This under-arching framework is not something that can be easily stepped aside [from]; in fact, it is our job as your guardian, as your higher support structure, to insure that, without judgment and without blame, karma is carried forth.

And therefore, there are many of those of you who would experience those elements that would seem to be of a balancing nature, that would seem to produce those experiences that you would tend to label as suffering, and therefore there is a subconscious bias in your mind that we, as your guardian, have in some sense cast a foul judgment upon you, that we have seen you as impure, that we have seen you as disgusting, or that in some fashion you have not lived up to our expectations.

We recognize that this is a belief, that this is an essence of perception that is brought forth in the illusion that is wrapped around you, which you perceive as being the three dimensions of length, width and height in which you experience your lives. Understand that outside these three dimensions, there are those densities of higher energy; higher energy that is not directly visible to you but which

nevertheless exists all around you. And thus, one possible way that you could look at this is that the energy is beyond the threshold of the speed of light. And thus, were you capable of raising your vibrations beyond the visible speed of light at 186,000 miles per second, you would then perceive other structures that existed around you, such as those angelic beings who are ministering to your very needs.

We want you to understand, therefore, that the beings who are standing around you in the room in this very moment are those beings that exist outside of the apertures of your perception—outside of the capabilities that you have to understand and to resonate with your experience. There are those upon your plane who have not been given adequate compensation by the mainstream media, who are nevertheless capable of crossing this threshold of light and becoming aware of the energies and emanations that surround them. These entities have their own sets of experiences that have informed their faith, and have informed their belief.

In previous epochs of your history, and in those times which are now known as history, you have had other examples of those souls who have come forth and stepped up to the plate, so to speak, to then raise the vibratory frequencies to such a degree that the threshold point of light is then crossed, that these unseen worlds of emanations are then directly apprehended by the sensory organs, such that it is no longer [behind] a veil shrouded in mystery, but rather that of the completeness.

Even as you do this unto others, so are you doing it to yourself. Thus there is that parable in the Bible:

When the Son of man shall come in His glory, before Him shall be gathered all nations; and he shall separate them ... as a shepherd divideth his sheep from the goats. And he shall set the sheep on His right hand, but the goats on His left. Then shall the King say unto them on His right hand, "Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world. For I was an hungered and ye gave me meat: I was thirsty and ye gave me drink: I was a stranger and ye took me in."

¹ *Holy Bible*, Matthew 25: 31-35. The parable as channeled was somewhat garbled from its Biblical lines, and so the original

In this melting away of the difference between self and others, there is a unity. There is a unity in understanding that if you could go beyond that threshold point of light, you would see that your body is enmeshed perfectly with the others around you. And thus, as the sixth-density entity, Ra, once said, it is impossible for us to see you as separate beings.² Recognize this for yourself, and then begin to understand how it is that this universal law of cause and effect, the preservation of free will, is the primary motivating factor behind those corrective experiences that we would then bring about. They are corrective much in the same sense that a chiropractic adjustment would realign your skeletal system so as to be in greater harmony with the necessary functions of the physical body in its optimal state.

You can understand that we³ are making adjustments to your energy body by bringing about those experiences that cause you always to return to a state of perfect balance. And thus, if you have just found yourself going through a situation where you feel as though some aspect of what you may term “bad karma” has occurred, recognize that it is simply the precise degree of balance that is required to bring you back to being unified.

In that moment of unification, once again you have the opportunity to rest in faith, to rest in belief, to rest in the understanding that, if you choose to believe, if you choose to have faith, you can see that once again we have taken the necessary precautions and steps to bring you back into that state where your karmic report card is 100 percent straight A's—where you have not failed in any way, as there is no concept of failure, but rather that you can see that you have been returned to a state of balance, the balance that you think is implicit within these moments of readjustment.

The balance comes about by virtue of understanding that, regardless of whether you see this unseen

story has been located and inserted as per David Wilcock's suggestion.

² “The distinction between yourself and others is not visible to us. We do not consider that a separation exists between the consciousness-raising efforts of the distortion which you project as a personality and the distortion that you project as another personality.” *Law of One*, Book I, p. 67.

³ In the sense of the Guidance Systems of Everyman and Woman.

structure of cause and effect that informs your experience, it will nevertheless continue. And thus, what we do find is that in that discernment between belief and faith, whereby one would see faith as being the higher vibratory frequency, there is the understanding that faith comes about when one allows the illusion of belief to fall by the wayside.

The illusion of belief is that which can be ascribed to many things. Many of your peoples still would believe that which is read in your mainstream media, such as the newspaper, the television media. Thankfully, this is changing, as this has been a source of many distortions. However, let us remain on this point for a moment and take one of many examples.

It is widely understood that there have been those sightings of UFOs, that there have been those entities who have directly experienced them, including many of your astronauts and many of your best airline pilots.⁴ And yet at the same time there is a very curious silence within your mainstream media structures as to any mention of these events. Also we would encourage you to reflect back on the event known as the Disclosure Project conference on May 9, 2001, whereby 39 top-notch whistle blowing members of the government and of military structures assembled together at the National Press Club in Washington, DC to give a final and definitive statement to the world about the fact that this presence was real, and having the proof that was required to show beyond any shadow of doubt that this phenomenon did indeed exist.⁵

What we find is that this conference was only covered very briefly in your mainstream media, if at all. And thus the perception or the belief that there is no such thing as UFOs has continued, by virtue of the lack of support within these structures. Thus, be aware of the fact that belief is highly subjective. It boggles the imagination of most entities to try to contemplate and to understand how something that appears so ubiquitous and overarching as the mainstream media that you are infiltrated with every day could be actually not entirely believing itself, and actually not entirely informing your belief in a fashion that is most suitable, that is most capable of giving you a true glance of that which is perceived.

⁴ For personal examination of this issue, a good starting point would be www.dreaman.org/usufoirc.html.

⁵ Information may be found at www.disclosureproject.com.

Another example that we would share is that of the ruins that have been discovered under the sea off the western tip of that island known as Cuba. These ruins include structures that look just like your Stonehenge, structures that look like pyramids of those step-pyramid varieties known in Mexico and in the central Yucatan area, and even those known as sphinxes. These structures also have inscriptions on them that are clearly written. The problem, as seen by your geologists, is that these structures are only seen as being capable of being above water as early as 11,000 of your years ago.⁶ Now, it is the combined team of Paul Weinzweig and Paulina Zelitsky of Advanced Digital Communications, or ADC, that gained permission from the Cuban government, through Fidel Castro, to take sonar readings of these areas, and thereby make a study, as previously the Communist regime in Cuba did not allow such undersea analyses to be conducted. Recognize as well that it has been publicly announced that these entities did sign a contract with the National Geographic Corporation to then bring forth a documentary to the public. Recognize as well that of course, nothing further has occurred, and that this story has never been covered except on certain internet media, such as MSNBC.⁷

Therefore, what we see is something that potentially is an earth-shaking paradigm shift, something that gives the definitive smoking-gun proof that there is a civilization before the one that you now know, and that it exists right now on your sea bottom—that it has been discovered, that it has been photographed. The evidence already exists and has been seen. And yet, it is by virtue of the pall of consensus reality that is drawn over the eyes of many in their desire to believe in what they are being presented that this information goes unreported, and that it is still possible for those entities around you to make choices which say to themselves that there is nothing mysterious in the universe, that there is nothing beyond that which is in three dimensions and is

right in front of one's face, that there is no history beyond that which is taught in your books and your texts.

We would ask that you understand more fully now how it is that belief has been instructed, and not necessarily having the greatest degree of discernment in the instruction. Furthermore, we would ask that you understand that faith is a choice, in the beginning. Faith is a choice of moving outside of that which is necessarily presented for you to be spoon-fed as a belief. Faith, as has been expressed by the entity Q'uo, is that of the ineffable. It is not something that can be easily defined. There is no empirical equation or formula that will give you the necessary ingredients to experience faith; that will give you the necessary discernment to understand if your faith is indeed that which will consist of that which is for your highest and best good, or whether there are those aspects that are in conflict.

We say again, therefore, that these underlying support structures of free will, or that which was termed as the first distortion of the Law of One⁸, gives that which does inform faith, and does inform experience. If you can understand how important it is not to infringe on others, you then have the game of karma understood, and never again will you have to experience those balancing acts where you are once again brought back to that undifferentiated state of unity by having those karmic events occur.

We want you also to recognize the flipside of karma, and this is where faith becomes so important. The flipside of karma is equally automatic. So many of your people get tied up in the idea that bad karma is destined to happen, and you, in a sense, fear the Lord your God. Recognize that you are just as amply rewarded for the good things you do as for the negative. It is so easy for many of you, however, to become aware of karma and to become more aware of the negative transpirations as they appear for balanced proportions rather than those of positive feedback for that which you are doing that spreads light and love to others.

⁶ Information may be found in Kevin Sullivan's article, "In Cuban Depths, Atlantis or Anomaly?" Images of Massive Stones 2,000 Feet Below Surface Fuel Scientific Speculation. Washington Post Foreign Service, Thursday, October 10, 2002; Page A25, www.washingtonpost.com/wp-dyn/articles/A3507-2002Oct9.html

⁷ More information may be found at www.dwij.org/pathfinders/linda_moulton_howe/linda_mh8.html

⁸ *Law of One*, Session 13. "RA: The intelligent infinity discerned a concept. This concept was discerned to be freedom of will of awareness. This concept was finity. This was the first and primal paradox or distortion of the Law of One. Thus the one intelligent infinity invested itself in an exploration of many-ness. Due to the infinite possibilities of intelligent infinity there is no ending to many-ness. The exploration, thus, is free to continue infinitely in an eternal present."

Therefore, when you are serving, it is not in vain. We are not asking that you serve as a system of reward or punishment. We are not asking that you do this as a Pavlovian system where, if you hear a bell, you will receive a food pellet to encourage salivation. Rather, we are asking that you understand how it is that by melting into the joy and the beauty of that world of energy that exists beyond the threshold of light speed, you come into an awareness of the scientific reality of the fact that you are connected with all others. Therefore, anything that you would do to another is that which is done to yourself, and you understand beyond any shadow of doubt that there can be no other act but service. Even if you appear to be doing things that are selfish, this too is a service, for the Creator aspect has both the Shiva qualities of destruction and those qualities that would build up and renew and mend fences and heal. But this healing energy does often come through as a result of the destroyer aspect of Creation. Both yin and yang flow together in divine symmetry and proportion, and your life is a balance of this.

We have said that to be harvestable you must be slightly above fifty percent service-to-others polarity. There is still a great degree of service to self within the self [at this point]. Therefore, it is wise to comprehend the idea that there are those aspects that in your historical traditions would be known as “sins” that can still exist within you, these drives that you may have towards service-to-self behavior. And by simply accepting and healing and renewing the fact that these exist, you are coming into a greater degree of faith.

Faith, therefore, is not simply having the faith that you will promote yourself to a point where these distortions will not exist. Rather, faith is the belief that you can have the distortions, that you can have certain blind spots. You can have certain areas where you may rub against something that is not comfortable as you go through life, and nevertheless that point of discomfort is that which calls your attention to becoming ever more optimal in your energetic functions as a divine being.

The more that you understand these principles, the more that you recognize how it is that you can build up the line-of-light spiraling energy within yourself; the more you can again spiral higher and higher into your own awareness. [It is then] that you can see

that belief is a choice, and that faith is more of an understanding. Faith is simply an allowing of yourself to be that which you are. There is a certain genius of motivation that must be present in order for you to make this leap into faith, and hence the term “leap of faith” is often used.

You have plenty of evidence that you could choose to “believe,” that would allow you to think that faith could not exist, by virtue of the fact that you exist in a Godless universe, or so it would seem when there are so many injustices or apparent injustices around you. In a grander vision of faith, you understand that you can have faith in the process of karma. You can have faith in the process [so] that when you do something that is of service-to-self nature, it will be balanced.

You can have faith in the fact that there is no judgment when this is done, contrary to what many of your peoples have thought. There is no judgment. All experiences are acceptable, and you can move through these experiences, accept yourself as they are happening, and accept yourself in the realization that will allow you to get down to a deeper layer of the onion, so to speak.

And of course, as you do this there are many tears that will be shed. But as you get deeper and deeper into your core, you come into a grander understanding of the positive aspect, which is that by simply allowing yourself to be present with others, to be present in that moment of opening the heart to the Christ self, of opening the heart to universal freedom, to universal bliss, that you have become undifferentiated. And in that moment, if even for just a slight touch of a thought, you can grandly experience the true ineffable nature of your being, where faith becomes a living process, a living consciousness. [It is] a consciousness that transcends all boundaries, all distinctions, that exists in the ever-present now and that is yours in that moment when you have that breathtaking joy and bliss, the true knowledge that you have never been left behind, that you have never been abandoned.

(Side one of tape ends.)

And thus, even in those moments when you have no faith, when you have no belief, the structure exists. And this is a structure that loves you. It is a structure that has an identity. You can think of that identity as the Christ self. You can think of that identity as your Buddha nature. You can think of that identity as the

part of yourself that is the one infinite Creator, such that when you are looking into the mirror, you see the face of the one infinite Creator. You see this face when you look into the faces of others. You see this face in the environment all around you. You see this face, indeed, in everything and everyone.

And as these boundary lines and distinctions melt away, you understand that faith and belief also melt away, in a sense. For you become the living embodiment of belief and the living embodiment of faith. Again, we say that it is not necessarily plausible to fully apprehend this in each and every moment, as this requires a great deal of work on the self. But, rather, we do want you to understand that if your humble efforts are significant enough and sufficient enough, then you can indeed tap into this pure state of consciousness. Even just a few moments of it can fill you with the wellspring of emotion and joy that will [allow you to] shed tears as freely as a flowing river. Once again you know that you have never been left behind, that you have always been protected, always been loved and always been cared for, now and forever. Amen.

At this time we return the microphone to that entity now known as Q'uo, and we thank you for this time that we have shared.

(Carla channeling)

We are those of Q'uo, and we are again with this instrument. Grasping the dominance within third-density of that distortion known as the Law of Confusion or free will, it may become clearer why the third-density illusion is made in such a way that it shall always be impossible completely to satisfy the requirements of proof for spiritual truth. It is necessary within third density that all choices to believe in spiritual matters in a certain way be made completely in freedom, that freedom that only exists when there is no proof and it is a matter of faith.

The instinct shall always be within the human breast to reach out to that energy that it senses as being greater than it is. Many are the stories told about this mystery of the Creator, the Logos, the Grandfather, the Father/Mother God. There are many and many a name, and many a story, and in each name and in each story some may find comfort. And in the words that those entities have said that were written down, or that were written down on behalf of these entities, some may find tremendous and substantial resources. Therefore, the spiritual panoply of riches

lies open to the seeker. Yet what shall be that which increases faith? What shall be that for you this day?

The nature of faith is that it is a state of consciousness. It is a state of consciousness that already exists within you, within each spark of the Creator, within each of Its children. Not that this can be proven, but that it is the truth that calls the spiritual seeker to awaken, and, once awakened, that calls that seeker onward and onward to find that for which it thirsts and for which it hungers.

We suggest to you that that which aids in inducing that particular state of mind that opens the heart to the awareness of that consciousness-state that is unconditional love is that which is available to each of you each day. It is that time which, like this meditation, must be gouged out of a day that is already so crowded with good things to do. It is that time when you give yourself to silence. It might be only a five minute silence, but if it begins your day, or ends your day, it may completely change the attitude with which you look at that which lies before you when you open your eyes.

So we encourage each of you in your own way to find some silence, either by walking in nature, by silent meditation, by taking an image and moving into contemplation from gazing at the rose, or the sunset, as the one known as T was speaking of, or whatever visualization or image takes the mind beyond itself so that it rests in beauty and in truth.

The essence of faith is a realization that all is well, and that that which is needed is in hand. All that you need is coming to you. All that you do not need is falling away. The processes of a loving and nurturing Creator insure that all is well, and that all will be well. Not as the world in which each of you experiences the illusion of life might define wellness, and yet this core attitude, this point of view that states unequivocally and without proof that all is well, is as that seed that grows every time the sun shines, that sun which is the open heart.

This instrument is fond of saying, "Center. Move back to the Center." What are your thoughts this day? Where is your center? Upon what do you rest?

We would transfer this contact as we make this last point. We would transfer this contact to the one known as Jim, that we may address any shorter queries that remain within the minds of this group.

We thank this instrument and we leave it in love and in light.

(Jim channeling)

We are those of Q'uo.

David: Can the entity speak to the opposite side of faith and belief, which is when one is scared, when one exists in fear, so that we may better understand the process of balancing, and that we may experience faith without the weight that this fear imposes upon the self?

I am Q'uo, and am with this instrument, and we greet each again in love and in light through this instrument. We are aware of your query, my brother.

As entities begin the conscious journey of seeking that which you may call the truth, and begin to ask those questions of which we spoke at the beginning of this session, seeking to know who is the self, what is this love, what is it that the seeker believes about this life and the journey through it, the fruits of continued seeking for truth; when the seeker begins to fashion some form of concept or quality that answers for it one query or another in relation to those fundamental queries asked by all seekers, this gathering of beliefs, shall we say, is as the beginning of the journey, during which there may be many difficult moments which challenge the beliefs.

There may be fear, doubt, confusion, anger, grief, jealousy and so forth. Each instance of the challenging of beliefs gives the seeker of truth an opportunity to call upon a more, shall we say, nebulous feeling, that being the quality of faith, that is slowly, quietly and assuredly developing as the seeking continues, as the attempt to answer these queries continues, as the facing of difficult catalyst continues.

Therefore, this quality of faith is powered by what you may call the exercise of will; the continuing to seek, the renewing of the thirst, the asking again of questions, the getting up when catalyst brings one to one's knees. To continue, seek relentlessly, persistently, without fail. Even if there is failure to seek at one time, there is the renewal of the seeking at another. Thus, the exercising of the will is that which builds this quality of faith within each seeker; that which will nourish the seeker when the catalyst is fierce, when the doubts rage, when the anger boils,

when harsh words are spoken, when relationships are shattered.

The faith, then, is that which rises from the very soul, being called forth by the continual exercise of will in the face of all catalyst, that which you may call good, that which you may call bad. Therefore, we recommend to each that the will be featured and focused upon as one faces all catalyst, including those of the negative nature.

Is there another query at this time?

V: I have one, and with Q'uo's permission, I would like to direct this one to David's Guidance System. As has been done by those of Q'uo and by those of Ra, I would very much like to hear from David's Guidance System what is their point of origin and their identifying vibration?

(David channeling)

We are the Guidance System of that entity known as David, and we have heard your query and shall respond in due course. Understand that the entity, David, has been working with us for some measure of time in various incarnative states, and that we exist through a triumvirate system, or a tripartite system, if you will, meaning that there are three essential aspects. There is, of course, the sixth-density aspect of that known as the higher self or oversoul of the entity David, and this source is the same source as that which spoke in the Law of One material. However, it is wise to reflect on the fact that to have a pure and undifferentiated sixth-density contact requires a great deal of tuning and the assistance of other selves.

It has been the status of David's work up until this time that there was not the capability to bring forth others to the process of this seeking, and therefore we may reflect on the fifth-density aspect of self which also exists for each entity. These aspects may be many in number, but it is very common, as you would think of it, for there at least to be one aspect which is of the masculine propriety or gender in its overall energetic bias, and one entity which is of the overall feminine bias. This refers back to material that is spoken of in the earliest sessions of David's material, whereby the masculine aspect introduced itself with the archetypal sound vibration complex of Grandfather, and whereby the feminine aspect introduced itself with the archetypal sound vibration complex of Lucia, or Light. Therefore, we see the

interesting paradox of the fact that the feminine principle is named after Light, and the masculine principle is named after Love, as many souls have the opportunity to love their grandfather.⁹

And so, what we would ask for you to visualize is simply that we stand before you as three, that there is a process of dissemination of information that involves the inspiration from the higher self which is then transduced through these fifth-density contacts to then impinge upon the energetic fields of that entity known as David, so that the speaking may then occur. We trust that this is as satisfactory of an answer as we are wont to give at this time, and we thank you for your query.

We ask if there is another query present at this time, that it may be posed to any of the three channels on this day.

J2: I have one query and this is directed towards David's Guidance System. I am a bit confused sometimes about clockwise and counter-clockwise in the use of the spiral needles. I just wanted to ask if the clockwise motion is actually pulling energy out of the body, or is pulling energy and light into the body, if this is correct or if it is in the opposite.

We are those of David's Guidance System, and we thank you for your query. It is wise for others to understand the context in which this question has been asked. Recently there has come to the attention of David the work of those Russian scientists that has brought forth new meaning to the understanding of torsion fields, or the spiraling wave of consciousness. There are waves that are of clockwise movement, and that propagate through the vacuum, or aether, as such, as well as those of counter-clockwise movement.

There is also the entity known as Dr. Alexandr Shpilman, who has designed a device which does then create either a left-handed or a right-handed torsion beam. These beams do then have a very beneficial effect in either capacity, by virtue of the fact that this is the energy that feeds the body. There are those times in which entities wear clothes that are made of the synthetic materials which do then act as a torsion shield, such as those known as polyester, and this does then impinge upon the

⁹ In the *Law of One* series, Light/Wisdom is often associated with the masculine archetype and Love with the feminine.

amount of torsion fields that are brought into the body.¹⁰

There are those upon your plane known as non-eating saints, who do not have to ingest food and water and such, but rather draw directly off of this spiraling energy for their total sustenance and support. Therefore, what we are dealing with in the question of these needles is a particular design of metallic substance that does then have the archetypal shape of the spiral worked into the end of the needle; that spiral known as the phi ratio, of that of 1 to 1.618 in proportion.¹¹

Understand that by creating a needle with this configuration, there is a funnel produced, so to speak, for this energy to be circulated. Therefore, what the question deals with is the difference between the left-handed and the right-handed beam, or that of the counter-clockwise or left as opposed to the clockwise or right-handed beam. It is the left-handed beam which actually brings energy into the body and its aura systems. This beam is that which is more fundamental to the basic energy and structure of consciousness.

However, just like any other process of consciousness in your system, there is that which must be purged and released. Similarly, you can eat but you also must excrete in order to remain healthy. Therefore, you see the right-handed beam or the clockwise beam as representing that which takes energy out of the body. Therefore, the needles can be used in such a fashion. We thank you for your query.

J2: Thank you.

Carla: Is there a final query at this time, for anybody?

(Pause)

(Jim channeling)

I am Q'uo. As it appears that we have exhausted the queries for the moment, we shall once again thank each present for inviting us to join you in your circle of seeking this day. It is always a great pleasure and privilege for us to be asked do so. We would also

¹⁰ Information may be found at www.rialian.com/rnboyd/spin-torsion.htm.

¹¹ Information may be found at www.mcs.surrey.ac.uk/Personal/R.Knott/Fibonacci/phi.html#golden.

remind each that we are available to aid in the deepening of your meditation. A simple request, mentally sent, is all that is necessary. We shall speak no words but simply blend our vibrations with yours in order that your meditation may be deeper and more centered.

At this time we shall take our leave of this instrument, leaving it and this group in the love and in the light of the one infinite Creator.

We are those known to you as Quo. Adonai, my friends. ✨



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humankind.

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SPECIAL MEDITATION FEBRUARY 19, 2003

Question from R: What are the disciplines, prerequisite, attitudes and practices that are helpful to me in order to open my indigo-ray center to intelligent infinity at the present time?

Carla channeling:

We are those of the principle known to you as Q'uo and we greet you in the love and in the light of the one infinite Creator in Whose service we are. It is our privilege to be called to this group and we thank the one known as R for this query and the seeking and hungering for the truth that brought this entity to request information that may aid in the evolution of mind, body and spirit. We thank as well those who sit with this group in service and in an equally pure search for the truth. These energies that move into the sphere of this working create that vibration upon which we are able to stabilize and establish this particular channel through this group and through this instrument. It is our distinct pleasure to offer our humble opinions upon this most interesting question of information concerning the opening of the gateway to intelligent infinity.

We would ask that, in order for free will to be respected, each who receives these thoughts feels completely free to disengage the self from any of them which do not seem correct at this time. Those thoughts which are part of the subjective truth of that particular individual at that particular space and time will be very resonant and will seem as though

remembered, rather than learned for the first time. Those thoughts that do not seem resonant are those thoughts that we would ask you to leave behind. We thank each for respecting this request, for it allows us to speak freely without being concerned that we will be taken as authorities rather than as your brothers and sisters in seeking and in service.

The request of the one known as R for information is exquisitely phrased and we would thank the one known as R for the care and love with which he crafted this expression of seeking for the truth of the moment, the space, the time, and the ever-full expression of appreciation and thanksgiving for that process which moves into the present moment as the emerging blossom of transformation, new life and new birth. The request for prerequisites, practices, disciplines and attitude that are helpful is a request made by one who has spent a good deal of time and energy in contemplation of the outer teachings of what this instrument would call unchurched spirituality. The question being couched in the language familiar to those who enjoy the wording of those known as Ra creates an atmosphere in which we may feel free to use the cosmology of this system, which indeed is most concisely described or represented by those known as Ra.

Within this system of cosmology, shall we say, the gateway to intelligent infinity rests above the energy center known as the brow chakra or the indigo-ray chakra and hence the work of indigo ray is that work

which has most directly or proximally to do with opening the gateway to intelligent infinity. The discipline of the personality and work in consciousness is the precinct and purpose of this energy center and it is within this center that the practices and disciplines requested dwell, for the most part, in terms of their subject matter.

The attitude is certainly a central key not only to the seeking, pattern and process of the one known as R but also the seeking, pattern and process of each seeker of truth within the creation of the Father. This attitude is such a central key that it becomes as the chief rod and staff that support the seeking of the pilgrim. The preeminent position of attitude is such that, by attitude alone, the entity who dwells in faith and lives fearlessly and in an atmosphere of thanksgiving and gratitude has, by that simple token, entered the gateway of intelligent infinity.

Being fearless is perhaps not as simple as it may seem. And the threads of being that move into the lessons of becoming fearless are those same threads of being that move into the lessons of peace and the discovery of its nature. Indeed, it may be said that the redeemer of the third-density world is that which is known to this instrument as love. For the heart of the attitude which gives thanks for all things is the fearless heart that sees the love in all things, even as it sees the distortions to which love has been bent by those co-creators which are other selves. The process of becoming aware of reasons to be grateful in all things is a long and subtle process and one which ties back into the discipline of the personality.

The part of your query to which we have not yet responded, however, the prerequisites of work at this time for the one known as R in opening the gateway to intelligent infinity, moves back into what we would call the metaphysical past rather than the historical past, within the inner universe of the one known as R, for the prerequisite for doing work in consciousness for any is that progressive and conscientious query of energy centers and the preparation for the promulgation of sacred or priestly work, thus giving respect and honor to that energy of self which is as the entity of sacred or magical energy which functions as the priest or minister of that which is the sacred life, the life that has been consecrated by the ever-opening awareness of previous work in consciousness.

With this entity then, the one known as R, we shall walk through some considerations for the work of preparing for a session of work in consciousness. The basic plan for this work would be to choose a single place and a single time of day within which to do this work. This time would be a time of contemplation and what this instrument would call the balancing meditation. This meditation is one in which recent thoughts and biases of the feelings that have been experienced by the self are examined to determine for the self the possible distortions, both positive and negative, that have resided in these pockets of gathered catalyst and experience.

The one who reviews the self's thoughts and feelings is as one who goes into the storehouse of its grains to gaze at the harvest and judge its worth. As one winnows through one's thoughts and as one reviews those triggers which have caused responses within the self, one may see those areas of lack and esurience which baffle or otherwise distort the flow of energy through the energy body. It is well, perhaps, to start with that which is the so-called lowest, that first chakra or red-energy center in which reside strong and profoundly meaningful responses to triggers concerned with survival, sexuality and territory. It is very often that issues will become caught in this very basic energy center because of this particular culture within which all of those in this circle enjoy life, and its great dependence upon or emphasis upon sexuality as being central to that root ray or red-ray energy center.

However, within the life experience of all those within this sitting circle, the threat of war has been always imminent and at this time continues so. Consequently, there is an issue common to all of those within your culture at this time which has to do with survival. Further, there are those issues concerned with information of the so-called New Age, as this instrument calls it, information which often suggests the sudden ending of certain processes upon your planetary sphere; thereby, in a lesser but equally disturbing way, suggesting threats to survival. These issues create a background area of interference which may only be addressed when acknowledged, recognized and dealt with as part of that which is the milieu.

Within the next energy center lies that which is most visible among your peoples and yet not that which

can be overlooked. The culture which you enjoy and the so-called New Age sub-culture whose opinions often affect the philosophy of, shall we say, the surface culture of your peoples, emphasizes and indeed nearly glorifies personal relationships and consequently it is most likely within your day-to-day discussions and communications and with other selves that the issues which truly are informing and consuming the mind and the emotions are known to the self. It is well, however, to gaze at those patterns which are repetitive which do not seem constructive, for energies within this orange-ray system may well be strengthened and crystallized by such work.

A key indeed is to see each entity within a relationship as a flower of a unique beauty which is better beheld than trimmed or plucked. Again, within that which is called the yellow ray or yellow-ray chakra by this instrument, the culture within which you now dwell is likely to bring to the conscious attention of each the over-stimulations and desires for avoidance which are part of the relations of the self such as the family group of birth, the family group created by the marriage of self and other self, the group created by the working for the living and so forth. Again, these interactions are the stuff of gossip as well as the material for learning within the curricula of the school of Earth in third density. However, within these group systems, may we say that nothing is as it seems, in terms of the value of group structures within the learning processes of the self. We can only say that the value of this system of learning which is bound up in the concept of family, clan and other group concepts cannot be overestimated. It is in this direction that progressive concepts may open new ways of seeing that indeed strengthen and further open the yellow-ray chakra in such a way as to improve the orientation towards the green-ray energy center and that tremendous shift of energy which may come as the heart opens.

The next energy center, moving upwards, to consider in terms of the experiences of the day, is that known as the green-ray energy center and in this wise we may say that this is the beginning of work in consciousness. When one has been able to address the issues and look into the feelings and distortions and energies experienced within that portion of the lower energy body, then the entity is ready to move into the open heart, having secured a good flow of energy, that energy of the one infinite

Creator, through the roots of the energy system of the physical vehicle into that energy system which does indeed open to the gateway of intelligent infinity as that infinite energy roars through in its ceaseless dance of upward spiraling light.

The heart chakra is not that which is worked with as much as it is that which is entered, as one with great gratitude enters the holy place in which one is safe, loved, cared for, and appreciated as a child of the one infinite Creator, a child and an heir, a rightful and loving heir, and, indeed, a co-Creator. The space of the heart is that which is filled with the balm of Gilead. It is that which beams and radiates as the sun. It is that in which there is no effort, strife, or worry but only the feeling of loving arms, a strong and loving chest and shoulders to rest [the head] upon when one is weary; a capacious lap to sit in, to nestle in, to curl into and to go to sleep in when one is exhausted within the heart. This is the energy of healing, the energy of unbridled and unstinted compassion. This energy is that energy that is the steady state of the creation of the Father, that vibration which is the essence of the one great original Thought of the infinite Creator.

Resting upon the energy of this center, resting upon the open heart, it is then that the disciplines of the personality begin. That which is the blue-ray center or the throat chakra is the seat of the discipline of creating true communication, true speech, and true statements. It is the seat wherein one discovers the art of listening. And these disciplines feed into those conduits that lead to communication that runs clear, as the stream that does not pick up the mud and the silt of the storm but, rather, lets energies be as they express and as they resound and as they ripple, not so much judging as praising the beauty of the ripples, not so much resisting as dancing with the patterns that emerge.

The one known as R has tremendous amounts of dedication and energy in the area of the indigo-ray work and is well aware of issues which it focuses upon at this time, and we would not infringe upon the free will of the one known as R by commenting more closely. We do not believe that there is any lack in this portion of the creative and intentional work in service of the one known as R but, rather, that this entity focuses with great care and love and persistence at this time. As this entity indicates by the very shape of its query, it is well aware of its need

to move always back into the whole self as a prerequisite to doing work in consciousness. It is when the bottom is firmly planted and well placed on the ground of true small things that the spirit may soar. It is when the first story of the house of a life is swept and tidied that one may go to the upper room, there to be lifted up into midair with the angels. Let that first floor first be neat as a pin, with each honor which is also a duty seen to, each promise kept, each relationship honored, each thread of self within found like the lost sheep, brought into the loving heart, kept warm, comforted and fed until the self is as loved as those loved ones that are about one, until the self is also seen as the Creator, as the Christ, as the child of the one infinite Creator, utterly worthy of love.

To become fearless is not the work of a moment or a year, yet it is the work of any within a lifetime. At least there is goodness in the intent to discover the nature of true release from fear. For there are two choices: contraction into fear, or expansion into love. It is the nature of work in consciousness that it does not proceed well unless there is first established full energy into the heart and the resting within the heart in unconditional love. With this energy flowing through the heart, the work that is done in consciousness is well powered, well fueled, well supported.

Above all, we would encourage a releasing of heaviness. It is a time within your peoples' experience when there is every energetic reason to become more and more wound up, distracted by the nature of the illusion. Yet this is precisely the time when it will be most effective to express, in whatever way is felt appropriate, those positive feelings having to do with the certainty that all is well. For as the fourth density becomes closer and closer, it becomes more and more important to remember the increasing transparency of thought to materialization. Thoughts are becoming things. States of mind are becoming DNA. Lean into, then, the advantages of an increasingly metaphysical atmosphere. If there is a fear-based concept which moves into the awareness of the self, encourage the promulgation of a positive gratitude and confidence-based response. For there is love in each situation, and the expression of that love is as the sun that radiates and warms the chilled soul.

Lift up the heart. Lift up the eyes. Lift up the hands. And lift up the voice in singing and praise and thanksgiving and in joy. The opportunity to express and bear witness at a time of such powerful illusion and seemingly unlimited potential is a wonder. We bless the journey and celebrate the process of the one known as R and encourage him always to keep the light touch in the seeking that honors the ideals of the self beyond all words and yet may take the self lightly.

We leave this instrument with blessings upon its sacred and glowing round, and we offer to this entity our presence within the silent communication in order that we may aid in deepening the meditation for this entity whenever this entity might wish to request our presence mentally. We thank this instrument, this group, and the questioner known as R, and we leave this group in the love and in the light of the one infinite Creator.

We are known to you as those of Q'uo. Adonai. Adonai, vasu, borragus. ✽



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SUNDAY MEDITATION MARCH 2, 2003

Group question: The question today has to do with, what we, as we talked around the circle perceived, as an increase in the level of energy, the tension, the intensity, the amount of things and difficulty that people are going through. And we had the idea that maybe what's happening for people now is they are reflecting this increased energy by having whatever catalyst [that] is ready to come up in their lives come up—whether it's getting out of one relationship and into another or transitioning from one place to another, one life to another. We'd like to have some information on whether this might be a correct perception. Any type of elaboration on this topic would be appreciated as well.

(David channeling)

We speak as the Guidance System of the entity now known in this sojourn as David Wilcock. We express our heartfelt gratitude for the opportunity to be present this day upon the cusp of the awakening of the human spirit and the treasures that are cherished in those moments of quiet solitude when the distinctions of self and other-self melt away in the blinding light of realization once duly applied to the conditions of personality. We approach you from a perspective of knowing that you are not separate beings, and of seeing you in your totality, as you exist even now.

In this totality your experience is a great chain of being. It is a chain that continues to cycle through

the gears of your life and thus it is a chain-driven life, so to speak. As you move through these experiences you have opportunities to choose how you will label them and identify them in your mind. We have frequently spoken in these sessions of the importance of stepping outside of the perspective of right and wrong, good and evil or of joy and suffering and to simply remain steadfast in the understanding that the creation moves in cycles of creation and destruction. There are those times for the building of stones, there are those times for the casting away of stones.¹ The perspective of the present moment is the focus that allows you not to get caught up in the dramas and mundane realities of apparent daily living as expressed through "ordinary" circumstances, as this word is then used to describe the rather immobilized state in which most of your people exist at this time.

The lack of mobility comes from the fact that there are blockages in your energy centers, or chakras, and those blockages only allow for a certain portion of the light/love energy of creation to stream and flow through you properly. The question pertains to the exact nature of how these blockages are being opened up by virtue of the shifting energies that are present in your time/space and space/time nexus. We have spoken of this in the last session and the session before, and thus we do not need to repeat

¹ *Holy Bible*, Ecclesiastes, 3:5.

information. Suffice it to say that, as of your date, February 19, 2003, you have crossed the next major hurdle in terms of intergalactic astrology. You are now moving into a higher zone of energy, to put it in the simplest possible terms.

When there is a heightened amount of energy on your plane, there is the opportunity for the cleansing of those aspects of self that have so far remained cloaked in cobwebs and stuffed away in some far corner of the closet of your mind, so that you are not capable of truly bringing them out and looking upon that which you have chosen to hide away. Now is the time to step outside of those boundaries and distinctions that have limited you to the perspective of seeing yourself as an ego, as a personality that is beset with various experiences that are of a less than positive nature, and thereby [as one] experiencing a certain sense of despair and longing for a life that is somehow separate from that which you have previously obtained. If you could but recognize that you are truly divine, that you are truly pure love and pure light in this moment; if you could see things as we do, you would recognize that any distortions that you may have in your personality are just brimming with light and love, waiting to spill over the fences and burst into your awareness, much as would the crashing of the tidal wave sweep away those pockets of civilization that had grown up and allowing for there to be a cleansing and renewal thereafter.

Now, of course many of your people might think of these earth changes as being negative in nature. However, it is more akin to the idea of lancing of boils on the skin that have grown too large. Recognize that these boils are in your mind. These boils are in the patterns in which you have lived your life. It is a pattern that extends itself through every activity and focus of your sphere. These patterns have enabled you to continue enacting the same behaviors without really thinking about what you are doing. You consider that you are apart from your experiences, that your experiences are happening somewhat automatically, and that you do not have the power or the ability to change them. You see these forces as acting around you, swirling and spiraling, seemingly chaotic, out of your control.

It is our perspective, this perspective of boundless light and limitless love from which we look down upon you, [that we] recognize how carefully you have created every single aspect of that which exists

in your sphere of influence. And therefore you can never have any sense of guilt or blame towards others for that which you have experienced.

Now is the time, for many of these lily pads will be forming on the surface of your lake. You will have the opportunity to skip from one to the other, skipping away from the shoreline of limited possibility and moving out towards the horizon where the sun is again rising in your life and where you have the opportunity for the dawning of the new phase of your awareness. This time is one of growth, healing and renewal. It is a time where you do not have to be the wizard any more and try to cook up these elaborate and arcane spells and magical tricks that will allow you to function somehow within the distorted circumstances that previously existed. Now is the time for you to step outside of the need to “cook the books” with wizardry and to try arcanelly to adjust yourself to that which has already been in place. What has been in place will have these upheavals that you had not planned on and that therefore it will be falling away. Your opportunity now is to bless this process instead of trying to fight against it. The energy will seem to move so fast that you have not the time really to consider your actions but rather simply make these actions. This is the case in the lives of those of the L/L Research Team and that of David Wilcock at this time, since there has been a partnership that has been engendered. This is but a subset of the much larger gestalts of change and consciousness of fluid movement that are occurring within the human energy field, as a totality-consciousness, in its own limited state. This moves towards greater concrescence² with each step of consciousness, much as do all the rivers pour into the sea.

So, too, you can allow yourself to refrain from blaming yourself over the past; to refrain from having any sense of shame over those opportunities that you have missed. Now you have the purest of opportunities to start everything afresh, to have a complete tabula rasa, a blank slate, on which you can etch your own engravings. It is the engraving on the tombstone of the life that you have left behind. You can allow this death to occur, you can bless the death within yourself and recognize that from death comes life. From this change comes renewal, comes

² concrescence: the act of growing or increasing by spontaneous union.

prosperity, and comes the opportunity once again to revivify within the heart the longings of desire that have welled towards seeking to know the face of the one infinite Creator and recognizing that face as your own.

When you have these opportunities present before you, it is akin to stepping in front of the mirror and seeing a new visage, a new conception of your own being. We recognize that there is a great deal of apparent suffering that is involved in these transitions. It may not seem evident or obvious that these transitions are good or beneficial. Instead you may find yourself experiencing more and more a sense of despair over what you have left behind and, in a certain sense, expecting to be paid back by the universe for all the sacrifices that you have been asked to make. We would ask that you simply look beyond the apparent disorder and dysfunction of that which is occurring, and instead recognize the perfection that comes in the joy of sacrifice, in the giving up of those aspects that have not suited you, including the releasing of many physical possessions, as is the case with the L/L Research team and with many others on your plane.³

By allowing yourself to step outside of the boundaries that have encircled your consciousness, you allow those previous dispositions that have weighed on your consciousness to fall by the wayside. And you find that it is only by cutting these tethers that your hot air balloon is then allowed to rise so that you can once more alight into the heavens and find a greater sense of peace and stability and renewal from the light that becomes yours, in those moments when you have overturned the false longings of the past by recognizing that those cards were dealt to you by your choice. Since you have chosen every aspect of your reality, you chose the very things that you would put your heart's desire on, the things that you would wish for, the things that you would desire for most deeply in your heart. Some of these desires that you have had may include the desire to prolong a situation that is not in your highest and best good. You may find that you desire for a situation to be better without realizing that there are [other alternatives]; other fish

³ Both David and Vara were moving from independent domiciles into one room. For Jim and Carla, the giving up of two of the rooms of their living space also resulted in a grand paring down of material goods.

in the ocean, other wildlife outside of your own forest.

In one sense, it could be seen as wild living to step outside of this pattern of prescribed distortion and habitual circlings around the same target of interest. However, you can also step outside of having any blame over yourself for having desired these aspects of stability or apparent stability. Now is the time for the overturning of the patterns that have become well worn, as would ruts grave themselves into the roads where the ancient wagons once traversed. How easy it is to allow these shifts to happen, once you understand that you can let go of your pride, of your ego feeling dissatisfied unless you can make the best out of a situation that has become dysfunctional.

We would ask that you also look upon your political sphere at this time. Many of you are now falling out of love with the idea of a benevolent government that will save you from the fears and the illnesses of the outside world. The terror that can be bestowed upon those who would be jealous of your freedom, so to speak, has been presented by those of your American sphere at this time.

The events that occurred on February 15⁴ are recognized very strongly in higher consciousness as an event whereby the collective free will of humanity has voted to have a higher consciousness on the planet. We would ask that you think back to the Law of Squares as it was defined in the Law of One series and recognize that for each entity that marched, of which there were approximately six to ten million, there are an infinitely larger number of requests that are made by virtue of the intent to serve that stand behind these entities, and by virtue of the fact that your Logos is biased in the direction of service-to-others polarity. When you understand this, you step outside of those feelings of despair or doom that hang over your head.

There are many times in your individual life where you will have an experience that appears that something negative is going to happen to you. In the preparation of the self for said negative event, there are those appropriate shifts and realizations that are made in consciousness. You come to understand that, because of the burgeoning event that is transforming you, you can let go of many things that

⁴ On this date, millions of Americans and those all over the world protested for the cause of peace.

have formed stopping-blocks and holding points in your life in the past. Now you have the opportunity to let them go by the wayside. It is only after you make these shifts that you discover that the negative event itself does not need to transpire, as what was truly required was the change in consciousness and not the essence of actually going through said event.

Similarly, there are many scenarios being bandied about regarding the idea of apocalyptic doom or nuclear conflagration or some other aspect of mass destruction that would take you outside of your zones of comfort and put you into a "Mad Max scenario," as some would call it, some form of complete disruption and chaos. There are adjustments that are being made to planetary consciousness. There are carefully placed strictures involved in what your negative elites are actually capable of performing in terms of physical acts on your plane.

Thusly you see the detention of one known as Jose Padilla, who was accused of having been a terrorist without any supporting information and was apprehended and held in Guantanamo Bay, Cuba, without being able to contact his lawyer or otherwise have access to the normal rights in the Constitution. From this one case, one may project a fear that this will become commonplace; that ordinary anti-war protesters will be denied their citizenship and herded off to detention camps or such things. Since the beginning of our work with David, we have always stated that although these potentialities would appear to be possible, that they will never actually arise into physicality. This is by virtue of the fact that your planet is essentially positive and that there are simply not enough of your peoples who are willing to turn their backs upon others, especially within their own country, and in so doing, create this nightmare scenario that is such a virtual re-depiction of previous negative scenarios on your plane. Therefore, you can choose to have a fear reaction, if you want to, to the events that are transpiring on the Earth at this time. However, we would ask that you make this choice with the understanding that it is only useful to you insofar as it leads you to make realizations about your own life. To put it in a more blunt fashion we can say that as you fall out of love with your negative elite and no longer seek to give them the god-like status that the media would convey, you also take yourself off of the pedestal that you have erected and recognize the

ways in which you yourself have allowed negative situations to propagate and to fester. When you become more and more cognizant of the ways in which some of these negative actions in the grand political scheme play themselves out in your own world, you begin to understand how ascension truly occurs.

As we have said, ascension is a process not a conclusion. Ascension is not something that you are simply going to watch happen in newspaper headlines. It is an intimately personal event that transpires within your own life. It is an intimately personal event that transpires within the lives of all as they move in synchrony together, as one, through these energetic changes. And thus we want you to understand that as you will be seeing the dissolution of these strictures on government and on politics in your sphere throughout this year, so too will you have opportunities within your own personal sphere of influence.

Those aspects in which you have had dysfunction with your family members can become renewed into a grander light and a grander love by simply allowing the various distortions of personality to be OK without feeling that you need to identify and classify each little wrong that is done against you and to rage against it, insisting that you will not proceed forward in your life until every item on your laundry list has been duly satisfied and mitigated through intense discussion. Rather it is OK to allow that ego to die, to allow the personality that clings to the idea that all of its needs must be met in that itemized list to fall away.

You are not here to get along with each other and to have everything be perfect. Rather, you are here to agree to disagree, to allow those distinctions that make one different from another simply to stand as they are. If you are in a situation right now, it is best to choose whether or not the situation is acceptable to you as it is right now. Forget about those goals that you have laid upon yourself of how you want things to be, and of what you appear to be working towards with another person in terms of what you would like to have as the eventual outcome for how you will engage in behavioral interactions. Instead, simply accept the situation as it is. Once you do this, then ask yourself if the situation, as it is right now, is indeed suitable for your patterns. What we often find is that when it is not suitable for you, there is a

tendency towards the argument and towards the fracturing of your energetic body. This fracturing does cause a wound, and the wound needs to be healed somehow. This often leads to the psychic vampire effect, where you will attack those around you and seek to find those little things that are inconsistent and amplify them to such extremes that there is then this great conflagration that unfolds.

We ask you to see that the negative elites in your sphere of American influence are seeking to find anything they can possibly get their hands on to justify bombing Iraq. Your “global village” as a whole is seeing that these [justifications] are ludicrous and certainly inconsistent with any chain of logical thinking. Therefore, the situation that now occurs, with this country desiring to bomb Iraq so strongly, is very similar in many ways to the situations that occur in your own life when you have found your own Saddam Hussein, your own petty tyrant, someone in your sphere whom you have labeled as being the cause of your ills. And that you seek to find any small inconsistency in their behavior that would allow you to feel that you have now the claim ticket, the right, to lash out, to drop your bombs of fury and anger and hatred, to cause that scalding, with the hope that, after you have duly caused shock and awe to occur and your bombing campaign is complete, that you will then have unconditional surrender, and all the petty things that you have wanted will be given to you without conditions and that the white flag will be duly raised before the scorched battlefield.

We ask that you not think about this in terms of anything that is a metaphor, for we are speaking in very literal terms here. We want you to understand that those events that transpire on the physical plane are entirely mirror images of exactly that which is occurring in your own sphere. Thus we ask for you to draw these analogies between what is happening in your own life and in your own mind, and that which is occurring in the world.

The consciousness of humanity in general is moving towards a greater acceptance of others. This persistent anti-war stance that is coming out more and more contains the realization that there is nothing virtuous in bombing others for the sake of their leader being inadequate. Similarly we would ask that you not bomb the other-selves around you for those small fragments of their consciousness that

indulge in negativity. We ask that you also become aware of the inventory of overall treatment that you receive, and as we said, to see if it is indeed suitable for you.

You may find yourself being led to quite unexpected circumstances as they shift [your thinking] outside of the perspectives that have encased you in this apparent amber whereby you become like the frozen mosquito in time for millions of years to be fossilized, unable to move, unable to grow, unable to strive towards the light and love of the one infinite Creator. The amber that has encased you is melting. You will ascend with your wings to the firmament and again find the peace that “passes understanding,” the peace that moves outside of logical thought or rational/intuitive thinking, either one, and instead moves directly into the zone of being. If you can allow yourself to be, without attempting to have a goal, without attempting to notch things on your bedpost that can say, “I did this,” “I did that,” “Look at what I have gained,” “Look at what I’ve attained,” you move out of having that awareness of past and of future and become in the ever-present and omnipresent Now. You can have this consciousness in this moment as you contemplate the words that we have spoken.

At this time we shall shift this work over to those known as Q’uo for additional perspective on the matters upon which we have spoken. We thank you this day for having had the opportunity to be present with you in this aura of thanksgiving. This is truly a time for the renewal of the human spirit and we are appreciative of the opportunity to catalyze your growth in this matter. We thank you.

(Carla channeling)

We are those known to you as Q’uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. It is a great blessing for us to be called to your meeting and we thank each of you for creating this circle of seeking, this opportunity for us to share our thoughts with you. We would ask only that each of you listen carefully to that which we have to say, with an eye to keeping those thoughts which appeal to you and have a resonance to you, and laying aside all those that do not, for we would not wish to constitute a stumbling block to any. We ask that each of you trust your discrimination for there is that within you which recognizes that truth which is yours.

Each within this circle has a tremendous amount of experience at thinking about spiritual structures and the spiritual life. And each realizes already, as the one known as David has said, that there is something going on and there is change in the wind, shall we say. Now let us pull back a bit and gaze at the sphere of consensus reality that this instrument sometimes calls the world of Maya.⁵ It is the nature of illusion to appear quite real. It is the nature of reality to be an illusion. The essence that is not illusion is unfindable, existing in potentiality only. All of which you may become aware with your present—or with our present—organs of sense or instrumentation is illusion. You are not moving from a third-density illusion into a fourth-density position of no illusion. You are moving from an illusion in which there is a relatively small amount of light into an illusion in which there is a fuller or more generous brand of light, a different animal, shall we say, a new kind of light that has different characteristics and that supports different life forms, different planes of existence, different lessons, and so forth.

This is occurring within that which the one known as GuS⁶ called the time/space continuum. And may we say that we are most grateful to have the good offices as the one known as GuS and it is a great pleasure to work with this beautiful spirit. The experience of each of you, as you begin to become aware of those things which built your question this day, the increased energy, the increased [rate] of change, the increase of suffering, the increase of stressful things, is receiving experience in ways other than they seem on the surface. The third-density kind of light casts a certain construction upon events which transpire within the day-to-day living. The same events gazed at from the standpoint of the next density are seen in a fuller and more generous light. The key to adapting to this time of increased light, increased transparency between third density and fourth density, and increasing amounts of the light of honesty within the self as it matures and grows, is to offer that which is wrapped up in the fuller and more generous light. The information coming into your very body, into the energy system of the body,

⁵ From the Sanskrit Maya, another name for the Hindu goddess, Devi or Sakti, consort of Siva, meaning in Hindu philosophy “illusion.” In magical lore, Maya is the densest of all planes that ascend the tree of life.

⁶ GuS: Guidance System.

at this time is information that is light, that is the limitless light of the one infinite Creator, carrying with it overlays of the increasing fourth-density energy which is, as this instrument said in the discussion prior to this “cosmic sermonette,” bringing things to the surface that were hidden and making the rough places plane.

The energies of fourth density are those energies which look at distortion with full awareness of the beauty of each distortion and awareness also of those harmonics and harmonies of undertone and overtone that create avenues of progression in which the biases, which may seem less than harmonized, may blossom and open in the sunlight of compassion until a fuller view is seen, a larger area constituting a point of view in which not only can a distortion be seen but also the surrounding energy that creates the distortion and that place which seems to be blocked.

It is, from the third-density point of view, very tempting to make judgments, especially concerning the self. It is very tempting to make these judgments far below the level of conscious thought. In this atmosphere of judgment, whether it is known by the self that the self is judging the self, or whether it is only known to the self that there is judgment against the self and the entity experiences that judgment as being projected from others, yet still there is that spiky, thorny energy of judgment which can catch an entity up into an endless round of self-examination and attempts at healing. So we would suggest that there are things about the fourth-density point of view which are increasingly available to those who look for them.

The fourth-density energy is not an energy in which it is possible to make a judgment. Rather, it is an energy in which distortions are seen in their colors. Let us say there is a different kind of judgment in assessing the beauty, the truth, the purity of a color. Gazing at a distortion it may be seen, shall we say, as green, but is it a beautiful green? Or is it muddy with the overlays of judgment? It is possible in many cases for an entity to sit with the self and ask, “Is this feeling, this color, this bias, a thing of beauty, a thing of honesty, a thing of truth within my being? Or do I carry that which is not intrinsic to myself? Do I carry armor to defend against an enemy? Does this bias carry the pain of self-judgment, the

opposite of armoring in which armor is tossed away and the self is flayed by the judgment of the self?"

Come to a feeling concerning that bias, that color. See that as yourself and accept that bias, not as a third-density entity would, judging its worth, but as the fourth-density energy would gaze upon any vibration which crossed its path. This enables each entity as a person, as a seeker, to have a way of assessing inner feelings, inner biases, without calling the self in any way incorrect, wrong or unworthy. We do not mean to suggest by this that there is no structure within which one may judge for the self the ethical rightness or wrongness of action. This is indeed a very helpful and driving part of the spiritual life. Metaphysically speaking, entities move from decision to decision, from choice to choice and those choices build the polarity which is intended by the intensity of the desire to make the most positive choices.

What we are attempting to move into here is the pattern wherein entities set, deep within themselves, as the one GuS noted, the habit of being a certain way, the habit of accepting this and that as true about the self and those other things as untrue. As change inevitably occurs, some of those things which have been true concerning an entity change and this process is cumulative, so that many is the person who gazes at the self one day and realizes that a change has occurred and it has been missed until this instant. It is a wonderful time when that realization occurs.

While [each is] the entity who lives within the flesh and bone of third density, we assure each that these changes and disruptions will continue and increase, for there is a time of transformation for this entire planetary entity. The actual changes that are occurring, while exquisitely articulated, are in fact relatively slight. Consciousness among your peoples upon the metaphysical level is heartwarmingly, shall we say, close to jumping that area of resistance which is as the meniscus upon the surface of water, which is as the ocean which runs betwixt the densities, that area of resistance or quantum boundary to cross. You are much advanced as a people in doing this, to the extent that we can begin to address those of Earth as a social memory complex in the metaphysical sense. Certainly there is a good deal of development that shall take place before this process of birthing ...

(Side one of tape ends.)

...that work of being, as the one known as GuS has said. Yet in that being you can become far less troubled by yourself by doing what this instrument has called falling in love with the self. This is the essence of the fourth-density way of dealing with distortion. Each is aware of entities they know which have quirks and habits that are laughable or ridiculous. This entity's love of clothes, for instance, is well known to many within this circle. Yet were those within this circle to speak of this quirk of the one known as Carla, their tones would be fond and their voices would hold nothing of judgment but only affection. For it is seen by all others within this circle that the personality shell of this instrument, while silly, is not criminal. It is simply distortion, and each has its patterns of distortions. Thus, each can see that [it] is possible to love the quirks and distortions of another, finding them loveable and forgivable. Yet as this instrument turns its eyes on the self, this instrument, in the past, has been known to judge itself quite harshly for having this predilection and it has, for various portions of time within its life, simply refused to allow itself to purchase any new garments, feeling that it had quite enough. And yet, within this instrument there was the constant craving for something new to put on the body. Is this a clever, intelligent or sensible way to be? No. And yet it was the work of literally decades for the instrument to come to a day in which she gazed at this distortion within herself and realized that she had fallen in love with herself, that she could forgive herself this: that there were, in her newly expanded way of looking at herself, more important things to focus upon than the details of a personality shell.

Once this lack of judgment began to filter into the roots of personality, relaxing this skein of judgment that had netted and twisted itself about the personality shell, that energy to judge the self faded for this instrument, thus freeing the ability of this instrument to love other flawed personality shells and the souls which they contain. The fourth-density attitude begins with the awareness that each entity is divine, yet a portion of that which we may call the "Godhead principle." The physical being, the personality shell, the thoughts of the surface of the mind itself, are layers of an illusion which is held in place by that system of energies which is at this time beginning to falter and weaken, beginning to

give way to a fuller and more generous light. Allow and call for this golden light. Know that you are as capable of receiving it as you are as asking for it. We encourage each to begin to find ways to fall in love with the self. This resource that you have within you of forgiveness is extremely powerful and it connects within the tree of mind with those energies which are far more powerful than those archetypal rulers of third density. This is, may we say, a fascinating subject which we could speak upon for some time yet, but this instrument informs us that we must stop speaking and so we accept that it is time for us to release this instrument from discussing that main query.

We would move to the one known as Jim to pick up any brief queries before we would leave this group. We thank this instrument and this group for bearing with us while we attempt to articulate that which is not particularly easy to say in your words. We thank this instrument and we leave it in love and in light. We are those known to you as Q'uo.

(Jim channeling)

I am Q'uo, and we greet each again in love and in light through this instrument. At this time we would ask if there might be any shorter queries to which we may speak in a brief fashion. Is there another query at this time?

(Long pause.)

Carla: I guess not, Q'uo.

(Jim channeling)

I am Q'uo. We are most grateful to each for inviting our presence this day. We realize that we have spoken over-long and we ask your indulgence and your forgiveness for causing you to have to sit for this period of time. We are most grateful for your patience and for your desire to seek that which is loosely called the truth. We share with you that which is our opinion and we ask that you weigh each word carefully, leaving behind any that do not feel right to you. We do not wish to be a stumbling block in any path of seeking.

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

♣



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SUNDAY MEDITATION MARCH 16, 2003

Group question: The question today has to do with how light seems to respond either to impending catastrophe or out and out catastrophe. So many people are marching for peace, now that it seems war is so likely. The women in Rwanda have had a chance to bring the feminine principle and the nurturing of their being into their country now that the men have been killed, pretty much. It almost echoes the veil between the consciousness of conscious mind, and the possibility for two paths, whereas before there was just positivity.

Would Q'uo talk to us about how the possibility of catastrophe and disaster can help to being the light to being in our world today?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are. As always, we thank this group for creating an opportunity for us to share our thoughts and we are most happy to do so on this occasion, with the request, as always, that each evaluate our thoughts on the basis of those thoughts alone and not on the basis of our authority. The resonances of personal truth have nothing to do with authority. We ask you to use your discrimination carefully, for there is much information and much of it is excellent but there is always that precise choice that is possible of that which is truly your own. The great challenge of the maturing spiritual entity is to move beneath the surface of things and to begin to see things not from

an historical or political point of view but rather from a spiritual point of view, a stance or attitude which has its basis in those dynamics which truly are functioning within the heart of that situation which is called "history" in its outer manifestations.

The dynamics of harvest for your particular planet at this particular juncture are not those of what could loosely be described as a normal third-density harvest. This instrument has frequently made jokes concerning the status of Earth or Gaia as a planet for juvenile delinquents who have repeatedly flunked third grade at other schools and are finally sent to Earth when it is felt that they are incorrigible.

The profoundly militaristic energies that your peoples experience at this time are, as has been discussed by the one known as J and the one known as Jim, the fruit of repetition and iteration over many civilizations, many wars, and even many planets. Those upon your sphere have experienced misalignments of energies and misjudgments of polarity in honest but misguided efforts to attempt to serve and to grow. And the nature of the decisions which have capitulated previous societies into catastrophe, catastrophic war, the leveling of that which was wealthy and sophisticated to the so-called dark ages, is a pattern that has been repeated not once or twice but many times. Consequently, your present harvest has overtones and undertones from many previous expressions of the iterating mechanism which turns love into fear and fear into aggression. The energies that are present at this time are iterative energies, energies that have become

mindless, that have, in a tremendously profound sense, become obsessed, obsessed to the level of the archetype, so that it is as though your harvest expresses the archetype of the lightning-struck tower with an intensity that could only be achieved by mindless repetition past the point of self-knowledge and into a state of mind of slavery of which at this time we see your peoples attempting with ever fresher energy to snap and break the control, so that the human spirit might once again become liberated from this endless round of fear and hostility.

The reason that the so-called disaster is found to have a silver lining is simply that your peoples, beneath the veneer of those decisions made by few which affect the culture or the experience of all, are as the rind of dead energy that is enclosing a very fresh fruit that has been growing from the inside out and is coming to a state of ripeness. Consequently those who are in power at this time, being more of a service-to-self tribe, shall we say, create the apparent history, the apparent news, the apparent on-going story of your peoples. Whereas the true story of your peoples is that story that moves from the heart, that moves from the seed of the fruit that has ripened within the rind of militarized thinking that infects your planet at this time. The inner fruit is healthy. And in times of disaster the rind of militaristic thinking is chipped away and people suddenly become aware that they are alive and in considerable and substantial opposition in feeling and in mind to those militaristic actions which tend to be the agenda of the day for any group of those who hold power at any time.

We cannot say that it is impossible for entities to hold power without becoming service-to-self oriented. We can only say that it is catalyst for all entities to respect those moments when power is offered. Each of you has a power in this situation, each of you who are part of the healthy fruit of Earth, that fruit which is being harvested at this time has that power, passion and energy of a growing, living, thriving being. That energy is of the One, connected to the root, to the womb, to the Earth, to the Mother. The goodness that springs forth in almost all entities' breasts is that goodness which is the truth of the human race, just as the militaristic shell of humanity's behavior is a truth. It is a part of a truth that attempts to take over the entire consciousness of what the human entity is. In assuming that such separating ideas as aggression

have worth, the standpoint of those with power is continually biased more and more towards that attitude which accepts the power to change others for the better. This is the innocent beginning of that which can become a monstrous evil, as this instrument would call it.

What a flower does to praise the Creator is blossom. And what each of you may do to praise the Creator is allow yourself to blossom. Those elements of cultural thinking which have infected each mind to whom we speak will show themselves to you with their thorns, their warts, and their scars. And you will gaze upon them and they will not be fair. There will be thoughts of anger, jealousy, retribution. These will not be true thoughts, yet these are thoughts that are pressed upon you daily, and have been since your youth. There is no judgment in thinking these thoughts, and we would not ask you to judge yourself for finding yourself with the capacity to think them. But indeed, you have the capacity to be conscious of them, to evaluate them and if you find them to be those thoughts which do not allow you to blossom then you may, by choice, pluck that thought from ready memory and replace it with one that is more close to the heart of that which you truly feel to be the spiritual truth of the situation. Each shadow that you remove from your own flowering being is one less barrier betwixt you and the sun that gives you life, the Logos that sends the energy that creates each moment. As the crisis period continues you may find yourself in any number of situations in which there will be the choice of moving from the militaristic rind of thought that infects the planetary thought at this time at the level of those in power or choosing to think from a spiritual point of view in which all entities are seen as souls in the service of the one infinite Creator in various ways.

As the one known as J has said, some entities must draw the short stick, some entities must accept being the bad example. Each entity which is perceived by the seeker to be a service-to-self entity bent on the destruction of the good is also a soul who is serving perfectly, in his own way, attempting to learn the same lessons, those lessons of love and how to love always the choice of how to love. For those who are on the service-to-self path also have passion, but it is the passion for the self, to arrange the world in which the self is satisfied, safe and comfortable. It is easy to see a display of evil and good, dark and light,

yet we ask you to move beyond this somewhat limiting image of the present harvest, for it not a battle betwixt good and evil. It is, rather, a battle for thought. It is a battle betwixt those who would wish to enhance and lift and enlighten in a great outpouring of radiated love and those who would control, contract and shepherd the world as they would wish it to be controlled. Expansion or contraction? You are experiencing the contractions of fear of those who are in power and, yes indeed, because of these encroachments of aggression, upon the very citizens in whose name they are promulgated. This pressure has produced a kind of explosion of healthy, blossoming, passionately engaged human beings who have now experienced themselves as souls; who have a deep and passionate feeling about that which is the appropriate action for themselves, their families, and their country.

It is indeed a precious moment and a promising time of rapidly awakening consciousness planet-wide and it has been pressed into being and encouraged by the seemingly disastrous policies of those who wish war among your peoples at this time. And we may say without expressing any unknown information, certainly, it is not one entity or a small group of entities which wishes the engagements of war and the reallocations of territory and power. There is pressure planet-wide, at the level of those who remember whole societal-wide catastrophic scenarios and wish beyond all reason to reinvent them, that presses these entities onward. Much of this harvest, then, expresses enormously deep archetypal energies that have been stuck for an unusually long period of time, repeating seemingly endless cycles of rising towards the light, rising towards union, rising towards an awareness of love in its unconditional and redeeming aspect, only to fall back to the level of the great apes and their tribal loyalties and the protection of the family group. It is a great ascent that the human attempts in third density, to move from beast to angel, from a mute and unspeaking love to a supernal, wordless expression of love. In between those two lies the third density and in that density you have the forgetting that allows your voice to be uncertain; that allows your mind not to know; that allows your heart to make foolish choices and then to experience change because of them.

Each of you is a wonderful flower that blossoms daily, that opens to the light, that has your own unique aroma and habit and form. Each of you is a

tremendous blessing to this planet by your being. You are as those who have fought alongside each other for many, many years. This is another time, another opportunity to stand together and to fight for the light, not [to be] against anything, but to do the inner battle that wins through to the armor of light, to face the self in every day, in the morning light that shows all flaws clearly. This is your *geste*¹, to gaze in that mirror and see the flaws and see also the one infinite Creator, to gaze into the world as it is and see past the rind of militaristic thinking, see past this deadening infection that has blotted the surface of your thoughts with a kind of mildew. Remove yourself from the surface, remove yourself from that which is not truly your own thinking. Come back into the heart of your flowering being and feel the strength, the passion, the love that resides and rests there just as it has always rested over the deep before any form was. That is the peace that lies within your heart. It is a sweet peace, it is a true peace, it is the original peace. And it is a piece of you, that which can never be separated from you. Nothing can separate you from the love of the infinite Creator. Nothing can separate you from the truth of your being. Nothing can separate you from yourself.

We wish to express thanks to the outer expressions of this group in the context of your political situation, for those who light a candle for peace express a beautiful thought and it is very appropriate, we feel, that such lighting of candles about the globe may be seen from your satellites, so that all the world has become, in its own way, a rock concert. We enjoy that image of all of those lighting the flame and this time not for the love of a good song and a good time, but for the love of the world.²

We would at this time transfer this contact to the one known as Jim, in case there are other queries that may be answered at this time. We thank this instrument and leave it in love and in light. We are those known to you as Q'uo.

(Jim channeling)

¹ A romantic story of daring adventure (*beau geste*: beautiful gesture (French)).

² L/L Research held a candlelight vigil for peace at 7:00 PM on this day, in conjunction with over three thousand other groups around the world who coordinated this global candlelight peace vigil.

I am Q'uo. We greet each again in love and in light though this instrument. It is our privilege at this time to ask if there may be any further queries which we may attempt to respond to with our opinion.

J: Hi, Q'uo, this is J and I have a question today from R. She's in Hawaii and she complains that recently her dreams seem to be invaded, as Carla would say, from psychic greeting. Several years ago she had experienced a period of time where she was a willing participant in some ritual sex and she feels that those cords are still connected and the thoughts are pervading her dreams. So her question to you is, do you possibly have any suggestions or anything that you could speak to on how she might be able to disengage these connections, these cords that were made at that time? Thank you.

I am Q'uo, and I am aware of your query, my sister. As we observe this entity we see that which she and you have called the cords that connect her to a previous activity of a ritualized nature which had its place in magic, shall we say. That is, in the changing of consciousness by the effort of will and ritual combined. We would recommend that that which was formed may also be removed or cut, shall we say, by once again utilizing the force of the will and a ritual movement that would be accomplished within the meditative state. After the meditative state has been achieved and the entity feels calm and centered within its being, it may visualize these connecting cords with as much detail and clarity as possible, seeing the source, the origin, the connection with the self and the place upon the physical body that the connection is observed. Then this entity may, during the meditation and in a mental sense, take the scissors and cut these cords, bidding farewell to that energy in love and light, in peace and in joy, bidding that energy to go its way, as the one known as R goes her own way, now unencumbered by these cords. When this has been successfully imaged in the mind, then there may be the completing of this ritual of freeing oneself from unwanted energies by the grounding of this ritual either by the words, "So may it be done," or similar words or by the stamping of the foot upon the ground, or the hand upon the surface, with this motion completing the ritual.

Is there a further query, my sister?

J: No, Q'uo, thank you. Thanks for being with us today.

I am Q'uo, and it is our great privilege to be with you this day and to respond to your query. Is there another query at this time?

Carla: A question about direction of thought that I'd been taking with P. He asked me to get you to confirm that a very viable way for us to go at L/L Research to help to promulgate the Law of One is to form an Essene Teaching Circle. It's not a very elaborate plan yet but he asked if I would ask you-all about this concept, if you had any comments or you could confirm that it was a good idea.

I am Q'uo, and am aware of your query my sister. We can confirm that whenever entities who wish to be of service to the light gather together in any ritualized form to pursue an understanding and a service of that light there is an advantage indeed to this blending of energies. For when there is the addition of wills to a central purpose there is far more possibility that the purpose shall be realized. For as those of Ra have well said, "When those of like mind together seek, far more surely is it that they shall find."

Is there another query, my sister?

Carla: Do you have any recommendations for a budding community such as ours?

I am Q'uo, and am aware of your query, my sister. We can recommend that which you know already to be true, that is that it is well to communicate in an open-hearted fashion, in a frequent fashion, for many are the opportunities for misunderstanding when there is more than one entity in a group.

Is there a further query, my sister?

Carla: No. Thank you, Q'uo.

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

Carla: I'm out.

I am Q'uo, and we seem to have exhausted the queries somewhat earlier in this day!

(Laughter)

We are very pleased with our efforts!

Carla: On behalf of S, I would just ask if my Annsy is happy in my lap?

I am Q'uo, and we are happy to confirm the joy of your Annsy.³

Carla: I just thought that you might enjoy that.

I am Q'uo. We have the greatest of appreciation for your effort to stand in for the one known as S.

Carla: I love you Q'uo. It is so good to be with you.

I am Q'uo. And we are most overjoyed to feel the love and compassion, the sense of proportion and dedication from this group. We are always pleased to be able to join your group and this day has a special feeling about the open-hearted sharing that has occurred.

We thank each for this offering of love and for the invitation to join your group. As always, we are most privileged to be able to do so. We are known to you as those of Q'uo. At this time we shall take our leave of this instrument and of this group. We leave each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. ✨

³ S is a seeker who often asks such stellar questions as, "Who will win the Derby?" and "What are the lottery numbers to pick?" Since our group tries to eschew specific and transient information, these queries by S have become a group joke. Annsy is Carla's doll.



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SPECIAL MEDITATION

MARCH 21, 2003

Question from J: “Please describe the contractual design and service to the one Creator, service to others and to mother Earth which my divine essence through love and service has created, agreed to, and desires to fulfill at this current space-time.”

(Carla channeling)

We are those known to you as the principle of Q’uo, and we greet you in the love and in the ineffable light of the one infinite Creator, in whose name we come to you this day, [to] this part of that which we may call the “Godhead Principle” for all entities are a portion of this Godhead Principle, each splintering as gems from a mother lode or sparking off [as] sparks from a glorious and sacred place of Creatorship, always and ever retaining, in the microcosm of the macrocosm, a holographic expression of the infinite reaches of the one Creator and Its creative Thought of love. We are most happy to share our thoughts with you upon this subject and ask only that each thought that we offer be appraised and estimated with quite careful discrimination, seeking and searching always for the personal resonance, for that peculiar sensation of remembering that which you have already known and simply had forgotten. This is the mark of personal truth. All other ideas, be they ever so attractive as toys for the mind, need to be left behind as stumbling blocks, if that essence of remembrance and resonance is not there. With this freedom granted us, we may then express ourselves without being concerned that we, as incorrectly perceived authority figures, might cause any to stumble.

The life of any, the incarnation of the flesh, is brief and dense with possibilities. For us to be able to express to you the whole of those things which you planned as possibilities within this incarnation which you now enjoy would be a very long discussion, comprising many avenues which you have not chosen, which you have left behind for the glory, the service, the sacrifice, that love requires of those who choose the path that is, as the poet said, less chosen. And it has made all the difference.¹

We can say that there is for you perhaps one leaf to fall from the tree of fruit. Yet it is that which will

¹ “The Road Not Taken,” by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

come naturally to you and it is a roundabout route indeed, were one to gaze at the route from the air of hindsight. But upon the ground of time it is a good way to go, and all things shall transpire in their time. This is the essence of that which we are able to tell you in any specific way.

We would then spend the balance of this reading discussing that which you have asked in the light of a point of view which is perhaps broader and less specific than you would prefer. However, we wish very much for you to work this last puzzle, to experience the faith that springs from the leap into midair; to place the self not only upon the line but happily over the line, because it gives joy and it expresses the deepest passion of the being.

These choices are those which, if relaxed into, seem sometimes to flow with uncanny precision and speed. At other times the lesson includes waiting. And there are both aspects within the present puzzle, those things which need not to be resisted and those times faith alone can express the quality of serenity that does not blink at apparent challenge, difficulty or lack of manifestation.

What is the shape of service to the Creator? We suggest that the contract that you speak of is [a] contract that you have attempted to keep for some time. It is a life-long contract. It is elastic. It is in force as long as you breathe. This contact is common to many who at this time express upon the surface of your planet, both those who are in last incarnations, or hopefully last incarnations, as an earth native and those who have come here from elsewhere from higher densities in order to be of service upon planet Earth at this time. This basic mission which all hold in common is perform a generalized expression of the essence of the self, for are not all selves part of the infinite Creator? So that there is that spiritual paradox, that is so precious, of the absolute equality of all souls and the absolute uniqueness of each gem of personhood that is the soul stream that is represented so sketchily in the illusion of flesh by the personality shell, which those about you experience as yourself. That which you came prepared to live for and to die for is the cause of love and light. The need at this time upon the planet which you now serve is great. The time is Harvest and those who have awakened have awakened to the memory that they are here to serve in a specific way.

This specific way is so completely other than the culture in which your peoples experience life, see contracts and jobs, that it is very different to wrap the mind around the job at hand. However, this job is to live a life which contains as much consciousness and awareness and accurate observance of all that is seen as possible. It, then, requires the instrument that is your soul to aid as a shuttle in bringing into the physical body and out into the metaphysical inner planes of this planet, by intention, the infinite love and light of the one Creator which at all times is moving through the openhearted entity and being sent by intention either to the Creator, to the fourth-density grid of this planet, which this instrument is so interested in strengthening, and to the people that one comes in contact with on a daily basis, that can be served and can be prayed for by the simple level of consciousness expressed within, that sanctum sanctorum which is the opened heart wherein the entity is in tabernacle with the one infinite Creator. To carry this persona into the world is to carry peace into the world, to carry light into the world. To carry this consciousness means that you begin to see yourself as the Christ. You begin to see others as the Christ. You begin to see the creation as an expression of the Father and you begin to see that in being the most essential self that you can, you are moving closer and closer to the selfhood that is the Christ, that is the "I" of "me."

We do not wish to indicate the literal Christ, that body, that personality shell. But we indicate the consciousness that is the Christ within, that consciousness which the one known as Jehoshuah carried so elegantly and so bravely and with such tenacity. Yet it was a cloak, and that cloak is the cloak of the Godhead Principle, shall we say, or the divine spirit, or as this instrument likes to call it, the Holy Spirit, that which is Christ without the body, that divine fire which flows, that wind of spirit that "bloweth where it listeth."² This is the consciousness that is your basic contract. This is what you came to do and this is not easy work. For this is a work that exists throughout the day, throughout the waking time that is left to you upon this sphere and so it is essential, in the practice of those who would maximize their service, that the entity be more and more aware of the thoughts and the feelings that are occurring, of those triggers that pull the self from the

² *Holy Bible, King James Version*, John 3:8.

self which rests in the great ocean of divine consciousness into the murk of the archipelago of confusion and chaos that is the usually segmented daily experience.

The deep waters that surround each moment are not apparent to one skating upon the surface of life. It is those who are brave enough to dive into the present moment and to gain its fruits by thirst and hunger, seeking like the hart that “pants after the water brook”³ as this instrument would quote from her Bible, that the self becomes a honed instrument, a crystal radio, that is waiting silently, empty handedly, to receive the information that comes through the shuttle of the gateway to intelligent infinity that is the spiritual body.

The strategy that we would recommend for working upon this primary contractual obligation or what the Ra group called “honor/duty” is that heart-opening discipline, for which the one known as J has so richly prepared himself by many resources and many experiences that hone and refine the strategies and processes that this entity may bring to bear upon that seed that is within that blooms in the spring of awakened consciousness. The seed has fallen in good ground and there is every hope of a good spring and we just encourage the one known as J to bend to the Earth of its planting, to tend the buds that come, with great love, with great awareness of the sacred honor in drawing breath at this time, in this place. We encourage the openhearted attempt in each day to gaze at the household of the self with first interest upon the lowest of the floors, that level of survival and sexuality that perhaps the cave and the more primitive parts of a house would suggest, the first floor, a ground floor of personal relationships and the family and group relationships that are intimate in the personal life. These small concerns, these incidental chores and experiences of day-to-day life contain most of the grist for the mill of the metaphysical learning which you indeed did come to do.

The learning will take place whether or not all relationships are used that have been prepared. And indeed in most incarnations many relationships are allowed to lapse or may not even occur simply because of the road not taken—so that there is no

³ “As the hart (deer) panteth after the water brook, so panteth my soul after Thee, O God.” (*Holy Bible, King James Version, Psalms 42:1*)

way of exhausting the possibilities of any incarnation.

The gift that you give in this contract is the enormous gift of a life that is lived for the Creator, a life that is lived in remembrance of the Creator, a life that is lived in devotion to the mystery of Deity, a life that is lived in faith that all is well, and that all will be well. These energies are the energies which allow the heart to open when the entity is comfortable in its own skin, when it has a home life in which it is functional and content, when it has obtained some grasp of the good and the seeming challenge inherent in the worldly work of gaining supply, then can the heart begin to open and feel safe in an undefended and relaxed state. And in that state full energy begins coming through the heart and according to the will of the entity which is the crystal being doing the work, that energy then can then move in to work in consciousness, for the self, for the planet, for entities about the self or for, indeed, the Creator Itself. All of these energies are part of a life lived in faith and in gratitude, if it can be remembered to give praise and thanksgiving for all that occurs. The resources which the one known as J has so ably stacked up in the years of experience, of service, and in devotion will be able to come into play as they are needed, not because of the cudgeling of the brain or the intellectual sophistry of thinking, but those things which point and hint and suggest shall be bubbling up from dream, vision, bird, bush, sky and unusual, unexpected synchronicity. We encourage, then, the attention to the information that flows from the devas of second density who are in complete harmony with the needs of your soul stream. We encourage those awarenesses of synchronicities and of good words spoken that are given from the actions of angelic aid in fourth density, of higher teachers in fifth density and sixth density and of the Creator’s whimsy, which operates at an even higher level than even these teachers. Indeed, many times the Creator’s dry and attic wit⁴ has salted the sad and sorry [earthly] tragedy with ironic yet bittersweet humor. This too is a teaching of a very deep kind.

You are a crystal that has the entire spectrum of energy. You can generate and focus upon any of these colors. And by the responses that you give to catalyst—in the daily life especially, in the small

⁴ attic wit: a poignant, delicate wit, peculiar to the Athenians.

life—you can refine, articulate, purify and crystallize these colors that are your emotions. There is such beauty in the human heart and, as you give yourself to the Creator day by day, you are as the flower in the field that shines with your very own array of colors. These are the palette that you have created to give praise and honestation to the one infinite Creator. What then are your thoughts this day? What then are the feelings that you have produced?

This instrument was saying earlier about itself that in a recent situation it had, on the worldly level, a great success, but on the personal level felt disappointed with herself, for she had not taken the opportunity in every case to see new people, or that is, people new to her, as souls, but rather personalities, becoming involved in the intricacies of very social rituals and aggravation that is inherent in these to this particular entity. Why did this choice get taken? Why was the attention straying from the center of devotion, which this instrument hopes is lit as the lighthouse upon the hill at all times? Nay, this lighthouse sometimes seems to get very faint and seems not to shine very brightly.

These are the times that are precious for learning, these moments of awakening awareness that one has been drifting off of one's focus. Then it is that it is time—not to discipline the self, rebuke the self, or scold the self—but rather to correct the error of thought, speaking out loud perhaps the principle involved in seeing entities as the Creator, seeing the self as the Creator, and seeing the creation as the Creator's world. These are those things which you have contracted to do. It is very easy and completely understandable within the culture that you enjoy that you would equate contractual missions with outer gifts. And yet we may say without any feeling of personal wrongness that were this instrument never to have channeled, to have written, or to have sung in this incarnation, this instrument would still be appropriately and properly pursuing that which she calls the King's Highway.

There is nothing of outer gifts that is contractual but rather the contractual obligation, the honor, and the duty is to the being that you hope to allow to flower within this density and within this lifetime specifically. There was a hope of one who would come to the Harvest, harvestable and shining as brightly as the sun, and thus harvesting those about it as the radiance lights other people and begins

other people's journeys toward awakening simply by the radiance of being that they experience. This is a very subtle, a very hidden service. It is one which takes tremendous discipline yet gives great joy and is actually what this instrument would call the fast track to inner learning. For in this particular state of mind you are as the tuned instrument that is able to observe, from a standpoint of compassion and thankfulness, the unfolding plan of the one infinite Creator.

This is the time wherein many are being called to awaken and take up their part in this effort to build a road to fourth density that is a safe one for those who come after this generation upon planet Earth. The work with third density of this group of entities called human beings is largely at an end and the, shall we say, political, global score does not look very good. It looks as though we have as entities not proceeded to a very appropriately harvestable place for those interested in love and in light. Yet these appearances have no substance.

A microscope taken to anything physical may show that there is virtually no substance in matter but, for the most part, space. Energies are what have substance within the metaphysical world. The energy of intention and the absolute fidelity to focusing upon the center of your desire are the basic prerequisites for the work ahead. It will bless many, yet it will often be hidden.

We do bless and encourage you to follow those paths which lead to outer service as well. These are less central to the energy which causes you to ask these questions, yet we feel that you will be feeling delighted as well as in some consternation as things unfold. There is much of interest to come so we simply encourage the feeling that all is well, the feeling that the road is beneath the feet. That which this instrument calls the King's Highway, that Tao, that Way is beneath the feet and you are on the road. This is the bulk of that which we would say to respond to your query with one more thought concerning the work with the environment that you mentioned.

The one known as Gaia or the Earth or Terra groans in a despairing labor at this time. She has become somewhat encouraged as more and more entities send light and begin to grieve for the suffering and feeling of fear that is being cast about the surface of your globe like a pall. This is encouraging to Gaia

yet she needs ever more reassurance that her children love her and wish her well and assist her in the travail of the birth of her fourth-density self. Entities such as this instrument and its group and other groups like it have begun to become aware of ways to intensify and strengthen the one known as Gaia and especially that fourth-density labor. The tool, as is so often the case, is the human crystal placed in visualization or meditation at a particular time, thus joining wills into a more and more giant and strong will that may bring many others to it by the sheer energy of its light.

There is, inherent in the attempt of Wanderers to, shall we say, infect the Earth with heightened awareness of love, that dependency upon what this instrument would call the One Hundredth Monkey Effect, the hope being that eventually more and more entities are forming lighthouses, light groups, study groups, meditation groups, groups of all shades of devotion and way of expressing devotion to the infinite Creator, yet groups that harmonize in wishing light and love to planet Earth and its people. These goals are moving along with speed and we see many more places of light coming to be where entities may come into small groups and form spiritually oriented friendships, fellowships and families. These possibilities for increased light at this time are great blessings and we encourage those opportunities that come one's way for these are opportunities to add one's light to the light of many others. And these opportunities are occurring with greater and greater frequency for those of your peoples who have awakened.

Know that the Earth will be fine. It is the sadness and the sorrow that shall occur if the Earth must give up upon humankind that is the tragedy here. Therefore love the Earth, express that love by direct relationship with the Earth, spending the time with the nature and the state of nature and simply sharing love with the Earth, experiencing loving and being loved as you breathe the carbon dioxide for the trees to inhale and as the trees exhale their oxygen so that you may have life, rest in the harmony of the one infinite Creator, and be healed.

We would at this time ask if there are any follow-up queries that we may help you with at this time?

Jim: I would like to know about that tone that he has experienced in his right ear for a number of

years, a very light tone, what that tone might be for, what it might be a symbol of or a result of?

We are those of Q'uo, and are aware of your query, my brother. This tone is that confirmation of a positive conclusion that you have set for yourself. The similar tone upon the left side would then be the indication of a negative response to a conclusion that had just been reached. This is not a fast rule, for other causes can produce tones within the ear. However, it is helpful when such a tone is perceived to think back upon that which was the issue upon the mind at the time the tone was heard and see if there might be some information within that sound that is perceived within the inner ear.

Is there another question, my brother?

Jim: When J does breathing exercises he goes into a certain state of suspended animation where he hears another tone. Could you explain what that tone might be?

[We are those of Q'uo.] The one known as J has the separation of a slight nature of the inner bodies from the physical body as the complete cessation of the respiration occurs. The inner bodies are lifting somewhat up into the gateway and moving up, shall we say, the silver cord or the spiritual shuttle resting in the information stream that is down-pouring from the one infinite Creator. This indeed does alter the consciousness, and the noise is as if the car window were cracked a bit allowing the universe of airflow outside to enter the protected shell of the physical vehicle.

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

Jim: J feels a connection with those of Ra, with the Great Ones of the Central Sun, and with those of Metatron. How can he make that connection more apparent and how can he use it in his own spiritual journey?

We are those of Q'uo, and are aware of your query, my brother. The precise status of connection to entities with these names is ...

(Tape ends.) ✽



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

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SUNDAY MEDITATION

APRIL 6, 2003

Group question: The question today, Q'uo, has to do with what it seems like a lot of people are feeling these days, because the United States is engaged in a very destructive war with Iraq, and times just seem like they're full of stress. There's more to do than there's time to do. A lot of people are feeling sadness, anger, frustration and doubt. These things just seem to come bubbling out. We're wondering if there is a way of maintaining one's harmony in such times; if there is a way of dealing with these difficulties that will bring us back to harmony? We appreciate anything that you might have to say about how we can deal with the difficult times that are within us and about us.

(Carla channeling)

We are those known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We wish to thank you for the great blessing of your company and the beauty of your vibrations as you sit in this sweet circle of seeking. We thank you especially for taking the time out of that life which, by your question, is represented as being most busy and somewhat difficult. Yet you have found the time and the place to come together simply to seek the truth. For this we thank you, for it is a great blessing to us to be able to share our thoughts with you and to be called to your meeting.

We share these thoughts with you with the request that, in listening to them, each be very discriminating as to those thoughts which you accept

and use as resources. We would not ask that you look upon us as authorities but rather as those with an opinion which we are glad to share on the basis of our being friends and neighbors with you, not simply in terms of time and space but in terms of the nature of our beings and the journey which we share. If you are able to use your discrimination in listening to our thoughts then that will free us to be able to express them without fear that we would be infringing upon any entity's free will.

You ask us this day concerning the peace and harmony that is so beloved and so dearly sought among your peoples and yet is seemingly quite elusive at times for many of your peoples. The description of the times as being troubled and the self as being troubled seem to be that truth which lies upon the surface of the minds of many of those present and certainly it echoes those thoughts which are upon the minds of your people in general, for upon a global basis the great cry of your planet and its people is for harmony and peace.

This instrument wished to use the term "grass roots," and we stopped this instrument from using that term to describe that energy which is bubbling up. For in "grass roots" we would not make the pun without intending to! And we wish to say that the energy of harmony and peace is indeed bubbling up out of the grass roots *themselves*, out of every seed and every living thing that takes its life from the soil and turns towards the sun in your second density. The energies which turn towards harmony and peace are those energies which you possess in each cell of

your vehicle upon the physical level, and in your finer bodies within the inner levels as well.

There is an instinct within each spark of the Creator's light for the balancing of the energy to a default setting of peace and joy. The impulse and energy which nurtures this into manifestation, however, is the impulse—not towards joy or towards peace—but that instinct that lies in the direction of single-mindedness or, as the one known as V has said, the discipline of the personality. So we would take some time to discuss this concept of the default setting of joy and peace.

It is our bias as we look upon this circle of entities, with their beautiful energy vehicles shimmering, that we see that view which lies the deepest most easily and that portion of you which lies upon the surface least easily, whereas within the physical incarnation such as you now enjoy, unless the vehicle in which you enjoy living has been born blind or there are other perceptual difficulties of a substantial nature, that which comes easiest to your senses and to your observational powers is that which is seen, heard, smelled, tasted and felt. The priorities of your earthly experience, then, focus upon those things about you as an entity which are the least authentic or real. And yet, it is at the level of these inauthentic and illusory structures which this instrument calls "consensus reality" in which you spend your days and your working hours. And we do grasp that there is every temptation and every logical reason for each of you to wander far from the concept of the self as one whose mind is on only one thing and that is the love of the one infinite Creator.

We gaze within this instrument's mind to find description of this paradox and find her experience of long and busy and well-crafted days of toil in which many chores of varying kinds are approached, organized and removed from the list of things to do. This, within this instrument, we find to be the source of almost no stress, and this is remarkable, for among your people there is the tendency, not only to have too much to do, but also to find oneself being concerned about the fact that one has too much to do. This kind of energy then snowballs upon itself and creates an ever greater sensitivity to one's lacks and failures to achieve that which has been expected of one either by the self or by others.

Within this instrument's mind we also find constant efforts towards the re-tuning of the mind and it is in

this direction that we would like to go in discussing ways to work with the situation which you now enjoy, which is, basically, a very good environment: observe, analyze, and alter the priorities of thinking which cause your particular mind and attention to focus upon one thing rather than another of the details of those things which are occurring at any particular moment.

At any particular moment an entity may be experiencing a multitude of catalysts. There are catalysts that come to the ears, the trains that pass, the telephones that ring. There is catalyst for the eye in the passing view and catalyst for all the senses in that which is occurring. There is catalyst for the mind in those thoughts which are sparked by the sense impressions of the moment. And there are those thoughts involved with the reactions to the original thoughts that have been thought by the self. In all of this arrangement, there has been no thought described which has not been caused by the outer environment impressing itself upon the being. The one known as C was expressing her desire to move beyond the thoughts of that level, to move into those thoughts which are authentic, original and her own thoughts, moving from the inside out and not from the outside in, so that there is a feeling of being, shall we say, as the flower that blooms to meet the wind, rather than as the scrap of tattered rag which the wind blows any way that it wishes to, for there is no root in the tatter but only material that has been beaten and torn.

Each of you feels at times as a tattered rag, as a thing for the wind to make sport of and play with and indeed it often feels as if the wind of spirit has picked you up and put you down someplace where you would rather not have been placed.

To the mind that is focused upon the love of the one infinite Creator, the view of all that comes through the senses, the thoughts concerning those sense impressions, and the thoughts judging those thoughts about sense impressions are all seen as the bits of froth upon the surface of the waters of life that they are. If the single thought that the mind is stayed upon is the love of the infinite One, then the being within has the opportunity to choose to maintain that focus, not only in those moments of silence but also in moments in the noise of culture, of warfare, of crowded conditions, of distressing

amounts of inequality in a world which yearns and hungers and demands absolute equality.

In your prophetic literature, in your myths and in your sagas, there is much concern for transformational times. Within ancient Roman literature there is Ovid gazing at the metamorphoses of nature and of humankind. Dry-as-dust historians have gazed at the rise and fall of empires. The energies of spiritual leaders such as Jesus the Christ have focused upon the transformation of that which is material into that which is spiritual. And this instrument has followed a long line of studies of various religions and mythologies and philosophical systems in which this matter of how one helps oneself to transform from the lesser into the more noble aspect of self. The stuff of transformation is the stuff of waking from a sleep.

Fortunately, we have that very humble and accessible example of the kind of change that you all face at this time. It is a time of transformation, perhaps most importantly for your planet. The very Earth which has bred you and nurtured you is itself now being born, and this effort and labor go well. Yet there is difficulty. The difficulty is critical in that if the delivery continues to go poorly there will need to be the equivalent of the Cesarean, the removing of portions of the skin of the Earth that the new configuration of the energy-body of the Earth may have room to be born in its appropriate shape and arrangement of energy nexi. It is more for the planet than for the people that many of you have chosen to be in incarnation upon the planet at this time. It was your hope that you would be able, by awakening within the dream of physical life, to become a magical person, a person able to act as a crystal entity, receiving energy, transmuting energy, and sending energy out into the fourth-density web of planet Earth.

That which distracts is always a detail, that which calls you back to remembrance is always discipline. Very seldom does nature so configure experience that it is impossible to miss the spiritual signals. Most usually the hints and clues of spirituality are so configured as to be completely able to be missed, able to be glanced over, able to be prioritized below the threshold of awareness, [displaced] by the affairs and details and chores of the day. Each is aware of the spiritual figures who have indicated through history that, when they are busy, then is the time to

rise earlier so that they may pray longer, for it is in the praying that the work gets done rather than in those long daylight hours of toil. This is a great key for those who have ears to hear. We are not suggesting that entities must get up early and meditate before they begin the day in order to prepare, but we are suggesting that the mind of an entity is that which is in a state of extreme vulnerability to the mental conditioning. The power of suggestion is great. Each entity has seen many examples of such suggestion, the most common perhaps being that when one entity yawns, those about that entity will quite often catch the yawn and find themselves expressing similarly.

So it is too with the mass media, the television and the newspapers, those agents of consciousness of which I was speaking, that tend toward creating cookies of the right shape out of the dough of entities' thoughts so that entities' opinions upon certain subjects bear a remarkable similarity. They have been listening to one source and in that source lies a structure which seems to explain or justify actions. And [yet] in the details of these actions there is no end to the shades of gray, the ethical questions, the causes for sorrow or anger or concern of one kind or another.

The simplicity of the solution is funny. For the solution to the awareness of trouble is in the turning of the consciousness to the love of the infinite Creator. We do not intend this as a greatly abstract concept. We intend this in another way and we would ask you to open yourselves to the concept that you *are* the peace and harmony that you seek, for you are a spark of the one great original Thought of the infinite Creator. Say that the Creator, in its infinity, in its impossibility of being described, is a vibration. You have that original vibration, which is unconditional love, as the basis of every cell of your being. Without that Thought of love has nothing been made that is made. It is not something you possess, it is your very nature, it goes far deeper than the marrow of your bones, it is far closer to you than your breathing. It is far more real than the impressions of sense. For it is that impulse and spark without which you could not take thought, take breath, or enjoy existence or consciousness. This nature of the principle of Deity is the heart of you, is the truth of you. You are as the stone within which the perfect sculpture hides. Each detail, each chore, each duty, each disturbance, each warfare chips

away, pounds away, hammers away, rattles away, and aggravates away bits and pieces of detritus, of those things that are not you, gradually beginning to shape that faceted gem that lies within the details of a busy, earthly existence. How blunt are the instruments of catalyst! And yet how effective.

When one begins to become aware of this process of catalyst and experience, learning and transformation, one begins to be able to pick up some tools to use that are not as blunt as the blunt instruments of outer experience, things learned the hard way. And once again, the key to making use of these finer instruments, of removing and distilling from the self those impurities which one targets and wishes to see fall away, is the will. And each time the will is used to lift the self from that archipelago of small confusions to a place of spiritual attitude and consciousness where these details are seen as details like any other, a burden is lifted off of the attention. It is as though blinders are released from the eyes and for the first time, by asking of yourself this discipline of attention, you may begin to experience the unreasoning feelings of joy and peace of which this instrument was speaking earlier. For it is our opinion that it is this instrument's long years of attempting to be disciplined about returning the mind to the silence from the details that has gradually enabled this instrument to find a measure of peace that does indeed pass understanding.

The Creator within you, the Truth of yourself, is happy to live your life. You have sufficient spiritual impulses within you to move through your incarnations in a state of true peace and undiluted joy. Yet it is something for which permission must be given from the self to the self. One must give oneself permission to be content and happy and blessed, for these are not things which are in the training which your culture offers its people. It is not taught among your peoples that happiness is a natural state, but rather that struggling and competition are the natural state. And each is aware of many ways in which the culture itself offers these lessons to those who are growing and in need of instruction. Always it is the spiritual sense alone that is able to release the conflicts, the struggles, those things which are the truth of the illusion, in order to turn once again to the stunning mystery of oneness, to the love that is all that you see, to the light that has created all that is, without blinking at those things which seem good and which seem evil.

The life that is lived is a work of great subtlety. There is an unlimited potential for transformation within the physical illusion and the limits are released one by one by that entity who is willing to ask of the self, "Yes, but who am I beneath that detail; yes, but who am I beneath that action? Who am I, whose am I, why am I here?" When faced with disharmony it may be a resource for you to think to yourself this thought: "Who am I? In terms of that situation that is 'out there,' what's the situation with me? If I am a creature of love, then what am I doing in this situation?" To look at the situation and to react as you see it from the outside in is often less than helpful. To gaze at a situation from the inside out is to find the love within that particular structure and then to be the defender, the protector, and the expresser if need be, of that love. Whatever it is that you gaze upon, whoever is reaching out to you that asks for a reaction from you, attempt if you can to leave that situation, that relationship, that moment in a little better order than you found it, with a little more love, a little more understanding, a little more of the Creator's freedom in the atmosphere.

In almost any situation it is easy to lose the tuning of mind which is that tuning of yourself that holds remembrance that the "I" of you is an "I" that is far more than the personality shell and that self which lives the surface life. Who is truly living your life? Infinite Consciousness would like to live your life. It is a matter of getting out of Its way.

Those who remain silent may be those who have the most wisdom. Those voices that speak the loudest in your society may well be those voices which offer the deepest confusion. Consequently we encourage your appetite for the silence. We encourage plunging into that muscular silence that is the speech of the one infinite Creator and going as deep as you can for as long as you can whenever you can. If you only have thirty seconds or two minutes, or five, you may visit the gateway to intelligent infinity. Take the time, whenever you can, to release your energy body from its very strictures to refresh it, open it up. And when you find yourself in the open heart, we greatly encourage your sitting there for awhile with that one great original Thought that is love itself. Rest in the love that lies within the heart and know that it is the truth of you, it is your deepest self. And then go forward in your armor of light, knowing that those things which are of earthly origin will express as they must and that all things that live shall die and all

that passes from illusion shall once again come into being. Rest in those cycles that lie beyond sense. Rest in that mystery that lies beyond mind. Rest in the feeling that you have ...

(Side one of tape ends.)

(Carla channeling)

In order for personal learning to occur and in order for you to do your service we are always happy to join you in your meditation in order to deepen that state of meditation that you may enjoy. And there are many entities in the unseen worlds which are alert to those who seek in various directions.

Consequently, it is a matter of knowing that which you are and that which you believe and then asking for help from those structures within which you feel comfortable asking. This instrument would call the help angelic. Others would describe various entities of various levels of the inner planes by various technically more accurate names. Our point is simply that there is tremendous energetic help for those who have become clear as to what it is they seek, who it is that they are, and why it is that they have chosen life at this time.

Move into a feeling of as full an awareness of the self as can be had. Ask for the help that is there. And then find that courage which releases the self, in a state of complete vulnerability, to face the next moment without preconception.

We are informed by this instrument that our time with her is up and consequently, and with good grace and humor, we gladly leave this instrument and transfer this contact to the one known as Jim, that any questions remaining upon the minds of those present may be addressed. We leave this instrument in love and in light with thanks. We are those of Q'uo.

(Jim channeling)

I am Q'uo. We greet each again in love and in light through this instrument. It is our privilege at this time to ask if there may be any further queries remaining upon the minds of those present to which we may speak.

T: Yes. I have a question that continues right off of what the entire channel was about. I've never believed too much in entities from outside of myself influencing me, but I'm coming to believe that, in the last year or so, that due to whatever reason, I'm

drawing more attention to myself. Could this just be the general upheaval which everyone is experiencing? I don't know how far you can comment without going beyond the Law of Confusion, but please comment as to whether I am being specifically targeted or is this just a general thing that everyone's having to deal with at this time?

I am Q'uo, and am aware of your query, my brother. As we look upon the experience which you describe we see that that experience is one which is common to many people at this time. For there is within many such as yourself the great desire to be of service in a situation which does not allow the service in the manner which you desire to give. Thus, you feel a great deal of powerlessness. This powerlessness is full of desire to serve which has been blunted. This causes there to be a blockage of energy, shall we say, within your system of energy centers. There is a kind of fracture of the crystal that may be observed in such a situation where the energy applied by those of negative polarity to those who wish to aid but are blocked in their aid causes the fracture, a catalyst, to become apparent and to vibrate in an overactive manner and then to express as you have described.

There is the need, shall we say, to examine the fracture, the catalyst, that triggers the difficulty within the meditative state. It might be well done to feel these feelings and to examine their origin. When one is more aware of the composition of the self, of the means by which energy moves through the body/mind/spirit complex, then one is less liable to suffer the intensification of difficulties that one has freely chosen. It may be well to find a positively-oriented project where one can construct a symbolic mending of the fracture within one's energy centers. For example, there may be various small projects or items about one's dwelling place that need repair, that need cleansing, that need attention. This can be a symbolic expression of energy that then is felt within and allows healing to occur within, therefore repairing the fracture.

Is there another query, my brother?

T: No, thank you very much.

I am Q'uo. We thank you very much. Is there another query at this time?

S: I have what I wouldn't say is really a question but more of a statement. I notice as I go through life with family and friends around me, that sometimes I take [them] for granted, and don't always show my

appreciation and gratitude. I'd like to include you, Q'uo, and, as you say, the heavenly hosts and to express my gratitude and appreciation of [your] being there when I feel like talking to you or just knowing that you're there, and the help and love that you've given. I just want to express my love and gratitude again for all that you've done.

I am Q'uo, and we are most filled with the same love and gratitude, my friend, that you have expressed for us. We feel this for each entity such as yourself and all those who seek to be of service in this illusion that you now inhabit for it is not an easy task to move through the darkness with but a small candle to light the way and there are many missteps in the darkness. We are happy to join any entity who asks our presence for the purpose of, as you say, listening, to blend our vibrations with your own, to perhaps offer a bit of inspiration that may aid in the movement through the daily round of activities and the many experiences of catalyst that are part of the third-density experience that each of you now inhabits.

Is there another query at this time?

S: Not for me, thanks.

J: Yeah, I have a quick question, Q'uo. Do you express yourself in other groups such as this one, in this world?

I am Q'uo, and am aware of your query, my sister. We of Q'uo are privileged to speak to this group using the verbalization technique of channeling, as you have called it, but restrict our contact with other groups or individuals to a more personalized sense of blending our vibrations with theirs. There are, however, portions of our principle, such as those of Hatonn, which do speak to other groups and have for a great many of your years. The mind-to-mind contact that produces the channeling phenomenon is one which is difficult for most to initiate and more difficult yet to maintain. So even though there have been attempts to make this kind of contact with other groups, for the most part they have been short-lived. However, we do not measure our success at service by the channeling type of contact which we now enjoy with this group, for we find it is possible to reach with our hearts in love and light to all the creation and are pleased to feel the loving response of the great majority of the creation with which we are one.

Is there another query, my sister?

J: Well, I, like S, would like to really give a heartfelt thank-you. I do feel your presence. I feel like that when I work with other people and do massage work I feel your presence. I've been feeling it more and more since belonging to this group. You're a big part of love in my life and I really do appreciate that.

I am Q'uo, and we return your loving respect and pleasure of company, my sister, for it is our great joy to be able to be with each in this circle and with any entity who requests our presence, for when we tabernacle with any we tabernacle with the one Creator. Your experiences are unique to yourselves and each time we are able to blend our vibrations with yours we find new ways of expressing and experiencing love and light.

Is there a final query at this time?

(Pause)

I am Q'uo. As it appears that we have exhausted the queries for this circle of seeking, we would once again thank each present for inviting us to join you in your circle of seeking. We are always overjoyed to be able to join this group and we look, as you would say, forward to these gatherings though forward is perhaps a misnomer, for we live as one being at one time at all times. The illusion which you now inhabit is one which plays a trick, shall we say, in order that you may do a certain dance, make a certain choice, give of yourself in love and move one step further in your union with the All.

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



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SPECIAL MEDITATION

MAY 3, 2003

Question from R: This evening R would like to hear whatever words of wisdom or love or enlightenment that you might have to offer him concerning the journey that he has taken and what would be most appropriate for him now.

(Carla channeling)

We are those known to you as Q'uo and we greet you in the love and in the light of the one infinite Creator. We are most blessed to be with you this evening and we thank you for the care for your soul's truth that has led you to set aside this time and this energy for this purpose. This instrument also has set aside this time and this energy which are hers for this purpose, as has the one known as Jim. Consequently we are honored and privileged to be able to share with you these thoughts that form the message which we have for you this day. Please be aware that we would greatly appreciate your utmost discernment in listening to that which we say, keeping only those thoughts which resonate deeply within you as personal truth, having the character of a memory recalled. Leave aside all those things which may trouble you or not fit those parameters of your discrimination which are such faithful sentinels of your own truth, which is unique. This will enable us to speak our thoughts without concern for encroaching upon the freedom of your will and we appreciate it greatly.

We see the landscape which you offer at this time as the man solitary and alone upon the hill, gazing out over a vast and trackless land. We see the attitude

with which this figure is viewed as seminal in this circumstance, for the trackless waste may be desert, or it may be the fecund and infinite ocean out of which all life springs. It can be the desperate regions of the Sahara or it can be the gentle shore of the ocean of life. Such is the case of the solitary man upon the hill. Is it a hill of good dreams, or a hill of nightmares? Is it a hill from which one is looking upon the past, or is it a hill from which one is gazing upon the possibilities of the infinite divergencies of the present moment going into the future?

We are gratified, my brother, that you chose to refrain from delimiting the parameters of that which we had to say, for we are therefore much more able to use those images and words that move beyond word into emotion of which this instrument is capable. So are we able to speak in this way, when complete freedom of expression is offered and pot luck is taken, shall we say. For we care deeply to answer that which has been asked, not to answer that which has not been asked, and not to infringe upon the learning that is implicit in the question. Consequently, rather than asking, you knocked, and a door may open and for this we thank you.

This instrument had been discussing the broad range of clients with a fellow counselor. And the other counselor suggested to this instrument that the vast majority of his counselees were experiencing the feelings of guilt and unworthiness that come from not setting down the catalyst and experience of the past, not attending to the releasing of old energy and thus being stuck between the past and the guilt

thereof, and the future and the fear thereof. This conversation was not without its rhythm in this own instrument's process, for it deals with continuing triggers which open into unworthiness, which effectively deflate the blooming of this instrument's joy in the present moment. Consequently this comment went deeply into this instrument's heart and we share the gratitude that this instrument has felt for this very common-sense observation.

The deep wanderings of any entity will include many episodes during which the knight in shining armor errs in judgment or in intention and consequently loses the luster of the feeling of honor that goes with the appellation of knight. While in the metaphysical realm, error is not seen in the same light, shall we say, as within your density and within your illusion. Nevertheless, within the metaphysical worlds there may be found in any incarnation those spots which did not come clean, those stains of judgment which became catalyst for growth and cause indeed for those extremely understandable emotions of regret and self-doubt. We would not take from you the sting of this learning. For it has been helpful and will continue to be helpful in the way of the ore that is flung into the machine which whirls rocks at high velocity in order to crack them and to open up the ore within them. This kind of action is the corrosive and concussive kind of catalyst that truly creates the feelings of the darker side of the palate of colors of emotions that tell the truth about the essence of any biological entity which you may call a soul. This catalyst is that which is as the Beatitudes of this instrument's Bible. Those sayings, of the one known as Jesus, describe the poor in heart, and those who mourn, as blessed.¹

We ask you: why are these things a blessing? And we say unto you: as always in the gaining of truth, there is usually within your third-density illusion the

necessity for sufficient discomfort to rock the boat of complacency and pride that are the besetting errors of those who strive with every fiber of their being to be honorable, ethical and spiritually compassionate entities.

All other sins, or errors, as this instrument prefers—and so do we—to say, have this characteristic of disappearing beneath the compassion of the awareness that it is impossible not to err while within the third-density state. The releasing of the catalyst, then, has to do with an increasing ability to recognize the value of that which is known to you within this density of yours as the past. Indeed, it is the past only in the sense that your thoughts are those which are formed from that which is in space/time, that which is within this illusion. Consequently, the thoughts themselves deal completely with illusion unless the choice is made firmly and constantly to move the seat of perception from third density to that which is known as fourth density to this instrument; we believe that you are aware of these terms also.

How is it possible then, to find those moments when the mind and the thoughts become unskillful? For this is the basic nature of the state of mind into which you, as a personality shell, have stumbled, shall we say, in the way of left foot, right foot and perhaps not looking up often enough beyond the next step and the next, to see, shall we say, “the big picture.” To see that point of view which does not shift with the passage of 10,000 years and to see one's learning and one's service in that light.

We would wish to say, my brother, that in no way have you been deficient. In no way have you stepped away from every challenge. In all things you have attempted your best. And we share with you the fundamental and absolute perception that this is enough. This is what has been. Were it not enough, yet it would be enough. For it is what has brought you as a blooming, gem-like, crystalline entity to this moment, which is full of infinite possibilities. Had you hoped to be closer to your goal at this point, my brother? How do you know how close you are to a given goal? How do you know what the nature of your future may be? Indeed, no one, and we say this absolutely, no one caught within the bounds of space/time can know the future. For although the future has been formed from the standpoint of eternity, it has most decidedly not been formed from

¹ The Beatitudes:

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are the meek, for they shall possess the earth.

Blessed are they who mourn, for they shall be comforted.

Blessed are they who hunger and thirst for justice, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the clean of heart, for they shall see God.

Blessed are the peacemakers, for they shall be called children of God.

Blessed are they who suffer persecution for justice's sake, for theirs is the kingdom of heaven.

the standpoint of third density. Indeed, you at this time, shall we say, are on a time lateral, a sidetrack, not even upon the main track of evolution, as you work to move through this illusion which is so cleverly designed to give you the maximum opportunity to change, to transform, to make new choices and find new balances within the spiral of ongoing learning, evolution and service that is the essence of the love and light of the one infinite Creator.

You stand upon a hill. You gaze. And where shall you gaze? And what shall be your thoughts? Shall they be those thoughts that measure and judge the self as though there were a score beyond which one would succeed; in lack of which one would fail? My brother, this is decidedly not the case. The score of which this entity is aware in a quantitative sense is the score of 51% service to others by intention and we hope that you are aware that you are vibrating as service to others at this time by a comfortable margin. There is great purity and sweetness in your desire to serve purely. We ask you to know, for the first time, your nature. To know and begin to have faith in that essence which you have chosen as your essence.

Have you erred in some way in the past, as this entity has, as the one known as Jim has? Yes, my brother. Blessed are you, for you have erred and now you can begin again as if for the first time except that now you have knowledge. There is a knowing within you that you will remember because it is burned and etched into you by the corrosion of catalyst. But you have sweetened this catalyst, little by little and it is that energy which we would encourage you to shed upon this entire concern at this time. We give this instrument the word, *forgiveness*.

You have harmed no one. We may say that the attempt to take on another entity's difficulties in order to free him of them is, to our way of thinking, somewhat distorted. Might we ask in this case if it would not have been more skillful to take on that entity's perfection and know that it was the truth? By believing that which you saw, and not believing that which you did not see, you were more skillful upon the level of what this instrument would call the akashic plane and less skillful upon the level of what this instrument would call the outer planes. Universally, it is less skillful to choose the near

target, of working with the pain, the behavior, and the illusion. Always, knowing the truth of perfection is the more universal and the more truly metaphysical solution to gazing at distress, difficulty, damage and distortion in general. That which seems utterly dark is also the light. It has become distorted. As this instrument often says: it has departed the factory specifications. Yet it is still the light. Like all true vines, it is attached to the one great original Root, the Thought, the Logos that is love.

What can there be besides love in a universe in which all things are one? That which you see in others you may work upon within yourself. By knowing the truth, it is true for you and it is true for that entity. You see that the dark side is an illusion which may be charmed with the art, the pretty stories, the songs, the lilt, the melodies, the gentle motifs, of the storyteller, the poet and the singer.

When that choice is yours again, we suggest simply attempting to see in a more balanced and more universal way that which you actually are seeing. Attempt to see *into* and not *at* the situation, seeing beyond the apparent into the divine that surrounds and penetrates it. This knowing is not an infringement upon anyone. It does not need their approval, their agreement, or their understanding for it is not a thing. Rather, it is an essence. Share your being, share that which is in you, that which is the true self of you, that which is what this instrument would call "the Christ within." That consciousness that is unconditional and that knows that all entities in absolute equality of essence are one with the divine.

We stand with you upon this hill in all times, in all places, in all seasons, those who have heard your call. Nothing can separate us. There are energies, which are yours, which guide and aid and give encouragement and support even to one who is in solitude of being. It is well to lean into this support as you would into an extended family. There are energies of fourth density, fifth density, and sixth density that are connected with you. These extended families are energies and essences of a light that cannot be subverted. They can be activated by the focus and the surety and confidence of your ...

(Pause)

We find that this instrument has no word for the feeling of knowing that someone is ineluctably a part of your family. The more that you can rest in total

confidence that this feeling, this support, is there and able to help, the more this shall calm the troubled waters of the inner ocean.

Before we leave this instrument, we would wish to be sure to speak concerning the state of mind of the boiling and turbulent anger and so forth which you experience when you wish to meditate deeply.

As you may have inferred from that which we have said previously concerning your previous practice of aiding those about you by taking upon yourself their distortions, by moving into the astral and becoming an uninvited guest within their distorted worldview, shall we say, if we could call this situation an entity called "Weltanschauung." For instance, we could say that you invited Weltanschauung into your aura—to use the term very loosely. Within your energy body there then lurked Weltanschauung, who was not the entity that you attempted to help, but rather a thought form, consisting of your intention and this entity's distortion. Thusly, in affecting what this instrument would call a yellow-ray energy exchange with another entity, there was the shadow that free will had been gently nudged, if not infringed. It is a shadow area, that helping of another by the force of physical will.

Again this is a portion of that which is past and need not concern you at this time, except in that you may forgive yourself unconditionally and release the past, thanking it for the tremendous gifts of instruction which it has given you and turning towards a blessed future with confidence. This attitude will bring about that which it expects. That which an entity thinks and focuses upon is a strong power to alter the course of a very possibility-strewn existence. There are more choices to make than we can express through this instrument. Every instant abounds. Consequently we simply encourage those who seek the truth simply to be alert for there is information thick-strewn about the path.

The situation then is that there is an amalgamation of Weltanschauung energies which has gotten into the section of the aura which this instrument would describe as being mostly in the orange and yellow ray, those energies of resistance and other difficulty that you have picked up being mostly involved with issues of personal relationships and the relationship of self to various groups such as the family, the

marriage, and the working colleagues.² These are invited guests and consequently have enjoyed a pleasant ride within your nature. It is time to invite them to leave. We would suggest that you create for yourself, in the privacy of your contemplations and reflections, that which this instrument would call an exorcism. You may investigate the [Roman Catholic] rite of exorcism to see the fundamental shape of such an invitation to leave. Within the works that this instrument calls the Law of One there is some discussion of such a cleansing. And certainly within this instrument's mind lie many other avenues which can be fruitfully investigated, such as the American Indian tradition and the Hindu tradition.

One very simple method of releasing these thought forms is to remember the essence of each distorted thought form, whether by the name of the entity which had it or by some description of the shape of that suffering which you invited in. Write each down and then ritually and with solemnity burn each piece of paper upon which these essences are represented. It need not be complex. Yet [if you wish] it certainly may be so, and we suggest that the inner self be invited to create the most acceptable and appropriate words and actions for you; ones that express most purely your acceptance of yourself, your acceptance of these thought forms, your invitation for them to depart and your inviting them to do so in the name of that which you hold the highest and dearest of all things, that for which you would live and that for which you would die. Stand upon that which you are, that which you know, that which you believe and have faith in and say, "Goodbye. I thank you, God bless you, be on your way now. Be gone."

² Carla: I read this sentence through a lot, as I felt sure the Q'uo group did not intend to suggest that one exorcise the family and friends one loves. I believe they were talking here about the times R had taken on some sorrow or time of suffering for such people and suffered with them to the extent that he was suffering for them. Insofar as he as a person and healer would be distorted about the nature of that suffering and the nature of true healing, to that extent would R's own perception of the energy be skewed, and since what we perceive is truth to our minds, R's memory was keeping "untrue" versions of these relationships, based on past times of sorrow and his joining the suffering one in confusion rather than "knowing" the truth of perfection and rightness. However, I leave it just as transcribed. My interpretation could be all wrong!

We would now at this time ask if there be those follow up queries which you may have upon your mind?

(Long pause. No verbalized question.)

We are those of Q'uo, and we are with you, my brother.

We are most aware of the lack of what you call ego and we find your imaging charming.

A point we would make as we depart is that there is, for each choice to martyr the self, that choice to use slightly more wisdom and to extend the time within incarnation. This is not meant upon the literal level. It is quite subtle but is the level at which you function at this time. It therefore is at a deeper level than words and we cannot express ourselves directly.

We at this time depart this instrument and this contact with feelings of joy and of gratitude so, so full in our hearts. We leave this instrument and this group in the love and in the light of the one infinite Creator. Adonai vasu borragus. ✨



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SUNDAY MEDITATION

MAY 4, 2003

Group question: The question today, Q'uo, is please expand on the difference between serving and pleasing. It is mentioned in the [L/L Research] transcripts many times but it is mentioned as though we should already know what they're talking about. So we appreciate your giving us the difference between serving and pleasing.

(Carla channeling)

We are those known to you as the principle of Q'uo and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank each of you so much for the privilege of sharing this meditation with you and for taking the time and the energy from the busy schedules, about which you were speaking earlier, in order to seek truth. We are happy to share with you our thoughts as they come to us on the subject about which you asked, of the difference between pleasing and serving others. We, however, would ask that each of you use your own personal discrimination in listening to that which we have to offer. For we may offer some things that are helpful and other things that simply are not and we would greatly appreciate each of you accepting only those things which seem fair and resonant and right to you, allowing all of the other thoughts that do not ring true to be forgotten. For we would not constitute any sort of a stumbling block in any entity's progress.

As we gaze upon this interesting question, the memory which this instrument has of many attempts within this instrument's earlier life to be of

fuller service that were rated by this instrument as unsuccessful, come before us as that about which we would speak as the beginning of this topic. This instrument is, and has been, at a greater extent than is usual upon your planet, one who has been centrally concerned with the question of how to serve for all of its incarnational existence. And in this instrument's early years she lived a childhood that was unusual compared to the cultural norms of your peoples in that this entity was more responsible and had a work and duty-ridden existence such as that of an adult at a very early age because of the circumstances of her family's life, lifestyle and the occupations of the parents of this birth family. Consequently, this instrument was constantly serving others: babysitting, cooking, cleaning and doing those services that are common to all who maintain a home and take care of the creature needs of the family. However, this particular instrument enjoyed the company of two parents who were very intelligent, very naturally critical, and due to lifestyle considerations, often very far from sober, thus creating a situation where the instrument was constantly serving and indeed, serving well for its age and abilities. However it was being told constantly that it was not serving well, and indeed, nothing was ever "good enough."

Consequently, this instrument worked for many years as an adult, consciously moving back into the child years and comforting and loving that child self, which even now sits upon this instrument's lap, a beloved child at last, adored, pampered and given

every creature comfort of which this instrument can think.¹ For truly this instrument has discovered that the secret to recapturing its magic of youth and innocence and dream-vision was connected with the lack of forgiveness which this instrument had toward its child-self, having judged, not as a loving entity would judge the self, but as a thoughtless and critical entity would judge the self. This healing has been an ongoing process within this instrument's experience of regathering its child self to its heart and becoming that mother and father that truly adored this very human and error-prone entity known in this incarnation as Carla. This ability to move back in thought and to do work in consciousness, having perceived a lack of love, is very helpful as a resource for an entity who is working upon how to serve others in the highest and best way.

Now let us back up from this storytelling to a far hill where we stand to look over the terrain of this metaphysical land within which we traverse as we discuss the question of how to serve. In terms of the cosmology of which this instrument is so fond, the Earth and its experience is the realm that could be called a school. It is a beautiful, marvelous, magical schoolroom called Earth upon which the entity is born, upon which it receives every catalyst which it needs in order to think new thoughts and transform into a new being, not just once but as a continual spiraling progression. And it gratefully accepts the [return to] dust of the physical body when that soul which has done its work within bone and flesh finds that the Creator has called it onward, the lessons here being finished.

It is a specific kind of classroom. The subject of this particular grade which this instrument calls third density or human existence upon planet Earth is, "How To Love And Be Loved." The paths that each entity enters into in this life are in one way fated and designed ahead of time; in another way, completely and specifically a matter of free choice, so that each turning in the road offers the choice of one or more differences of direction which may seem small at the time. But down the road a few paces one finds the roads diverging rapidly. A few paces more, and the two roads, or three roads, have moved in such

different directions that one road no longer gives a view of any other. And then within *that* road that has been chosen, another series of choices opens up that may just as rapidly move one forward into yet another situation. This is a beautifully designed, though paradoxical construction of synchronicity and will, in which the soul coming into incarnation, along with its guidance, decides upon what particular lesson shall be the focus of the incarnation.

All lessons have to do with love. But there are different threads of understanding having to do with loving and accepting the love of others that create many, many, different choices of incarnational lesson, some having heavily to do with the responsibilities of loving and expressing that love in very fundamental and practical ways; other entities having fierce but unseen catalyst having to do with a resistance or inability to accept love and to greet the love offerings of others with trust and faith. In each case the lesson is unique to the entity and the way that it comes into the life is carefully guarded. One way to pinpoint one's own incarnational lesson is to look back over the incarnation and to begin to see where the spirals have returned to the same theme again and again throughout the incarnational experience. In this instrument's life, for instance, the incarnational lesson has, in part, been how to love without expectation of return. This particular lesson, therefore, has come up not simply with the birth parents, but with other relationships that this entity has had that feel resonant and correct and right and yet have posed this same theme, motif and question as catalyst for this instrument's spiritual growth.

[This instrument] also has had to do a great deal of conscious work upon how to accept the love offerings of others. For, damaged and bruised by the catalyst of its early life, it became, unawares to itself, of the opinion that there was an unworthiness to that entity called Carla which must endure, for there was no hope of becoming adequate or worthy. It is ideas such as these that create a situation in which, rather than feeling confident and sure within the self, the self becomes cast adrift from that center of emotional security within the heart that knows itself to be a worthwhile person. And cast adrift thusly, such entities are ever prone to the self-doubt and the feelings of unworthiness and depression that concur with, or occur at the same time as, these particular distortions in the life pattern.

¹ Carla: My teacher, Papa, sent me a Raggedy Ann doll a year ago, which I declared to be myself as a child, and have subsequently loved with all the fervor of a new Mom! I ask her to tell me her dreams, and she does!

Now, in this instrument's case these relationships which occurred were carefully chosen, not for that which would be considered happy reasons, but precisely because they set up the dynamics in which this particular lesson might be best learned. The incarnational plan therefore has functioned beautifully. However, had this instrument not chosen to engage with that birth family in relationship work and therefore had this instrument never grasped what the lesson was or how to work on it consciously in this relationship, there were repeated instances where this instrument had planned carefully to meet other entities which would have been just as helpful in setting up the dynamics of a relationship of this instrument with an entity who was profoundly worthy of love but who was incapable of giving emotionally in return.

Thus, this instrument was teacher to those with whom it came in contact who were incapable of loving, for they received love even though they could not return it. And this instrument in turn gratefully drank in that seeming corrosion of difficulty in the relationship because of needs seemingly unmet which then cause this instrument to place itself within the spiritual regions of seeking, asking and silence: the listening, the waiting for the return of the voice that speaks.

In general, it is easy to identify when an entity wishes to be pleased. It is easy to identify that which an entity who wishes to be pleased wishes. And it is usually fairly easy to obtain that which is desired. Thusly, we do not feel that we need to speak about pleasing people. Indeed, it is endemic to this culture that those who are born with the biological persona of femininity have an enormous amount of cultural and familial training in pleasing entities. It is the way of this culture that the feminine aspect focuses upon pleasing and making comfortable those about it. And certainly the feminine persona is most gifted in this way by nature. Thusly, each may rest in the knowledge that when entities ask for something and entities say that they shall be pleased, there is a fair probability that that entity *can* be pleased, that the need can be met, and that the entity will be "happy."

To serve someone is a far different matter. Serving someone is not necessarily pleasing the entity. Serving someone is not necessarily doing anything to, with or for an entity. Serving someone is fundamentally the awareness that you and the

person you are serving are one entity, united, singular and absolutely equal. Rejoicing in the apparent differences, a servant of the light relates to other selves as "themselves," knowing that the self and the other-self are a certain kind of entity, citizens of eternity, dwellers beyond time and space, within a universe that is as wide as infinity and as small as the interior of the human heart. Indeed, may we say that from our perspective, the universe lies within each of your hearts and all the stars and all the galaxies actually reside within. So as you sit upon your blanket and gaze at the outward stars, you are also gazing within at precisely the same view. That which lies within you is infinity, blessing, grace and the infinite Creator Whose consciousness is all that there is.

Service is bound up in the knowing of this relationship and this nature so that when one who is a servant of the light and of the Godhead principle, shall we say, gazes upon an other self, no matter what that self is asking, the basic service is the connection of unity without judgment of any kind but with absolute faith that this entity is a spiritual entity and is to be honored, loved, respected and treated as a spiritual entity.

What is it to serve? Upon the surface it seems a thing of question and answer: "Ask and you shall receive, knock and it shall be opened"; "Can you make me a peanut butter sandwich?" "I certainly can"; "Can I have half of your peanut butter sandwich?" "You may have the larger half." This physical kind of service is easy to see. The problems begin to multiply in wishing to be of service to another when the lines of relationship have become tangled into the energy next the body of the relationship, so that blockages have been set up which create the inability to communicate fully. In this atmosphere there are hungers that cannot be fulfilled. There are thirsts that cannot be slaked. There are needs that cannot be met, or so it would seem. And in such a pickle it seems as though the universe has become full of centers of trouble, what this instrument might call "trouble bubbles," which keep coming into what would otherwise be a very simple equation and creating such confusion that no clear path to the most high or the most loving service can be seen.

Certainly the one known as T1, who has asked this question, is aware in many ways that there is no firm ground upon which a conversation concerning

things dear to the heart of either self or other-self may be voiced. For the blockages and distortions within the body of that relationship have become by repetition hardened in the way of thought forms into that which is set up as the situation in which the feeling of being of service is impossible to receive because the capability of other-self to express to self and the capabilities of self to express to other-self have been compromised. When service reaches an impasse in a deeply central relationship, such as the one known as T1 experiences at this time, the possibility of being gratified by a sense of having served becomes distant and rare. For that other-self which is being served is unable to become aware of the nature or the purity of the service. May we say that this in no way etiolates or annuls that service of true love freely given which the one known as T1 offers. This is a service. There is no hesitation in our stating that all who love serve.

Let us examine what occurs when one loves. When one loves, one is expressing the self, the nature of the self being love. The one great original Thought is a Thought of love. When this Thought of love decided to know Itself, each of you, as sparks of the divine, was created and then all of the worlds, densities and creations were created in order for the Creator in all of Its parts to have a place to play. The [classroom] level of this school of love which each of you enjoys at this time carefully hides the simple truth of this unified and loving nature. It is not apparent that all entities are one, for each seems to have an end at the skin and the hair and the appearance and all others seem to be separate from the self. It is the work of the student who seeks within to move beneath the veneer, the flesh and appearance, and especially the apparent firmness and stability of all things, for things are much more plastic and pliable than is usually thought within the illusion. For those who are able to move into the heart, and to open up into that self that is love that is the heart of each, the illusion begins to shimmer and waver and finally to drop away from time to time completely, showing the great ocean of unity and love and tremendous emotional support which the Unity of the entire creation offers to the one who is able to move beyond appearances. To the one who has become able to rest in her own skin, in the knowledge that she is a perfect and worthy spark of the infinite Creator, as well as a bozo, and a wretch, and a sinner, and all of the other appellations with

which humans are wont to name themselves when they see that they have made what they would consider mistakes. It becomes clear at last, as the mists lift, that all is well, all is One; the being is the service, and the doing, a secondary and distant detail.

Now this translates into rethinking the nature of service from a doing to a being. That which is done unto another is subject to the rules of free will. It is not well to infringe upon the free will of another. It is not well to criticize or judge another. It is not necessary in any case to do these things. Yet, there is the drive to serve that is or becomes a frustration for one who is having difficulty shifting back and forth between the world of appearances and actions, and the world of essences, energies and intentions. We would say then, focusing into service, that the heart of service is the full acceptance, respect and honoring of other-self as the self, and treating other-self as the self is treated. Within each entity's progress in evolution in mind, body and spirit, there needs to be careful and continuing attention given to the working with the self alone. Wherever an entity sees damage elsewhere, no matter how clearly that energy is another entity's, a key to working out this quandary of service and its appropriate nature is to do the work upon the self that the entity would wish to do upon the other-self.

Thusly, if there is great projection from other-self of judgment and control and this kind of careful tension built as a barrier between self and other-self which seems to be projected towards the self from the other self, then it may be skillful for the self to move into that area of self that is being criticized, that judged, controlled, unhappy area, as if self were other-self. As if there were a self that was able to come to the aid of the self that is being criticized, judged and limited. The self then, who is attempting to be of service to other-self works upon the self to affirm the self's value, to honor the self, to ask the self what it needs and in all ways to turn the attempt to serve other[-self] within so that the self seems to be serving the self, yet it is the self who loves, serving that self within, which is studying the incarnational lesson of loving, without expectation of return, loving, independently of the reaction, loving beyond condition.

What does this develop into then, as one shifts from the being of the loving heart to the doing of the

outside world and the conversation at breakfast, and the conversation during the night-time news? We do not know, we cannot know. Each entity and each moment are as those stepping-stones which springboard into “we do not know,” for each of you has an exquisite amount of free will and each of you has infinite possibilities.

When service is occurring it will become clear to the self only gradually and only by hindsight. And the hallmark of that service will be the awareness that the heart remained open throughout the decision-making processes of everyday life. There shall be many words in working out any tangled relationship; there will be many feelings and many balancings and rebalancings of the energy between the two. Yet when service is being successfully offered, there will be the continuing stubborn, quirky and absolute insistence upon continuing to see self and other-self as both worthy and loving and compassionate entities who are striving to solve that mystery which is implicit in humanhood: how to express the metaphysical nature of the self within the material world. The material world seems often inimical and unfriendly to the spirit. Yet indeed it is not, or need not be. For within that material world lie not just concrete and computer chips and men’s dreams of empire but also the call of the birds that the one known as S was mentioning earlier in your conversation as being such a blessing to him within his new abode, the feather of the eagle as the one known as F. was mentioning, and all of the blessings of earth and water and fire and air and the plants and the animals which make up your second density. All of the entities and energies are messengers, easily impressed and magnetized with news that is just for you, just for today, just for right now. We cannot tell you ahead of time what winged or furry beast, what street sign or road sign or chance-read word shall be a signpost for you but we can assure you that, as you look for them, they will crowd around hoping to be noticed. Information lies thick upon the ground, flies in the air about you and comes to you in every ray of light that the infinite Creator sends. The universe is alive, it is intelligent and it is working as one infinite being. You are a part of that. Not a mechanical part, but a living, breathing entity which breathes the air of eternity and whose concerns are beyond the trammels of the apparent passage of time.

When an effort to serve seems amiss, we simply suggest that the self take a very deep breath, in and out, in and out, and begin coming back from the details of the tangle to the truth that lies beneath the tangled surface of the waves of life. Picture the surface of your life as the choppy waves that seem to crash upon the shore, and know that deep within you, the truth of your being is as the liquid core of the Earth itself: calm water, quiet, deep, powerful, infinite and strong. This is your nature. This is your very essence. You are love. As you allow the surety of this one Thought to pervade your being, feel all concerns drop away leaving only the flame of spirit, only that love which created all the worlds that are and all that shall ever be.

We would at this time thank the one known as T1 for the excellent question which we have enjoyed working on with you although we fear our words are very poor. And we would at this time thank this instrument and leave it in the love and the light of the one Creator as we transfer this contact to the one known as Jim. We are those of Q’uo.

(Jim channeling)

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

S: I had one that C requested I ask. In a previous session it was mentioned about psychic greeting² and it seems more and more obvious that it is something that she is suffering through and I was wondering if you could elaborate or shine any words of wisdom or light on this situation.

I am Q’uo, and I’m aware of your query, my brother. When one feels that one has become the focus of the attentions of a negatively-oriented entity, and that one’s behaviors, thoughts and actions have begun to reflect this interaction in a negative fashion, then it is well to incorporate some means of examining the life pattern and seeking a means whereby the openings that offer access to such entities may be closed by the efforts of the self. Thus, we would recommend that the one known as C begin a daily practice of meditation; whether at the

² psychic greeting: psychic attack by non-physical service-to-self entities.

beginning or the end of the day or some time in-between is of her choosing. It is often easier to do a meditative practice at the day's end, when one can assess the qualities of one's experience during the preceding day and work upon these perceptions that focus one's attention upon one's behavior, one's thoughts, and one's responses to them.

Thus, during this meditative time it would be well if the one known as C could examine the recent events within its life pattern that have made an impression, whether to the positive or the negative, whether of joy or of sorrow, whether of what you would call good or bad. Then take this inventory of events and examine it with an eye towards choices made which may be less harmonious than are possible for the one known as C ... Examine those areas in which she has offered herself in a manner which she would choose to improve, shall we say, if possible. When there is seen a pattern, then it is well to begin a process of balancing this energy. The pattern may be of any nature, may be choices made in certain areas which were seen to be deleterious at a later time and then may be relived in the meditative state so that as the energies are once again felt that were felt in the beginning of the day and these energies can begin to be balanced by the conscious knowledge of the one known as C and of the natural balancing within the human soul that is possible when one has made a discovery that is in such need of such balancing attention.

The effort to make what we would call a cleansing is also helpful. This was our previous suggestion, that the one known as C attempt to find a way to purify her environment.

The environment of the mind, of the attitude, of the being, within oneself is also a good place to begin, but would need to be supplemented by the daily meditation so that there may be a continual effort to examine the part that one plays in the opening of the self to the possibility of psychic greetings. For such greetings do not occur by themselves. There is a choice that each entity makes somewhere within the life pattern that opens the self to the possibility of such greeting, whether negatively-oriented entities find their ability to work in any life-pattern when such openings are made either wittingly or unwittingly by the third-density entity. Thus it is well that any entity who feels that such negative greetings are a portion of its experience begin to

examine that experience with care upon a daily basis so that these openings may be reduced and healed.

Is there a further query, my brother?

S: That was interesting, thank you very much. Just one last one on a lighter note. You don't think that Funny Cide is going to win the Triple Crown, do you?

I am Q'uo. We are aware of your query my brother. And we find that we are less talented as racing prognosticators than as those who are able to comment upon the daily round of activities. We are sorry that we are not more helpful in this regard. Is there another query at this time?

S: No, I always ask every year. I just thought it was amusing, thanks.

I am Q'uo. We thank you for your levity and for your concerns. Is there another query at this time?

C: Yes, Q'uo, I have another one from T1. She says, "We are told that love is not an infringement on free will. What actually happens when that love is sent? Does it provide an increased probability or potential for love to be assimilated into that entity's life unconsciously? What happens on a metaphysical level? How is it a service?"

I am Q'uo, and am aware of your query, my sister. When love is sent to any entity, it then is a resource which may or may not be used by that entity. Most often there is little conscious recognition of love which has been sent from, shall we say, what you would call a distance or through time. But there is the unconscious recognition, by the receiver of such love, that one's beingness has been enhanced, that the possibilities are greater, that the resources have increased, shall we say. For at the heart of each seeker, there resides a supply of love that is the daily round of gift, shall we say, from the one Creator, the intelligent energy by which the Logos creates the one creation; by which the Logos provides each entity within the one creation the energy to partake in that which you call life. Thus, when one sends love to another, one amplifies that which is already there and sets up what might be seen as a harmonic wave that moves within the metaphysical realms of one's consciousness there to enhance that ability to perceive and utilize the gifts of the one Creator.

Is there another query, my sister?

C: Just a follow-up from me on T1's behalf. So there isn't any way in which loving someone can be considered an infringement on free will?

I am Q'uo, and am aware of your query, my sister, and this is indeed so. However, we see that many entities have differing definitions of what they would call love. The primary quality that we recognize is that it is unconditional.

Is there a further query, my sister?

C: I do have another question from another person. I would like to ask on T2's behalf: "What is the metaphysical meaning behind SARS? If AIDS reflects the public fear of sex, what does SARS reflect? What can we do to treat SARS positively?"

I am Q'uo, and I am aware of your query, my sister. We find that there is much within this query which would infringe upon the free will of many, so there is but little we may say in this regard. As to the metaphysical implications of this disease, as you would call it, we would suggest that there is much occurring upon your third-density illusion at this time in which there are populations of peoples being experimented with, shall we say, so that there is an added degree of difficulty in the life experience. Beyond this we may respond no further.

Is there another query, my sister?

C: Yes, T2 had a follow-up and I will ask it on his behalf although he did say that he realized that you probably could not answer it: "Is SARS a biological weapon that is being used by people against other people?"

I am Q'uo, and I'm aware of your query, my sister. We may speak in general terms and suggest that the gist of this query is basically correct.

Is there another query, my sister?

C: T2 asked specifically, "Was SARS made by China's government?"

I am Q'uo, and at this juncture we find the full stop of free will must be enforced. We may say no further. Is there another query, my sister?

C: No, and on T2's behalf I thank you so much, Q'uo. And also on T1's.

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

(Pause)

I am Q'uo. We would be happy to respond to a final query at this time if there may be one.

(Pause)

C: There don't seem to be any more questions, Q'uo, but we surely do thank you.

I am Q'uo, we are also most grateful, my sister, and we are grateful to each entity within this circle of seeking as well for inviting our presence this day. It is a great privilege and pleasure to be asked to join your circle of seeking. We ask that each utilize the powers of discrimination so that there is no word or concept which we have spoken that becomes a stumbling block in your area of seeking. If any word or concept does not ring of truth to you, we ask that you leave it behind without a second thought.

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



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SUNDAY MEDITATION MAY 11, 2003

Group question: We've had a general discussion that has touched on several key topics, the focus of which is that self-acceptance seems to keep coming back to center stage, regardless of what one thinks its importance level is. As one moves further along the spiritual path it continues to be the ultimate focus. Now, we also had a brief discussion about what it truly means to be a mature soul and how that involves loving yourself and thinking for yourself and not going along with mainstream consensus. So, with this as our basic background of discussion, we've decided to leave this session open to the forces to take in whatever direction they see fit for our mutual good.

(David channeling)

I am the Three. We greet you as three in one, the triune aspect of the higher self of entity David Wilcock. We are pleased with the opportunity to share our words of good fortune and commerce of energetic exchange. In our heart of hearts we appreciate greatly the opportunity to share these words with you, and only remind you that you can take as you will these seeds of thought and if there are those complexes of understanding that seem to surpass your own capacities, they may be best dealt with by allowing them to fall away as the rains naturally wash clean the buildings in the aftermath of a hurricane.

As the racetrack commentator would say, "Gentlemen, start your engines." So too is there a time of acceleration happening on your planet. It is this time where the gate bursts forth and the race is then run. The race is a symbol of this capacity for each soul to move beyond cleverness and into compassion. It is the race towards unconditional love for the self and for all others, seeing them as only reflections of the self in the various forms that it exists in oneness. You may smell the enamel coming up from your teeth as we drill through the cavities of your understanding. And the burn of catalyst can seem rather jolting at times, as it certainly can tap into a nerve. Those in this room in which we do these workings are not different from the mass of humanity at this time in that the catalyst of self is accelerating, much as in our racetrack analogy.

It is a dizzying process at first, to experience the releasing of those aspects of living that had seemed to be fixated before. One can be fixated on beliefs or on social structures of various sorts. The prospect of releasing these strictures is one wherein the inanimate difficulties of life's travails are then made animate or, in other words, where those issues of mind spring forth into physical form and become those which by necessity must be confronted directly in one's physical experience. In this sense, one could say that physical experience in the tangible and direct form is the final result of catalyst that has

remained unprocessed by other means such as the spirit and the mind complexes.

With this key you can unlock the door to the variegated mystery of self through experiencing quite directly those apparent punishments that life has provided.

We ask only that you recognize that the orchestrating forces of life make it clear that there is to be no larger experience of rather catalytic and suffering nature than is warranted for the evolution of the soul to occur in due course along a pre-described plan of action scripted by the higher self. You may see the octagonal red symbol, known as the stop sign on your racetrack, and feel the need to halt or to put on the brakes on this dizzying spiral of experience. This is akin to those who cling to the riverbanks, seeking the solace of fingers trapped in mud rather than letting go and allowing the eventual reunification into the ocean of oneness to occur.

We have spoken of the variance between a soul that perceives itself as mature and a mature soul. Many of those on your plane seek to embellish their true maturity by pursuing the avenues of distinction typified by that known as the status quo. This ability to refine one's understandings with the monkey-mind mentality, if you will, is indeed a skill, it is a skill of denial and dissociation. The collective understandings would support the war mongers, as some have called these entities, in order that there be a sense of satisfaction in oneself over what is occurring. It is much easier to confront the aggressor with love than with internal condemnation. It is, however, prudent to ensure that love not be confined to one's own social class or grouping but rather to expand to a more universal perspective and thus, though these words must seem very basic to some of you, see those Afghanis or Iraqis who are hurt, maimed and killed by bombings as being equal to yourselves and respect the fact that any support for a governmental figure should not exclude the full ramifications of their actions.

At this time there are those who choose support out of fear. They recognize that these patterns have established [themselves] within their own lives as well. We speak of the relative nature of the pecking order in a family for example, where perhaps the oldest sibling has an unequal amount of control over his or her brothers and sisters. There is a desire to see the object of one's authority in a favorable light, as

this allows the conception of the world being a good place to continue. There is a strong desire not to see the negative, not to face that which exists quite plainly for those with eyes to see and ears to hear. Many of you have lost your ability to speak, have lost the energy in the throat chakra, by failing to grasp the information that is present in your mind and taking an easier path of watching television for your news rather than studying those sources that are easily available on the internet and in certain venues of talk radio and satellite-dish television. These issues are only relevant insofar as they are the current catalysts that are the architecture upon which your lives are being led. May we point to the persistent cyclical nature of these events and in so doing explain that what we speak of now is as but the current foundry in which the steel is being hammered into swords rather than plowshares. This foundry exists whenever the populace of third-density [feels that a] vortex of being separate from God exists. Once this connection is again reestablished with oneself inside, there is the extrication of external authority figures from one's immediate influence and this is one aspect of the maturation of the soul.

The soul coming into maturity accepts self in spite of the apparent inconsistencies that are set before the entity. The deeper core of this realization is that the clock is ticking and each one of you is wearing a watch. On some level you all understand that this is the end of a cycle and that the changes that are occurring such as the nearly 300 tornados that occurred in the last week of your time, as we do this reading. [They] are symbolic of a change in consciousness that is happening. This change has been predicted for many thousands of your years of time as you measure it, Christian predictions only being a more recent example, and thus there is a deep knowingness that this is the last chance for third density in this current capacity. There is the often unwavering support for one's leaders despite the nature of nuclear holocaust that could be unleashed if there was not a greater degree of prudence of thought and action.

We feel that the entity known as Q'uo has more to speak on at this time regarding these "space pirates," as they have been called. And thus we transfer this channel. We thank you and we consider you to be our allies and equals in this quest towards infinite

knowingness. Peace be with you in the light of everlasting love.

(Carla channeling)

We are known to you as the principle of Q'uo, and we greet you with great joy through this instrument in the love and in the light of the one infinite Creator in whose service we are. We thank the one known as David and the Three and honor them and may we say how much we enjoy working with these energies and how much we feel thankful for the ability to share in the energies of these entities and of each of you. We thank each of you for seeking the Truth, and not by a passing thought, but by setting aside a significant amount of time, energy and love to honor the hunger and the thirst within you for that which is true, beautiful and noble. For indeed, you are experiencing a life in the fire of experience, in the foundry, as the Three have called it so well. And we would use another name as well, the athanor, the oven in which the alchemist places a base metal and ennobles it by knowledge of those higher truths which come from higher to lower, from above to below, faithfully to limn the nature of archetype within the fire of the crucible of living at third-density incarnation upon you present time lateral of third density as you are experiencing it.

This is not what could be called the average or normal way of the ending or the graduation from third grade or third density. In the case of many other sub-logoi, third density's endings have been breached with considerably less difficulty. The so called "space pirates" that you now experience as what this instrument would call "the Bush Boys" have to a fair degree been able to reinvent and recollect many of the tools and many of the subterfuges of past incarnational experiences. And many [of the] fairly small group of influential American statesmen who are following "the Bush Boys," are also remembering and feeling comfortable within the structure of support for such ideas as this instrument would describe as tribal and second density in nature, and falling, then, into a pattern which has indeed placed this particular planet for the last good bit of your experience of time in this density on a local time and space system which is as cut off from the main track as any shunt.

The way back onto the track happens at this time to be the graduation of the entities who are ready for harvest from this planet. The challenge for all of

those who feel called into service upon a global level at this time is to identify the purpose of the incarnation, to identify the best way to pursue this purpose and thusly to find the peace that lies within the self which has reckoned with both the situation that it believes that it has come to see before it, and the structure of—this instrument would say virtue—but we would ask her to pause while we find a more neutral emotional word for the way of the highest and best. This instrument has often been able to use the terms of knighthood: honor and chivalry, courtesy and that round table feeling of one for all and all for one. The *beau geste*¹ for many musketeers of Earth at this time is, from the round table of shared experience and concept, to create the fourth density by the way each entity within the round circle lives, moves, thinks and has its being. This is subtle work, yet each of you is, by this work, moving into the place within your nature for which you sought incarnation.

Now, you sought incarnation for several reasons. Many are the tales of suffering that have been spoken within this group this day. And many are those which have not been spoken. We may say that each within this group has, as this instrument has called it, experience in the "school of No."² These are all true experiences and excellent in their way. And it is the skillful seeker of spiritual maturity who reckons with these companions of the fire with enough respect and honor to sit with and keep company with these shadows of self, these powerful or troublesome indications that the self indeed has 360 degrees of self to experience.

This instrument has been encouraging each in counsel to investigate and get to know that dark side, for it must be loved also, and more, it needs to be disciplined and to be brought into the circle of self that is working together, for there are many selves within. And there are many voices that come to one who is seeking upon the path. Not [only is there] the voice of guidance that is primary to a certain entity, but also many other voices that, as an

¹ *beau geste*: A graceful or magnanimous gesture. [F, *Lit.*, beautiful gesture.]

² Carla: When Don Elkins and I first came together, I felt that I had entered into the school of No. May we be married? No. May we have a family? No. May we settle down in a home? It was a challenge for a 25-year-old woman who had intended firmly to have six children! Many preconceptions of what I wanted in my life eventually fell away because of this catalyst.

entity moves through initiations and various levels of realization, will come and be attracted to that seeking self who is blooming in a certain way which calls to the sense of beauty or the sense of spirit, these two things being so close within fourth density we find trouble choosing our metaphors, which, by the Law of Attraction, bring these, as this instrument would call [them], angelic entities, these essences of spirit, these entities that are based upon purified emotion, into the extended family of guidance which increasingly becomes available to the entity that begins to take hold of the process of spiritual evolution and begins to make those difficult choices of what to observe, of what not to observe, what to pick up and what to put down. Indeed, these ways of becoming more aware of the true nature of the self are very important to the eventual success of the mission of each of those within the sphere of the planet Earth at this time and incarnation.

There is the opportunity for that which is already present, but in a very hazy way, to become locally strong. The Earth, with the continual putting of the hostility and bellicosity of many of its entities into the energy of the its mantle, has virtually no choice, as an entity of muscle and blood of its own kind, but to shift the heat that is occurring naturally into a far more balanced way within your planet, into those areas which previously had not experienced so much difficulty with heat below the surface of the mantle of the Earth. When one considers that the heavier materials of the Earth, the oils, the metals, have consistently and for a period of your years been more and more focused within your particular continent of North America, it may be understandable to see the increase in seismic activity for the Earth entity which this instrument calls Gaia is more and more finding it necessary to express some of this heat in ways that it would not have previously, because there was not such a concentration of the heat within your particular continent. The very comfort of your physical vehicles at this time has the potential of becoming greatly disturbed because of the simple lack of awakened and focused compassion that is that which is the prerequisite for bringing in whatever stronger help those vibrations of unconditional love which are as the tie-down points for, shall we say, the airplane or the winged creature of unconditional love. How can you tie down unconditional love, after all? It is infinite; it is

mutable in terms of how the energy even expresses within your density.

As the one known as Carla stated, there are partial ways, so far, that your scientists have found to pin down the energy nexi of the incoming grid. There is only that portion of the science of consciousness which has been available to be examined by your scientists. The cosmic sector, as the one known as Larson calls time/space, only shows up as the infinitely changeable, yet always dependable presence of that which cannot be pinned down, cannot be solved, cannot be located and reined in. Rather, it is a harmonic and each of you are as the tuning fork. If you begin to start your own “tuning-forkness,” your own emotional essence, vibrating in unconditional love, and allowing that vibration to continue. all of those within your purview have an opportunity, of which they may be unaware, to allow that portion of them which vibrates at that level to join you ... And so you have the experience of entities who are able to be seeds of light and love, who seed a group and, by focusing on love alone, are able to begin the process where one heart fires another into spontaneous harmonic vibration as a resonance of that first heart that has found infinity and then another and another and another begin to light up.

This instrument saw a movie, as did the one known as E, in the previous diurnal period. And within that movie there was the vision that this hero within the movie had of all of the entities upon the planet, all of those who were unawakened, and all of those who had begun to change. When this instrument was very, very ill and in the hospital fighting for her life, as she prayed she began to see precisely the same kind of vision but it was the vision of all of those who were praying, not necessarily for this instrument but simply praying for all of those who were suffering. They shone in millions and millions of lights, and there was hope and certainty there that was precious and miraculous in this instrument’s process at this time. And indeed, was one of the keys to her rapid rehabilitation from that point.

And this instrument has also seen that there was an entity who was forced to mutilate itself by removing its own arm, for it had been trapped in the mountains by a boulder upon its arm. This entity also, in the powerful and challenging situation of pain and survival that this entity faced, prayed. And

when it did so, it also reported the same vision of all of the souls that were like lights, millions and millions of lights, that were lighting the planet keeping watch in the room of prayer that is common to each of you in this circle; common to every entity upon the planet; common to princes and paupers, Afghanis and Iraqis, and wealthy, wealthy Americans, and every other entity: intelligent, barely sentient, and everything in between, that lives and breathes and has taken a body so that the ensouled entity within may gain experience, may go into the furnace and may come out of that furnace with a gift for the infinite Creator of dearly bought and precious experience, and more than that, dearly bought and infinitely precious emotion. Never doubt the importance of those emotions that move beneath the surface of the situation, beneath the anger, beneath the grief, beneath the emotions of any descriptions which are easy and come immediately to mind. And indeed, simply sit with those first shallow reactions watching the self at work, watching the triggers go off, watching all of the playacting that you have learned to do in order to cope with a very difficult environment and a heavy illusion.

If you have the patience to watch *through* the processes that the mind puts you as an entity through, you may come to these peculiar moments of awareness, as this instrument would call it, where you are beyond the details and into that spacious part of the self that moves beneath that dense geometry of the surface experience into the much broader and more mystery filled caverns, mountains and ranges of the archetypical mind. This works, for the most part, on image, on myth and idea, and the connections that create new places within the mind. So each of you is extremely powerful to deal with this somewhat discomfoting situation as you gaze upon the Earth plane. Each has the capacity to generate focus, to generate intention, and thusly to open the door to such disciplines as maintaining silence, reaching through that silence to ask, and then finding the discipline to wait in faith for the movement of spirit.

At the same time, may we say what a joyful thing that we see in each of your hearts! There is a joy, a feeling: "*that now I believe I may have the possibility of service,*" true service, beyond the self, beyond time and space. And we say to you this is the time that you have waited for, in many ways, for each of you.

This is the time of opening and flowering development. And we find our hearts so full of pleasure and joy in sharing a bit in the experience of your awakening that we cannot express it.

We feel that we have spoken long enough for this group at this time and would ask the one known as J which the one known as Carla set this up with befortimes to read that query which comes from the one known as B.

(J reads a question from B.)

"It appears that the fourth-density harmonic grid forms the requisite structure for social memory between living organisms. Can you confirm this? And please feel free to make any comment that you feel would be helpful without infringing upon free will."

(Carla channeling)

We are those of Q'uo. And we find that, as this instrument said in her perfectly conscious state, there is some knowledge missing which would helpful for a responding in specifics to the one known as B. However, we will use this instrument for a while before we transfer this contact back to the one known as David and the one known as the Three.

The concept of social memory, while in a linear way perfectly understandable, is less understandable in terms of its venue, its place of occurrence. It occurs within what this instrument would call the cosmic sector. And yet the cosmic sector appears within third density only by anomalous behavior recorded in otherwise traditionally and classically accurate experiments having to do with the Einsteinian view of the universe. Thusly, the concept of social memory has anomalous characteristics. It may be said that such forms training wheels for social memory and creates the necessity for learning. However, we may say that there are other approaches—or another approach—which also yields social memory. Perhaps we could look at the two as inner and outer in their pathways. Or in another way we could say that the local, as opposed to the cosmic, both have their ways of developing fourth-density characteristics.

With that said, we would transfer this query to the one known as David and incidentally, as we will not speak with each again through this instrument, we leave each at this time with many, many thanks in

the love and in the light of the one infinite Creator. We are those known to you as Q'uo. Adonai.

(David channeling)

We are those of the Three, and we greet you in the light and love of the one infinite Creator. Bear in mind that the verses that are uttered at this time bespeak of distortions that are unavoidable due to the mismatch between your current physical conceptions and those of the templates of universal consciousness. As the one known as Ra has stated: Understanding is not of your density and there are those elements that remain inscrutable. With this disclaimer in place, we may enunciate further on this query.

The geometric structures so often sought after in your sacred science teachings, whether secret or public, have their importance as the solidified forms of vibration, and this is the ultimate point from which all other queries branch. They, i.e., the geometries, correspond literally to the solidified essence of light or sound, if you will, and the civilian victims of a holocaust may not be likely to understand such pains as can be wrought by the separation from understanding that comes about when this important truth of creation is lost once again. Your crop formations have been given by the Confederation to help enunciate the importance of these structures, for as a mandala of thought, they are unsurpassed in the capacity to align one with the vibrations of the one infinite Creator. It is for this reason that many of the cathedrals in the European continent have been built by those of the Knights Templar to utilize this system of sacred geometry in their construct, as have the temples themselves. The cloak and dagger capers that have occurred within self start to be erased as the geometries are contemplated and the greater capacities for self-acceptance are made clear in that transformation that then occurs.

The geometry itself corresponds to a crystallized consciousness template and therefore is indeed crystallized thought. Thoughts manifest as vibrations of neurons, if you will, in the electrical pathways therein. And, it has been discerned by your scientists that these neural pathways are holographic in nature in that a given sector of the brain is activated contemporaneously with other sectors and thus the information of memory is stored holographically rather than linearly in one area such as the pons or

the cerebral cortex or medulla. With respect to the structure of the thought forms it will be eventually discovered that these energetic pathways are geometric in nature and this is the essence for the roughly spherical orientation of the brain itself.

The neural information is a nested structure of geometries with infinitely intricate and ornate patterns that subdivide within the major geometric gestalts much as could be seen in the patterns of a paisley shirt, as this instrument calls it. These fractal patterns are also typical of what is seen on your Earth itself based on the positioning of conscious intelligent entities, whether in the form of your body complexes or in the form of second-density life including that of the vegetative nature. And so in the duplication of the ability to respond to this geometry within each soul comes the strengthening of the particular ornate inlay work on that aspect of the grid allowing there to be reconciliation in that area causing the oppressive heat to be released in such a form.

Much as the grid exists in a bare-bones skeletal fashion it forms the template for the structure of continents on your planet and in turn forms the structural regions known as mountain ranges, based on the energetic upwelling of the core magma that then punctuate the lithospheric area, as this is known, forming these structures of passive energetic generation, causing the energy to be released into the atmosphere much as would a firearm release a projectile if not duly taken care of to avoid such energetic releases. The mountain ranges can also be chaotic in their activity as can be seen in the Flatirons in that region known as Boulder, Colorado whereby there is obvious evidence of a sudden breakage of the crust, causing a rather violent disturbance in the geotectonic outlay of the corresponding structural intricacy of that area. These mountainous formations come about when the energetics of consciousness have not been duly grounded by the aspects of selfhood known as third-density entities and thus the formative structures of fourth density consciousness have a great degree of importance in how they are corresponding to the relative efforts being made by entities in a given area.

May we state that the power of prayer can be utilized much as the shoebox organizes a pair of shoes not yet walked upon, to then box up those loose energetic vibrations in areas where the physical

presence of entities is otherwise not possible, such as in the Siberian regions of the Asian sub-continent of Russia. With these abilities for prayer to cause a structuring of chaos in given areas comes also the lessening of disturbances to your planet by virtue of this release that occurs.

It is the release of each soul's condemnation of self that forms the elastic to allow this grid to bend and fluctuate in an appropriate fashion. The movement into fourth density is a swelling of the physical geotectonic size of the Earth, if you will, with the corresponding increase in intricacy of the grid matrix substructure through the ornamentation of the given geometry in its blossoming, flowering formation to a new structure. Thus, the Becker-Hagens unified vector geometry 120 polyhedron, as it is known, is indeed a structure that will continue to provide accurate coordinate information as it then evolves or flowers into the corresponding formation, as can be seen in the evolution of the Earth whereby the original landmass was subdivided along the equidistant points known to you as the tetrahedral formation. And these points continued to be vortices of influx of energy as the cuboctahedral and now icosadodecahedral forms then took its place. Similarly, the essence of social memory is one wherein souls form a collective, as there is a geometric structure to consciousness within the brain and within the greater soul matrix at large, based on the instreaming of different chakral regions.

There is value in seeing the grid as the template of consciousness for the social memory complex, if you will. We do ask that you recognize that there is a disparity between the degree of completion of the grid itself and the degree of completion of those who would exist on said grid even in the formative structure of social memory. And thus one could think of this grid as being a *library of light*, an everlasting template of information which does then lead to the formation of consciousness. But, much akin to your internet, [it] cannot be searched in totality due to the degree of complexity within said structure. And thus the interface between entities on the planetary grid and the grid itself is not one to one, but rather it is akin to the prop or support structure through which consciousness is then informed by experience. This may help to enunciate more completely how these structures of consciousness emanate from the realm of light into

the temporal fluid crystal form of geometric template, then into the mind/body/spirit complex of the entity itself as it struggles to form a unity with other entities.

In this capacity, then, the car pulls out from the garage and the free will is utilized in the journey through the awakening of self with the understanding that the car is garaged at the end of such sojourning. The garage for each entity is that area in which it lives upon the global grid and therefore each sojourn out from the house forms another loop or whorl in the structure of energy on the grid itself. Thus you can indeed thread the beads together of different areas on your planetary surface and in so doing form that string of pearls that is of greatest price that can then be worn as the crowning achievement of the overlay of the super-consciousness onto the conscious templates of manifestation.

We appreciate the opportunity to share on these matters of great importance to your planetary evolutionary catalyst, as it is a deemed to be essential that such a grid be worked with in the capacity of the healing of the informational structure through the correspondence of the healing of internal landscapes therein. In the ancient lore, various cultures corresponded to certain aspects of the zodiac, if you will, and this has to do with the astrology, as this science is then known. Therefore when certain astrophysical influences flow into the grid there are those given geometric areas that have an activation experience. And thus when this astrology is understood for given areas, it can then be used in concert with the sign in which given planetary conjunctions are occurring at a certain time. Thus we would ask that you watch for these conjunctions of less than spurious nature, with the understanding that those areas will then be energized and the corresponding Earth change events will occur if there is not a fully awakened consciousness therein. In this matter then, a form of spectating of possible advance disaster may be undertaken and the prayer power utilized to form the shoeboxes, or the healing balms for those particular areas of the grid. We speak of "b-a-l-m-s," not "b-o-m-b-s" as this instrument has spoken, as the bombing is not a healing by any stretch of the imagination.

We thank you and want to remind you that you are loved more than you could ever possibly imagine,

bearing in mind always that it is yourself that seeks this love. What you feel, of God being abandoned from you, is truly the sense of God in the self that wants so dearly for you to reunify. It is that loneliness that you then project onto the others around you and seek their acceptance fittingly. Whereas indeed, if you can find that peace that knows no boundaries within one's self, all others will, by their very nature, be correspondingly resonant with higher aspects of the conscious self and in so doing heal the apparent indiscretions that have persisted in what you would think of as the past. Thus by transforming oneself the holographic reconstruction of one's external environment is made complete. And by extrapolation we are referring to your grid, and [the] Earth at large.

We thank you. Peace be with you in the light of everlasting love. We shall exit this instrument and require a period of approximately one and one half of your minutes of time to reintegrate this consciousness into physicality. We thank you. Adonai and amen. ✧



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

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SUNDAY MEDITATION

MAY 18, 2003

Group question: Our question this week has to do with how we can maintain our spiritual centers in our desire to seek in a spiritual sense, when there are so many things in the world around us to which it seems to be necessary for us to pay attention in a very focused fashion, whether it is the children that we are raising, the family to which we are relating, the job that we are working, or the friends with whom we wish to interact. We would like any information Q'uo could give us about how to maintain this balance between the worldly things that seem to take so much of our time and attention and the spiritual things that we have to work so hard to make time for.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. May we say what a great privilege and pleasure it is for us to be able to share in your circle of seeking and to be asked to share, as well, our opinions concerning the balancing of the busy life between the two worlds of doing and being. In order for us to speak freely we would ask one thing of you and that is that you exercise the most stringent discrimination in listening to those thoughts that we share. We are not those of authority but rather those who are your neighbors, your friends, your brothers, and your sisters.

We have perhaps walked, in your way of thinking, more miles along the road of spiritual evolution, yet

we are not those who have infallible opinions, but rather those who are like you: pilgrims upon the road, those who seek the truth. Therefore, in order for our reassurance that we are not infringing upon the free will of any, we would greatly appreciate your using the utmost discrimination in judging whether or not the thoughts we share may have some use for you. If they do not, please leave them behind.

We gaze within this instrument's mind for the flavor of the experience about which you question in this session and see that this instrument, as all of those within this room and indeed within your culture, has a marked tendency to find herself physically running out of time, not just from time to time but in each and every day, before the list of things that were hoped-for-being-done within that day is finished. And indeed, often in this instrument's mind, we see the rueful assurance that a hard working and productive day can go by completely full of hard work yet without even beginning to cross an item off the list of those things that the instrument thought that she was going to do that day. Indeed, the illusion is quite efficient in creating ever more confusion and ever more catalyst for growth, learning and service. As the one known as V has said, the universe is doing its job.

It is our feeling that each creates, before incarnation, a plan for those themes of choice within the incarnation to come being set as default, repeating markers within the life experience. Whatever the lesson of service is, whatever the lesson of learning is, these things are provided as if they were food.

Sometimes the food is black and bitter fruit, or so it would seem within the physical life. And yet this fruit is that which is prized in terms of its effectiveness in placing the essence-within-the-entity in situations in which the themes of the incarnation may be explored, and that which M called the processes of spiritual evolution may take place upon whatever level.

Certainly, most of the solid, serious work of spiritual evolution is done with conscious intention. But for the most part, in terms of the content and the substance of the work done, that work is done below the level of consciousness, fed by the intention as if the root or source of the stream were within the mental/emotional/spiritual worlds, shall we say, but springing forth into the life in terms of experience, intuition, dream content and so forth. Consequently there seem to be fountains of events of a certain type that periodically or perhaps constantly just keep coming, keep springing forth. And together with those sprays of the water of catalyst come sprays of the minerals within that water which are emotions connected with the events that are occurring, so that as you, as a soul, are flowering, these rains of catalyst and emotion come to feed the fertile soil of your learning. You have every opportunity to grow that crop of knowing, that crop of realization, what this instrument would call “grokking,” that these themes that spiral again and again into the life experience help one to explore.

Let us take a step back now from this query and look at the entity that each of you is and how that entity experiences, or experiences not, what it sees, and stores in memory. Neither the present nor the past is in the kind of sharp focus that they seem to be within the physical illusion. The one known as D has pointed out that we do not see with our eyes nor do we hear with our ears. Rather, there is a kind of composite that is made up largely of pre-assumed vision, which fills in the background of most entity’s organs of awareness¹. But one is not seeing it clearly, indeed one may not notice a great deal of what one

is gazing at because of the way the mind receives data and forms it into a picture.

The structure of memory, similarly, is such that the true memory is being harvested to the soul quality essence or higher self of each entity and only the shadow of the experience, or shall we say a copy of the data, remains within the bio-computer of the mind. Consequently, much that floods the awareness is the result of poor or actually incorrect information. Therefore, the task of untangling one’s organs of awareness from pre-assumption is a difficult one, a lifelong one, and one that cannot be done without help.

We encourage each in this wise, then, to pursue those resources that will aid in allowing the mind to reassess each pre-assumption that can be found within the mind, assessing it anew for its accuracy, its place within the value system which you enjoy and so forth, giving the self the chance to look anew at all of those things which you are quite sure you have gazed at already and concerning which, [you have] come to a settled opinion. Always, there is new truth for you in situations which are puzzling you. Always, there is a great deal of fertile growth which may occur rather quickly in understanding a certain structure which is puzzling, such as the challenge of the childrearing about which the one known as M was speaking.

The instinct is to assume, since one is within a physical body and it seems quite obvious that one is a limited entity and must take care for the self as a frail and limited entity, that one must be strong, one must be sturdy, one must be upon one’s guard at all times. Upon one level this is completely and absolutely true. Within the illusion, in terms of extra pairs of hands, when there is one parent in a house with children, those hands need physically to be looking out for those children, doing what needs to be done for those children, and so forth.

However, your query concerns the state of mind within which these duties which are so dear to the heart may be done. It is not the chores themselves, as we gaze around this circle, that seem to be troubling the mind of any within this circle. Each entity within this sitting group seems to have a strong yellow ray, or physical/environmental presence. That energy is flowing well. There is not the begrudging of the working time, or the dislike of that which one is doing, to be stumbling block to enjoying that time

¹ This refers to the fact that we “see” through a digital process within our bio-computer minds which assumes, from general details of the sight presented to the eyes, the background to be of a certain place, and places that in our sight only vaguely, zeroing in only on details such as the identity of people in the eyesight range, what they are wearing or holding, and whether there is danger in the scene.

of labor to which each has committed the self. Rather, it is the experience of each that the physical doing that consumes the time within the day also seems to consume that space within the mind, the heart, and the being which is spacious and has that feeling of comfort and emotional security which gives one that point of view which is full of joy, cheerful and simply having a good time, having what this instrument would call fun with whatever one is doing. Once an entity has moved through those reexaminations of the default settings of the mind, shall we say, one is then perhaps more in touch with where the self meets the process of spiritual evolution today, at this time, at this instant.

Then the soul may begin to become conscious about its choice of points of view. The choice is not what it seems, for it is not the choice between one mental view and another. It is not a choice that can be pinned down to thinking one way or disciplining oneself to behave in one certain way. Rather, it is a growing awareness that the self is magical and the environment of the self is also magical. In the realization of the profundity and the depth of that magical self there comes a realization that much of the most important part of you, as you view yourself and your gifts, is impersonal, that you are living a personal life with perhaps 20% of your energy and living an imperishable, impersonal life with by far the majority of the life energy that is invested within the personality shell which entities relate to as each of you.

You are so much more than you seem. And so much of what each seems to be is only the shadow of the essence of the gifts that are burgeoning forth from that fountain of catalyst and emotion. Each gives so many gifts that each is unaware of through each day. Within the confusion and the turmoil of the rat-race, the crowded schedule, the endless chores, there is no end to the interaction which each has with all the inner sub-densities of this particular experience which you enjoy at this time. At the level where the resource of intent is most effective, intent may be set in such a way as to call in help which is unseen and which is the other side of the story of that physical persona which is flesh and blood and has only two hands and must be responsible. This help has no hands, has no feet, and for the most part it has no voice. This help is unique in its pattern, its structure, and its way of communicating to you. For each of you is a very special and eccentric kind of “energy

ball” that draws to it, because of its beauty, entities from the inner planes which this instrument would call angelic, which wish to help. They wish to help with gifts of spiritual presence, inspiration, laughter, healing, and any number of invisible yet very real sub-rays of that sun of love, that Logos of unconditional and infinite love. They will not aid in doing more chores more quickly, but rather the help, when remembered, is as that blessing which pours like rain upon the thirsty soul, smoothing and washing away the corrosive acid of catalyst and offering the healing balm, the inner touch of that company which touches the heart, enters the heart, and settles there, spreading like the balm of Gilead the feeling that all is well; in the midst of this chaos, all is well.

This instrument at one time had a motto that hung on her wall and it said, “Bless this mess.” And we find that the energies involved in this sentiment have a good deal of the energy of which we are speaking: that feeling that it may look as though I am alone, and yet I am not; this may look like a mess and yet it is a blessing; this may look like confusion, yet all is well. The key to this expanded kind of awareness is remembrance. It is very helpful, as the one known as T said, to place within the consciousness little helpers that bring the mind back to the vital questions, “Who am I and what am I doing here?” Quite often, “Who am I?” is a very provocative question and very pointed. “Am I the mother? Am I the seeker? Who am I? What am I doing here?” Usually when that question is asked it is in the context of a relationship. And we may say that a shortcut to the second question’s answer is to know that love is always the reason that each entity is in a given situation at a given time. Consequently, the question becomes, “Where is the love in this moment and how may I witness to it?” When that realization comes, the ensuing action carries with it the energy of soul growth. For in dealing with the practicalities of the small significant life, the fundamental bases² for that life have been invoked and, consequently, the energy body is balanced within the awareness of identity and purpose.

We realize that it is most easy to lose sight of this identity and this purpose as being fundamentally spiritual and, consequently, if there are the heard signals within the day, such as this instrument’s

² Plural of “basis.”

memory of noon whistles and bells to mark the beginning and end of classroom periods [or] the tones of the clock as it marks off an hour, this kind of sound is a good trigger to place within oneself, so that when one hears that noon whistle, one has a moment of memory and remembrance of who you are and why you are here. It is tremendously centering to have those moments of recollection and truly they need be no longer than a second or two, for to the soul who is eager the possibility of returning to that place of remembrance brings forth a quick and eager response.

Within each entity there is a link between that which is measurable and that which is not. Within the measurable world, within the daylight world of consciousness, entities have the opportunity to choose what they wish to intend. It is a choice which then may be held in remembrance, in intent. If, for instance, one goes into the sleeping state with intention to remember the dreams and explore them, that intention begins to have strength as the new resource is used. If one goes to bed and places a glass of water by the bed and then, holding that glass, one places the intention within that water that asks what this instrument would call the inner alchemist to supply those things that are needed for the next day, and then one takes the time simply to drink that water in thanksgiving and praise and in gratitude for the gifts that have been given, that intention sets into motion powerful energies which use the crystalline nature of the water to magnetize intention. Any opportunity that you as an entity have to remember such intentions are important to you. [As you] simply think upon them, each thinking drives the intention deeper into the subconscious processes that are powerful to prevail in the ways of developing spiritual clarity within one's life

Remember that the deeper self is seeing a different kind of light. The inner self is already dwelling within that state of knowing which exists within all densities but your own. The plants, the animals, dwell in a state of complete knowing that all is one, that all is in harmony, that all is working out as it should. Those within the angelic realms of your planet are also full of this consciousness. It within the physical illusion, that is made with the light of photons, atoms, molecules and much, much of what you call space creating this vast illusion that you now enjoy, that power is limited within the physical

body. Within the mind, it is operating as the second density, as the fourth density, in a state of unity and awareness of infinite consciousness. In that light there is no space. In that light, there is more peace. In that light which is that shown by unconditional love by the open heart, the stresses that wind one up like a spring are released gently and repeatedly as the moments of remembrance circle around and a deep breath may be taken in and out, pulling in the oxygen to the mind, pulling in remembrance to the intention. There is no physical action that is proof against the consciousness that is hungry to remember the vibration of unconditional love. In the seeking for that one great original Thought of love, the seeking itself develops its own answer within you so that as you seek, already the answer lies within the open heart.

We would at this time rest this instrument, for we feel that we have perhaps said enough on this subject to generate other queries and, consequently, we would at this time leave this instrument and transfer the contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those known to you as Q'uo.

(Jim channeling)

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

J: May I ask about something that came up in the channeling? It seems you can prepare yourself [for the] next day by thinking about what you're going to do before you go to sleep at night. In other words, let it work out through your dreams. Is there anything else that can be said about that, about the dreaming function and how you can best focus your attention on it to use it to work and serve and grow. If there are no other questions I'd be interested in hearing more about that.

I am Q'uo, and am aware of your query, my sister. It is well, if one wishes to work with the dreams, that one indeed prepare the self to do so. For in working with the dreams, one is working with the deeper portion of one's own conscious and subconscious mind. At this level of awareness there is a perception of experience as a whole. There is the unification of that which seems broken to the conscious mind that

resides within the deeper portions of the mind. And as you are able to work with this portion of your own mind, you develop a pattern or relationship which can be built upon, expanded and relied upon in all future endeavors. It is well therefore to, shall we say, convince the subconscious mind that you do indeed wish to seek that treasure which it has to offer. This may be accomplished by simple things that are repeated; that is, [make] the suggestion to the conscious mind, to yourself, as it would seem, that as you retire for the night and enter that state called sleep, you wish to remember those dreams which follow and that you have indeed prepared yourself to work with these dreams by placing, next to your sleeping position, the necessary writing utensil and paper or pad upon which you may record the dream upon waking. Perhaps, as you are more adept at this work, one or two or more times during the night you will be able to write the dream upon the pad, so that when you awaken in the morning, there is a written record that will, shall we say, jog your memory and allow you to access further information as you begin to ponder the dream, to think upon the dream and to record the dream. Record all impressions that come to you at this time and when you have more time later in your daily round of activities, perhaps you will be able to meditate upon the dream, its imagery, its message, [and] its importance. If you are able to make this time in your daily round of activities for this process, then you will find that the subconscious mind gives more and more symbology, more information, that you may use to unlock, shall we say, other doors within your mind which also have information which is pertinent to your query.

Is there a further query, my sister?

M: Is it okay if it's unrelated?

[I am Q'uo.] Mm-hmm.

M: My husband is having health problems and I wanted to try and heal him. But I feel for some reason that I'm not sure that it's okay. I don't want to infringe on his free will even though he says it is okay. For some reason I am holding myself back. I don't want to interfere with his free will. I'm wondering if you can shed some light on that.

I am Q'uo, and am aware of your query, my sister. Indeed there is the concern for free will in this instance, for there is a portion of your own being which is not certain that this is the course of action

which you wish to follow. It is first necessary for you to make this decision within yourself and perhaps the working with your subconscious mind though the dream recording is a portion of that process which you may utilize.

(Side one of tape ends.)

(Jim channeling)

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

M: Well, I guess I do have another short one. You had said that I have to ask myself if I have any further blockages, and I know I do. For some reason I'm hesitant to try to do healing. I feel like I'm not qualified to do it. I think it's because I don't feel like I know enough to do it. I seem to have a particular blockage about healing. I'm not sure where it's coming from.

I am Q'uo. We will speak a few words further upon this topic but do not wish, ourselves, to infringe upon your own free will, my sister. As you examine your own opinions concerning healing in general and your ability to accomplish it in particular, we would recommend that you employ a process of essaying, so that you might write down the feelings that you have concerning this healing process. Explore upon the paper that which is upon your mind and within your heart. Allow this process to become a portion of the working with your dreams, so that there is a dialog which is set up between your conscious and subconscious mind. In this way perhaps you will be able to reveal to yourself that which is the major blockage that stands between you and your ability to heal, which, we may comment, is substantial.

Is there another query, my sister?

M: No.

I am Q'uo. We thank you for your query. Is there another query from anyone else?

D: I'm being asked to ask a question in the form of a riddle. It's not transient. This riddle relates to all the questions of the entity, M, and the content that we've talked about. It's phrased in symbolic language: "What is the difference between the symbol of a sphere and the symbol of a washing machine as it relates to these questions?"

I am Q'uo. We shall allow the one known as M to "work" the riddle. Is there any other query at this time?

V: On a more humorous note and purely transient ... Hiccups seem to be obviously catalyst pointing to some function that's going on in the person's being or mind, but is there a physical reason for them?

I am Q'uo. And though we are aware of your query we are unaware of the ability to express an appropriate response.

(Laughter)

V: Thank you, Q'uo

May we ask for a final query at this time?

Carla: I'll just ask the question that I ask from time to time. And that is, do you have any new thoughts upon the adventures that I'm attempting to embark upon? Especially as concerns the gathering of G and E?

I am Q'uo, and am aware of your query, my sister. We are most pleased that there is an effort underway to add to the ability of this group to be of service to others, for this time upon your planetary sphere is one which will require a great deal of effort for the healing of Mother Earth and the population that inhabits her at this time. For as you are well aware there has been a great deal of adversary relationship that has in many cases caused a movement away from the path many would have wished to travel before the incarnation began. Therefore, when any group joins in service to the one Creator, there is an increase in the possibility for all entities upon the planet and for each entity that seeks in service to others. As you seek together there is far greater chance that, as a group entity, you shall find that which you seek. For there are many entities who have incarnated with latent abilities that come to the fore when there is the opportunity to share in service with others. Each entity will add that which is his or her own ability to the group's energy and will find that there is a multiplication factor that returns the energy in a greater sense so that there is a dynamic ability to grow in ways and degrees that were not previously possible for the individuals within the group, for the group itself, and for the planet as a whole.

We are pleased to be able to work with this group, whatever its number might be, and we remind each

in this circle of seeking that we are happy to join you in your private meditations, to help deepen the meditation, if you but ask or request our presence. We will speak no words but will simply offer our conditioning vibration in order that each may feel a deeper sense of the meditative state and a centering of the self therein.

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



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SUNDAY MEDITATION

MAY 25, 2003

Group question: The question today has to do with the concept of free will, as regards to how the Confederation of Planets in the Service of the One Creator has related to the population of planet Earth for as long as there has been a relationship. Considering all the dirty water, the dirty air, and the nuclear proliferation, warfare, disease, poverty and so forth that are rampant upon our planet now, especially after the graduation of the Harvest, we are wondering, are there any circumstances under which the Confederation of Planets would consider abridging free will and stepping in and cleaning up the air, cleaning up the water, destroying nuclear weapons, providing food and services for people that need it? Or is there some other consideration that we should think about? We would appreciate anything Q'uo has to say on that topic.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we are. We greatly thank this group of seeking souls for coming together in meditation and for calling us to your circle. It is such a privilege and pleasure to share your meditation and so heartwarming for us to be able to offer our thoughts to you, humble though they may be. As always, when speaking with you we would ask that you use the utmost discrimination in listening to and considering those things which we offer, for truth is a very personal thing and it is not our intention to remove the joy of learning from your path or to infringe upon the free will of that

Godhead principle which is as yet under construction.

Your query this day revolves around that very topic of free will and so we are delighted to share some thoughts upon this most interesting and very rich topic of conversation. Firstly, we would look at free will without looking further than the creation itself. See the Creator-Self prior to the creation, which includes that which emanates from the Godhead principle in the many, many sparks of the Creator which you see about you as stars, planets and those entities about you who are yourself and other selves. In this pre-creation Godhead, the Deity's first distortion from absolute and complete unity was free will. It was this principle which allowed the Creator to ask, "Who am I?" and to follow through on that question by the very personal and utterly committed act of entering that question into the vibrations of Self which the Deity experienced upon asking Itself that question. That which It was able to think was the original Thought and that Thought, as we have said many times, was that pallid word, love¹.

Now the love of a Creator is a love that cannot be said to be pallid for it creates, it destroys, it makes manifest, it hides, it is mystery, it is experience, it is

¹ Carla: For those wondering why we do not capitalize the word, love, when it is used to indicate the Logos or Word which is the Creator, we refrain from focusing on this word, since it is so greatly overused in common, everyday language. The "love" that would be capitalized is a love far beyond the general usage of the word, which tends to be used for romantic, sentimental and casual feelings.

nothing, it is everything. Yet this Thought has a certain vibration. This vibration has the power to create movement. Movement is that distortion that you call light. So Creator, then free will, then the Logos, then light, in the manifest universe. That is the progression we would describe to you as a way of saying that free will is not binding merely upon us. It is the first and primal characteristic of the creation of the Father, or that which this instrument often calls the Logos, or the Godhead principle. It is the nature of the Creator; it is the nature of the Creator's parts.

The question of intervention contains distortions along certain lines which we would like to explore. Your query had to do with what the situation might be within which we would find it possible or desirable to abrogate the free will of those entities upon your sphere which are imposing these difficulties and distortions upon the hapless remainder of the body of population of humanity upon your planet. However, this query is a query which in its very nature asks that which cannot be answered. For it is not possible for each of you to remove from yourselves the privilege, the responsibility, the honor, and the duty of serving as witnesses to the light at this location which you now enjoy at this time, and in this situation which you now enjoy.

Upon the level of the surface life, upon the level of your mass media and the details of politics and policy, it is indeed clear that your sphere is controlled by the few for the sake of the few and to the detriment of many. Gazing at the Earth sphere from the stance of spiritual responsibility or maturity, there is another picture entirely. In this picture, no power is given away to any thought form or actual entity. Rather, each is in relationship with the power, the discipline, and the focus of the self. Insofar as there is no discipline, then there is likely to be very little power. However, your environment is an environment in which the planetary venue was chosen and the ingredients of the life experience of each of you were chosen for an agenda which only peripherally involves the ways of politics, policy and power. In the outer sense, rather, each of you came here to dig a bit deeper within your particular bit of the Godhead principle, that which you have chosen to filter into incarnational existence within the carriage of the personality shell, welling up within the earthly home of your body, that structure that

houses and carries you about. Each of you came here hoping to use the illusion's corrosive and harsh ways to thrash and pound and uncover the jewels of creatorship within the ore of self. Within the rubble of bits and pieces of the shale of the details of the day and the gravel of, "what I do for a living," there lie great jewels within each, undiscovered facets of self, undiscovered crystalline formations, nuggets of insight, awareness and realization. Many of these insights are very close to the surface and have been salted within the soil of your most available levels of subconscious mind by the self before incarnation, in order that each of you might have real fruit from the digging, real substance from the probing and the examination of the thoughts of the self.

When this work is done deliberately, consciously, and over a period of what you call time, the energetic body of an instrument of light begins to tune itself as would the piano tuner tune the wire. Tuning, tuning, until the pitch is right for that wire. Each of you has a true pitch and you are tuning that tone of self as you seek the way of the Creator within.

As you dig with a trowel of, "Who am I?" and the weeder of, "What am I doing here?" you are preparing the ground and planting the seeds that blossom into the gifts that you came to share, the essence of self [that blossoms into] the committed and loving compassion of those dwelling within the illusion but knowing that they are not trapped in the illusion. The one known as E reached for his pillows of Faith and Hope, those words written upon those particular pillows², and we encourage each to take those pillows, those words, those tools, those resources that hearten and strengthen each of you. For you came here to be strong, you came here to offer the power that is yours in active and personal compassion that reaches out and embraces the planet and its peoples. Not because there is a wish to rescue them or to change them in any way but because entities are there to love, just as the you are the object of the love that is all about you, not simply from those entities within the flesh that may express love in their halting words but more, from those entities which are unseen and whose presence

² E had exchanged his throw pillows, which he was using to prop himself up with for meditation, for ones that had the legends, "Faith" and "Hope," saying that he had need of those qualities.

uncovers in silence that state of unconditional love in which the self can finally feel safe, secure and able to rest within that holy place that is the heart, the heart of self, the heart of the planet, the entity of self, the entity of [the] planet. Are these not one thing? Need we intervene to rescue your planet when there are millions of sparks of the Creator upon your planet which are capable of tuning themselves until they burst forth into the most beautiful and harmonious song of love that the world has ever felt?

Each of those awakening upon your planet at this time, and there are many, is awakening at a time when the aura of fear, terror and discomfort has never been greater among your peoples. Even under this barrage of fear and negativity, entities are awakening because of the service of those who are already awake, those who find ways to express the thoughts that encourage, and cheer, hearten, and strengthen the light within those with whom they come in contact in one way or another. It is easy to think very quickly of the performers, the singers, the dancers, those who are very visible in public situations as being good examples of those who use their power well. Yet, each time that the one known as G, for instance, offers heart and car ride and help to an entity whose name is not known but whose heart is, the universe has become a sweeter place. Each time that each of you smiles at the stranger who frowns at you, who offers a soft word in response to a harsh one, each gentle or loving act of friend to friend, as in the one known as J, who generously offers her bodywork to this instrument's most accepting vehicle, is making the world a more tuned and peaceful place in which to dwell.

One cannot address your world's situation, may we say, to use a cliché, upon the level of the rescue of third density. Entities shall move into early fourth density no matter what happens to your sphere as the density changes and [they] will repair the planet with the planet's cooperation. Indeed many entities even now are repairing their little bit of the planetary surface by loving and talking to the Earth, by cooperating with what this instrument would call nature deities or divas, by relating to the surroundings of self with the understanding that all things are alive, all things work in rhythm and in harmony, and all things except those sunk in the mire of third-density forgetting not only love each other but know that they are one. In this atmosphere, the possibilities of becoming a

powerful, magical person are great and as the time sharpens the focus right unto the moment of birth of fourth density, there is in effect a fourth-density energy that is now as real upon your sphere as the third-density energy. It shows up within the physical world only by creating anomalous effects [in terms of physics' sub-atomic particles] but it shows up within the inner life of that wonderful multilayered being that each of you is in a much more clear and obvious way, as the interpenetration of the two densities becomes such that it is much easier for nature, or for the forces of coincidence, to work in order to bring things to your attention which you have asked to be brought to your attention. That is why, in the midst of such challenging times, such times of transformation and change, yet still each of you has had the feeling of entities helping along the way, unseen hands giving a boost and angelic guidance coming through unexpected and unusual means.

The *beau geste* of each of you at this time is, among other things, to reclaim and recapture your own freedom of will at the level of spiritual endeavor, at the level of will, at the level of choosing to become personally involved in compassion towards entities of flesh and blood and bone. Move into active compassion, focus upon the eyes within the photographs of the media rather than the details of horror and terror. Focus upon the process of souls learning, being transformed and being lifted away into new lessons and new densities. Many are those who have already been cleared, out of third density and into a fourth-density environment. Many are those who are coming back at this time with the altered DNA possible with fourth-density consciousness. The so called indigo children and crystal children are those who have already been harvested and have begun their new life in a new density in which they begin as the equivalent of an indigenous species, within the context of fourth-density life. Each of you has perhaps an overweening opinion of the gadgets and the trickery of the present level of technological expertise of your peoples. Yet, indeed, the next level of expertise flows with cooperation with the light rather than control of the light and this in turn opens those abilities which create the impression that that which you think of [as] advanced technology is, in fact, the knife, the flint pounder, the fish hook.

Much simplicity lies in true love. Living in this simple atmosphere of the open heart, entities are able to do precisely that which they can focus into, love with all their hearts, and release all attachment concerning outcome. This instrument, for instance, has great hopes to serve the planet by the campaign of information and persuasion which would coax all entities into tuning to that harmonic tuning of love and light and personal compassion which is the true tuning for you. Yet she is aware that, of herself, she can do nothing. But what she can do is pray, daily, sincerely, wholeheartedly, "Creator, teach me your ways. Show me the path that you have prepared for me to walk in." This in a sense is the giving over of the power into guidance, yet it is the taking of power to ask for guidance and to use it. This is a different matter than asking to be rescued because each feels powerless before the problems of the world. We assure you, in the ways of spirit, each is profoundly powerful and as each becomes aware of the dynamics and the strength of groups who are together tuning their will to love, this power and this *beau geste* shall come clearer and clearer into the vision, so that it can be seen in ways that are difficult to describe but very real. [The vision is] that the truth can never be hidden, that the light has never been extinguished by darkness, that all is well, and that there is the profound satisfaction and the responsibility of knowing that the combined energy of groups such as yours, in coming together to affirm love, light and unity, have already made a tremendous difference in the progress of this shift into fourth density.

For two decades of your time at least, we have seen what this instrument would call the rubber band effect, as the light generated by those who are awakening affected the planetary shift. So that it was as if the band was being released very slowly, by a tiny increment each time. This is the reason for the many earthquakes and other changes in the planetary experience, none of which is so earth-shattering that it does indeed shatter the earth or remove the general population. Those who have been actively involved in this lightening of [the vibrations of] planet Earth are perhaps five percent of the population and yet much has been accomplished because of a few. And that few has begun to grow exponentially as more and more entities begin to wake up and then, by their influence, begin to lighten the atmosphere around

them to enable others the freedom from fear which it takes to begin to wake up.

It is not for you to give up your free will nor for us to intervene. Rather it is for you, each of you, to move internally from the third-density perspective to the fourth-density perspective, gazing at this Earth sphere of yours with a fourth-density perspective. Each has a very sturdy point of land to stand upon to gaze at the chaos of your illusion. That land is the firm *terra firma* of the truth, that which you know. What is it that you know? What is it? When you dig within yourself and come to the center, what is that that you know? It is the Creator. When all is taken aside and the last veil is parted, that which lies within your heart, that which is your very nature, is the infinite Creator, waiting for you. And in that place of the heart, with the Creator, in that tabernacle of the spirit, the difference between your free will and the Creator's free will falls away and there is a love that exists that balances, heals and restores. We encourage each to spend as much time as possible in the precincts of your own heart. For even a moment in that holy of holies that lies within informs and enlivens the day, the experience, the reality, if we may call it that, for an entity.

By free will each of you decided to come to try to make a difference—for yourself by learning, and for the planetary light by serving. These aspects of learning and service intertwine like the ropes of a strong ship's hawser and cannot be taken apart. Living, learning and serving, are all wound in together and there is no telling when one stops and where another begins. We assure you that all is well with your people. The harvest has grown substantially and we are most pleased to see the situation as it is. From our standpoint things look very good. The vibratory energy of your planet begins to lift. Much has been accomplished. Much has been begun of goodness and substance. It remains for those of you awake to be aware of this time and its possibilities, to follow through day upon day, and act upon act, year upon year, and thought upon thought, decade upon decade, and realization upon realization. That is the real heart of the job, the mission. The service is in the being, and in the being lies the tuning that will bring the Earth and its peoples to health within early fourth density. This is early fourth density, you vibrate now in fourth density. Certainly your third-density vehicles are having their challenges in accommodating the new

vibrations. And yet the body is the creature of the mind. And as your consciousness begins to feel comfortable swimming in the waters of unconditional love, so the bodies shall find themselves more and more able to enjoy fourth-density vibration.

It is in your hands, each of you. We would not take this learning or this service from you. The energies of your planet at this time are, as this instrument has heard it described by her teacher, off on a side track: a time lateral. The train of yellow-ray third-density Earth has been shunted into a lateral experience by the determined and repeated actions of what this instrument would call the Sons of Light and the Sons of Darkness, or those who promote peace and joy and those who promote war and suffering. In the outer sense, these few entities have again and again, upon other planets and upon this one, in many different societies, chosen the ways of war and chosen them for reasons unknown to themselves; being manipulated by those far cleverer than they, who use the suffering and the pain of third density, in its endless repetition of war, as food. It is time to stop feeding fifth-density entities who feed on fear. The only way to move back onto the normal time track of this planet is to find ways to lose fear and to respond to all situations not with hesitation but with confidence, not with the feeling that something needs to be done but with the knowledge that something is being done. It is being done with the mind and with the heart. The power of each to help each in these realizations is great. We are most pleased to encourage each to listen to and to respond to each as the seeking and the processes of learning go on. Each is teacher to each and there is a circle of learning.

We would at this time leave this instrument and transfer this contact to the one known as Jim, for there are questions within this group and we would like to leave this instrument, as her energy becomes somewhat low, and to use the one known as Jim's rather more capacious physical energies, although we do find that there is a limited amount of energy within the circle of all of those at this time. Consequently, we would thank the one known as Carla and in time transfer this contact to the one known as Jim. We are those of Q'uo, and we leave this instrument in love and in light.

(Jim channeling)

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

G: Q'uo, if it's not too large, I would like to know, metaphorically speaking, from your perspective, from love's perspective, what happened in the middle of the last century when the Hindus and the Muslims set down their weapons, ending a downward spiral of violence, death and bloodshed in order to end Gandhi's fast, in order to save him from the termination of his own life?

I am Q'uo, and am aware of your query my brother. We find that this experience was one in which there was a great deal of the opening of the ...

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and we are again with this instrument. We shall continue.

These two great faiths, the Hindu and the Muslim, had through the actions and the service of the one known as Gandhi been able to appreciate this entity's open heart to the degree that they were willing to set aside age-old differences in order that this entity whom they revered so greatly might stop his fast and continue to live among them. For it is well perceived, when there is an entity such as the one known as Gandhi who has opened his heart to that degree, that there is no boundary beyond which love cannot be given. This entity was successful in opening his own heart so that the will of love moved through him in a way which was easily recognized by those whose lives he touched. Thus, when it became apparent that this entity was willing to give his life and the remainder of it for the cause of peace between the warring religious factions, those religious factions found the way to their own heart in relation to this entity and were willing to cease the hostility in order that this entity might cease his fast and remain among them.

This was a shining moment for these religious factions for there has been little before or since that has galvanized them to lay down the differences, as did the one known as Gandhi's actions.

Is there another query my brother?

G: Not from me. Thank you.

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

J: Yeah, Q'uo, I have just a quick question. I was hoping that you could give me some clarity on this. Before I came to the Earth is it possible that I came from the Pleiades and the particular star that I am thinking of is Alceon. Can you confirm that for me?

I am Q'uo, and am aware of your query, my sister. We find that there has been some influence in your previous incarnations from this particular star system which you call Alceon. Not necessarily that you have originated there but that you have had experiences there as you have had upon the planet Earth.

Is there another query my sister?

J: No, that's all for now. Thank you for being with us today.

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

G: I have one, if nobody else does. Q'uo, in seeking love there are different moments in a seeker's life when he is overcome with the emotion and desire to seek and find and feel and know love, and there's dry times in between. And I was wondering what you might have to say on the effect of just putting forth the intent to see love, just that motion, just that request. Whether it's felt in the heart or not, whether it's just empty words, what kind of effect that has?

I am Q'uo, and am aware of your query, my brother. As the seeker of truth moves upon the journey, there is for each seeker those times of increased seeking, increased desire, increased passion for the purpose of the life's path. It is during these times that there is built within the entity a metaphysical foundation, shall we say, that is added to by each additional seeking desire. Each time the seeker renews its quest for the open heart, for sharing with others the love that creates all things, then the seeker has added yet another stone, shall we say, to secure the foundation of its metaphysical journey. As you also mentioned, there are those times when there is less passion, less desire, perhaps less expression of the desire to seek love. These are normal experiences for each seeker. For there are seasons, cycles, periods of increased awareness, increased strength in seeking, increased compassion within the heart. This is as the seed which has been nurtured by attention and has begun to sprout, cracking the hard shell of the exterior, sending forth the first roots, sending forth the first

small leaves, beginning to express in the way in which love has been encoded within each entity, each seed, each seeker.

Thus you find periods during which there is a great wave of energy that moves through your being. It is at this time that the desire to know, to seek, to share, and to love is nurtured, is brought forth. As you continue to move upon your journey of seeking, you will begin more and more to create this desire for yourself rather than feeling the normal rhythms that move throughout all creation. This is the conscious portion of the journey of seeking. Each entity has the subconscious or unconscious motivation during which the upward spiraling line of light begins to manifest more through the seeker's journey. When the seeker has become enough aware of this type of energy moving through its being then there is made a room, or a place for it by the seeker, so that there may be a more, shall we say, conscious application of the energies of awareness. Thus there is the completion of one portion of the journey; that is, the subconscious movement in rhythm with all creation, that becomes the conscious creation of the mind of the seeker that seeks to know the source of love within the self, and within all creation, upon a more continual basis.

Is there a final query at this time?

G: Not from me, thank you so much, Q'uo.

Carla: I have a question. This is from K, and she says, "In the story of Job, God seemingly inflicts horrible events onto his faithful believer named Job. With regard to this parable I have two questions. One, why was the Creator portrayed in such a dark manner? Is this story accurate? And two, does the Creator have a dark side and what is its nature?"

I am Q'uo, and aware of your query my sister. The story which is spoken of in the book of Job, in your holy work known as the Bible, is an example of the entities that were of what we call the negatively-oriented nature, who were attempting to pose as your Creator in order to control the actions of many of the peoples that you may refer to as the Jewish race of that time, who had long-established relations with many sources of information from elsewhere, shall we say.

The experience of the one known as Job was along the lines of giving and taking in order to control the behavior of these entities. There is, of course, a

source of love which is truly of the one Creator which has, as you have mentioned, a complete identity in that it is of all things, both manifest and unmanifest, that which you would call the light and that which you would call the dark. However, there are lesser entities who have traveled from distant star systems to various planetary spheres such as your own Earth and have placed themselves in the position of one which would be the one Creator, in order that they might exercise a kind of control over those entities that they were able to convince to worship them as the one Creator.

We apologize for the somewhat scattered nature of this instrument's work this day, he is somewhat distracted and we have been able to utilize this entity only in some degree of effectiveness. We would ask if there may be a final query, my sister?

Carla: OK, just on my own hook, my question would be: Given that I perceive the pyramids with the knowledge that they would be a complete mystery, and given the knowledge that the time for the pyramids is over, I was thinking that the crop circles are one of the Confederation's ways of actively putting mystery into the fabric of our third-density experience, so that in actuality, in your own way you are continuing to offer mysteries for us to solve or to use. Would you say that that is accurate?

I am Q'uo. I am aware of your query, my sister. Indeed, this is one means by which mystery has been presented to your peoples by some of those in the Confederation of Planets in the Service of the One Infinite Creator. The concept of mystery is the opening into the consciousness which we have found most effective to utilize and it is that which seems to fuel the desire to seek further along the lines of love and light that so many of your peoples now express as a result of coming into contact with various sources of mystery.

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



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SPECIAL MEDITATION

JULY 17, 2003

Question from G: How may I be free of my own self-created prison walls and free of the resulting pain that keeps my energies internal and my heart, that wants to connect, so distant from others? How may I be free to love, to love at will, and free to channel love as universally and unconditionally as did the one known as Jesus?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose name we come to you this evening. We thank you for the great privilege of being allowed to share our thoughts with you at this time. To be called to your group is a great privilege, never more so than at this time, as we feel the purity of desire within this group is most gratifying. We are extremely happy to share our thoughts with each of you with the request, as always, that the utmost care be taken to discriminate between those thoughts which may seem fair for a time and yet may not be, and those thoughts which truly do resonate and do seem to be those personal truths that are meant for this time and this circumstance especially.

There is a tremendous skill within each of you, that listening ear and understanding heart that can discern and can know, in that knowing that is beyond proof, that this is for you, that is not for you. That is that judge whom you must trust more so than any other party, for it is a unique thing to be incarnate within this illusion and it is central to the more subtle reaches of understanding, if we may call

it that in this density, that the trust be first within the guidance of the self. Only after that primary judge has been accepted as the true arbiter of that which is true for you personally can you rest and enjoy the interesting opinions and concepts of many others who may indeed have part of the truth that is yours, and may not.

We are delighted to share with you upon the subject of true freedom. It is a much overused and misused word. For what is freedom? In the context of third density, it is an illusion to speak of true freedom, in that the circumstance of incarnation, in and of itself, is that which may seem to be as the prison, through the bars of which one may gaze upon eternity without being able to slip the bars of the cage and enter its untrammelled reaches. And yet that too is an illusion. What is true freedom? To examine this, one must examine what is the nature of the self. What is the nature of the self that is free to love?

We ask you to move into a space within your mind in which every stumbling block is removed, all direction is lost, and from which all concept of color or distance or size is missing, so that which you are, that infinite spark of the divine, is able to rest upon the waves of unknowing. These are the underground caves of freedom. These are the dark waters where there is no light, where prayers are true and the delusions and illusions of color and form have no meaning.

What has meaning in these caverns of self that lie beyond limit? Rest and know the strength, the

absolute power, the infinity of self. Feel the self that has no need of boundaries, that has no need of bone or flesh or the illusory energy fields of form, texture and color, all of the details so dear to the eye and the ear and the senses. This state is as close as we can come with words at this time to describing the Creator that exists without the need for expression. In this state of absolute freedom from form, there are no boundaries, there are no limits, there is no personality, there is no distraction, there is no imperfection, all is truly one and everything is infinitely possible.

Lift the hand of the mind as if it were reaching for a string of a balloon and tug down to limit, to color, to personality through densities and dimensions, one after the other in a kaleidoscope—down, inward, until you reach the moment before this incarnation, before these details, before these personalities, when you decided, out of all the wisdom you had amassed, out of all the possibilities you could imagine, that this particular planetary sphere, this particular time, these particular relationships and these particular goals of service and learning are the very things out of all of the infinite possibilities available that you would choose at this time for your learning, for your joy, for your evolution. It is this juncture at which you both placed yourself in servitude and opened the doors to a different kind of freedom. For within the trammels of what this instrument would call this Earthly veil, lie the opportunities to love, imperfectly, brokenly, foolishly, again and again feeling the stumbling ways of humanhood, the clumsiness of limitation, the challenges of dwelling in a world where many things seem to be known which do not make sense and few things are known which make any sense.

A boundary is crossed when an entity chooses to enter incarnation. In some ways it is a boundary from great freedom to infinite limitation. Great vistas of awareness are shut down, closed as if they were slats in a Venetian blind which are simply turned and pulled shut to keep out the light of true awareness, of unlimited light, of unlimited knowledge. It is as if the soul coming into incarnation comes in from outdoors and forsakes the illumination of the sun in order to turn on the puny bulbs of 100 watts of artificial light that may or may not be there, depending on whether the power is on, whether the jerry-rigged ways of producing an

equivalent light, without the infinite love being the source of that light, have sway.

It is a shock to the system to come into the body and there is, from the moment of entering the physical vehicle, the necessity to breath and to work and to exist through time as a human being. There is a sense of unutterable loss and yet it is that which has been chosen. So, gazed at from that simple perspective of choice, the entrance into the morass of limitations and confusion that is the Earth plane is the entrance into true freedom. The entrance into confusion is that pearl beyond price which has been paid for ahead of time by the soul who risks everything in order to learn and to serve.

There is in any incarnation a sense of sacrifice, a sense of loss, and so the question becomes, for what did I take flesh? For what reason was I called to this path? And this is a key question for each entity. What was the motivation? Was it utterly, purely to serve humankind? Was it to serve humankind in a certain way? Was it to serve humankind in a certain way, with certain people? Precisely how was this arrangement created and blessed? May we suggest that an effort of the intellectual mind to organize detail as in an outline and therefore understand, intellectually, the reasons for incarnation is to allow to slip away the opportunity to move beneath the surface of the intellect and beneath the surface of the acculturated, societally vetted, or accepted version of that which the life is and that which the goals of life are. We do not need to express [more] to you for we are aware that each within this circle is already aware that those things which the mind can come up with are those thing which are not satisfactory as full explanations for the reason for incarnation.

Truly, if you allow the heart to express, the heart itself with every beat, rhythmically, profoundly, simply expresses the truth of incarnation: love, love, love, love, love. The pump that pumps blood through the veins of the physical vehicle moves in waves of love. The second-density body which carries you about has no thought that is not steeped and marinated in love. The second-density vehicle is aware in every cell that it is the Creator and that it has no need of reasons to exist or to learn or to serve or to suffer and die. Is it ignorance or is it freedom that allows every cell of your body to give one hundred percent of itself in every moment for its continued existence and no less for the existence of

that whole being of which it senses itself to be an integral part. As an entity, one not yet fully in communion with all other entities within its, shall we say, soul group, you have a great lesson to learn from those simple cells of your body, each of which is instinctual and vital with its identity, its every possibility and its readiness to respond to the stimuli that meet it in any given moment and so does your body, without question, without doubt, respond to that which it perceives. Is it experiencing freedom? Or is it experiencing a mindless, reactionary, slave's existence?

Let us draw back a step further and gaze at this body that is not you, yet which expresses as a great part of you within the solution. Your body perceives not according to the wisdom of the body alone; rather, the body accepts the information which that entity which you are comes to believe is true. If the entity which is you comes to believe that it cannot feel pain, then it can walk across hot coals or accept the needle in the arm, as has been demonstrated time and again by those who do hypnotism. And each cell of the body is free to ignore as completely unimportant and irrelevant those bodily sensations that otherwise would create great agony.

Similarly, that spirit and soul which you are, which is only imperfectly contained within the lantern of the body that holds the candle that is you and the light that is you, is only limited by its perception of its limits. And when that entity that is, at the soul level, the essence of you, is able to rest in peace, in power, within the temple of flesh that has been prepared for it, without strife and without argument, then that which the soul entity perceives is true. And those confusions and difficulties which may seem to be the case upon the outer plane do not have the necessity to impinge upon the inner essence of being that is you.

Naturally we are not suggesting that, as an entity becomes spiritually more mature, it may then stop listening to those voices that are around it. We do not for a moment suggest that ignoring those precious other-selves about one is in any way a useful exercise for one wishes to know how one may serve, how one may be served, how one may love, how one may be loved. One does not come into incarnation to avoid catalyst, yet at the same time one does not come into incarnation to become a slave to catalyst.

One is neither greater than catalyst, nor less than catalyst, but rather, one is one with the catalyst.

The skill that feeds into the concept of freedom is that skill which is able to see the energies, the thought clusters, and the directions that those thought clusters take in their inferences and their suggestions of further thought. In other words, it accepts all of those thoughts as interesting, useful, beautiful, intriguing and equal. And all of the thoughts may be enjoyed, appreciated, respected, honored and followed as one would follow the strengths of a beautiful painting, the motifs of a beautiful piece of music, admiring, appreciating, moving into new places within the mind, within the feelings, because of this catalyst, these works of art that the people around you and their situations offer you in terms of the feeling clusters, the emotional and ethical challenges that are unique to each situation. And as a connoisseur, there is great appreciation in your heart for each offering, whether it may seem to be positive or negative, whether it may seem to be helpful or a hindrance. There is the connoisseur's appreciation for all the sweet and bitter tastes that make a full palate of experience and always, whether it is full of light or seemingly full of darkness, there is a feeling of privilege and even thanksgiving that one is able to meet this moment, to have these experiences, to accommodate this utterly unique opportunity, to see the Creator within the endless mystery of appearance.

Why did the Creator choose to make creations? Our comment has often tended to be, "The Creator is attempting to gain in knowledge and appreciation of Itself. The Creator wishes to know Itself. Thusly, it sends forth parts of Itself within illusion to see what will happen and to learn from the colors created in the palate of emotion that you have created through many experiences and incarnations, that contains your beauty and is unique to you, so that you can teach the Creator that which no one else in all of Creation is able to [teach]. For you are the only one of you in all of the infinite universe; thusly, it is your gift to the Creator, that comes from you, that is greatly desired. You cannot please the Creator by being someone else but only by being most truly and deeply yourself."

Is that freedom? If so, within incarnation, you are at your most free. You have the chance to make mistakes, to do things wrongly, to become utterly

confused, to bomb out, to make mistake after mistake, according to your best light, and yet you do not have the freedom to make the Creator disappointed in you. You have the freedom only to disappoint yourself. But, to the Creator, all that you explore is new and all that you choose is brand new in that moment of choice.

How may you be free? My brother, your freedom was never in doubt. It is the life itself, the incarnational illusion that is full of doubt. Is it happening? Is it real? Is it a dream? All of these things are true. It is real. It is happening. It is a dream. It is both valid and illusion, real and imagined, full of power and a vain and empty nothingness. And in these paradoxes, in these impossibilities, in these extravagances that we attempt to place in your mind as being irrational and noumenal, lies a resting place for gathering experience. This is what you have chosen.

So perhaps freedom lies in having the most utter faith which is possible for you in the moment. Faith in what? Faith in the self, as limited as that self may seem. Faith in the energies that delivered you to this present moment, as peculiar, odd and unlikely as they must seem. You are indeed, most free to love at will. The life experience may be seen, in one way, to be that environment in which the will itself, that is, that energy of the soul piercing through the illusion of mass and time and space, chooses its light, focuses its love, and opens the door to the great mystery that lies within, that mystery that is love, that is loving, and that is loved.

We thank the one known as G for this query and we transfer this contact to the one known as Jim, realizing full well that we have only begun to utter the first sentence, in the first paragraph, of that which we could say concerning this most deep question. Yet the time wanes, the energy wanes and it is time for us to open the meeting to those questions which the one known as G may continue to have upon his mind. And so we will leave this instrument, thanking it for its service, transferring this contact to the one known as Jim. We leave this instrument in love and in light. We are those known to you as Q'uo.

(Pause)

(Jim channeling)

I am Q'uo, and greet each again in love and in light from this instrument. We would ask the one known as G if he has another query to which we may respond.

G: I certainly do. Thank you Ra, Hatonn and Latwii for being such loving guides to me during my own journey. My first question is: can you tell me what the splintering agent is that you mentioned in my last reading and what I can do to heal myself of its effects. Is there anything I can do to heal myself of its effects besides engaging in daily meditation, so that I may become whole again, restoring the vision and restoring the sight?

I am Q'uo, and am aware of your query, my brother. The splintering effect of which we spoke at our previous meeting is a point of view, shall we say, an attitude, which you have adopted or had adopted for yourself in your past. We find that your current experience is one which has caused you to change much of that point of view. There has been much healing of your fractured viewpoint concerning various aspects of yourself and how you would be able to accept these aspects in your daily round of activities. Thus, our recommendation remains that which it was then: to meditate and to consider carefully your point of view as regards the self and the self's interactions with others.

Is there another query, my brother?

G: Am I by any chance an indigo child or a wanderer of the type with the dual-activated body, or both?

I am Q'uo, and am aware of your query, my brother. We would go to the limits of our ability to respond without infringing upon your free will by suggesting that your nature, at its core, is more attuned with the status of one who seeks to serve as a wanderer to distant areas of consciousness. Thus, you are one who has journeyed to a distant point of your own thinking, which is now symbolized by this planetary sphere.

Is there another query my brother?

G: What is the nature of the deep fatigue that comes and goes and what can I do to increase my energy levels?

I am Q'uo, and am aware of your query my brother. The ...

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue. The fatigue of which you have spoken is a product of the rapid change that has become a part of your daily round of activities, as you have been much involved in the realigning of the physical attributes of this dwelling place. There is a deeper type of change that is symbolized by the rearranging of the physical objects that also is occurring within you at this time. This is the, shall we say, quality of bearing a burden that you have felt as a result of responsibilities, of familial ties. There is the enculturation process that is natural to all third-density beings upon this planet that has, for you, culminated recently in a choice to follow your own lights, shall we say. This choice to move as an independent creature has brought the feeling of a responsibility for your own movement, so that you place a kind of pressure or burden upon your metaphysical shoulders.

This is a somewhat roundabout way of looking at your opportunities for growth. However, we find that each seeker has its own way of approaching the journey that beckons. It is a matter of what is more efficient for you. As you continue upon this journey you will find an ease to your movement which is not now present in its fullest degree, shall we say. As you move more and more freely upon the journey of the change of self that continues until one sees there is a self that does not change, then you shall feel more of this weight removed from your shoulders and your being. It is again a matter of being able to accept yourself and your opportunities for growth.

Is there a further query my brother?

G: Thank you, Q'uo. I have a cluster here. Are my twin soul and I adhering to the preincarnatively chosen plan that we had set before us, for the course of our earthly relationship? Is there anything more I can do to help her to free herself from her own confusion? And is there a higher road of service that I might walk, higher than the one I currently walk now?

I am Q'uo, and am aware of your queries and the concern which generates these avenues of inquiry. We feel that you are well aware that there are no mistakes in any seeker's journey. There are, however, expectations. Oftentimes, it is more efficient for the seeker to remove expectations and to be able to accept that which occurs as that which is

appropriate. However we are aware that catalyst does not usually work as easily as this simplistic description within your illusion. There is oftentimes much angst between the desire to serve and the actual service as perceived by the self.

The path which you and the entity which you call your twin soul have chosen is indeed appropriate for your own movement into service at this time. We are aware that each would, in what each would call an ideal world, wish to serve in another fashion, one which was more proximate, shall we say, each to the other, in more obvious service and types of learning. Again there is the matter of [allowing] catalyst for growth to occur truly. There is, shall we say, a weight or a resistance against which each moves or pushes so that there is an exercising of the spiritual muscles or ability to conceptualize that which is yours to seek and to serve, to give and to receive. There is always a means by which one may serve more efficiently. That is another way of saying there is always growth potential available. It is well to refrain from taking one's spiritual temperature, judging oneself, attempting to evaluate just exactly where and how one moves upon the path of service to others.

Again we return to that lighthearted feeling which the childlike nature of the true self demonstrates without effort. This childlike nature has taken on an earthly form, with various abilities to express, various difficulties in expressing. Thus, though there are goals towards which each moves, there is the movement, the perception of the movement, and so on, which when examined without too much dedication to an outcome, can give one a hint, a direction, a possibility. But when focused upon too intensively shall we say, when obsessed about, [they] may become a stumbling block upon the journey. Thus do strengths become weaknesses and weaknesses strengths.

Is there another query my brother?

G: Marvelous answer, Q'uo. I have seen enough 1:10's, 11:10's, 12:13's to know that a message is being communicated to me. Can you provide me any sort of insight as to what is trying to be conveyed to me with these one-minute-off "synchronicities"?

I am Q'uo, and am aware of your query, my brother. And though this query upon its surface appearance seems to be one steeped in innocence, it is with this

query that we must be most careful that we do not infringe upon your free will. Thus, we have only a suggestion that you look at the symbolic nature of the numbers involved and how this symbolism resonates to a certain point of view that you hold towards seeking and serving, of being of service, and of how this is offered.

Is there a further query my brother?

G: Thank you Q'uo. Why do I feel like there are holes, that is, missing pieces of identity and memory, in my soul?

I am Q'uo and am aware of your query, my brother. This sensation which you describe as "holes" within the soul of one's being is a most interesting and perhaps literal way of looking at those portions of the self towards which one moves in the spiritual sense. To regain one's identity is to fit together many pieces of a great puzzle of many dimensions. When one has a lack of understanding of any portion of this puzzle, there is a hole, shall we say, a gap, a place or way of being that is yet to be discovered. This is the nature of the journey for each seeker of truth—to find the trail of pieces to this puzzle and follow till one is whole, till one is unified, till one feels the unity of self with all other beings. This is a grand journey upon which you travel. Follow that feeling of the whole within until you find that which plugs or fills the hole.

Is there another query my brother?

G: Thank you, Q'uo. Another cluster. Somewhere along the way it seems my memory has been impaired somewhat and I was wondering if you could tell me how that happened? Was it injury done to myself by myself? Or the process of ascension? And, how might I be able to regain it enough so that I can again learn and absorb and synthesize new information?

I am Q'uo, and am aware of your query, my brother.

When there has been a forgetting of that which has occurred within the conscious memory, it is either because there was little value to the self in retaining this experience or because there was some difficulty in accepting the experience, so that there was instead of acceptance, rejection. These experiences are critical portions of one's formative years, shall we say. To explore the primary cause of such rejection, it is often necessary to look within the dream state or the deep meditation, which may uncover these types

of traumatic learnings. Thus, we suggest that you take what you can of the current memory, the place where the memory stops, and attempt within your dream state or within your meditative state to take the next step in experience, to open the self to receiving that clue or quality of feeling that will begin to reveal to you that which you have hidden from yourself.

Is there a further query, my brother?

G: Q'uo, you rock. Give me one second, Q'uo.

Carla: Could I ask a question while he is gathering his wits, Q'uo?

I am Q'uo. We would welcome your query, my sister.

Carla: On the question about weariness and food intake and so forth, I've been going from the assumption that it might be substances or it might be the quality of love in the food and so I have focused more on putting love into the food than in being really sensitive about certain substances. Could you make any suggestions as to whether this is a basically good way to value and also if there are substances to which this particular soul either has need for or needs not to have? Is there a possibility that you could share those with me?

I am Q'uo, and aware of your query, my sister. We find that the menu is heavily laden toward the quality of love, which is most nutritious to each seeking soul. We are also aware that the one known as G has a quite clear understanding of his own dietary needs. Perhaps there could be the inclusion of more substances which this entity prefers. However, that which has been prepared is prepared with care, concern, love and great affection. Thus, we cavil not at the diet and applaud each in his and her approach to the intake of foodstuffs.

Carla: Thank you.

Is there another query at this time?

G: Thank you, Carla, for the very considerate question. Q'uo, can you tell me how I reacted to this world as a child? I ask you because I don't recall much of my childhood.

I am Q'uo, and aware of your query, my brother. We examine the life pattern of the one known as G, seeing the innocence of the newborn babe carried through into the childhood, so that there was a

freshness of learning that was both comforting to the one known as G and somewhat disturbing to those who were the parents, for there was more ability in abstruse areas of comprehension than was expected. Therefore, there has been a loss of innocence and of the ability to grasp new experiences easily and quickly. This is a portion of that filling in of the hole aspect of which we spoke earlier as well as the beginning exploration of the traumatic learning of which we spoke earlier as well. There has continued to be a great thirst for knowledge and for being of service which both were present from the earliest of ages. This is the sum of that which we feel we may offer without infringement.

Is there a final query at this time?

G: That answer is such a gift, thank you, Q'uo. Am I any closer to the course of dessert? Have I moved on, or am I still on my main course? Or am I almost done?

I am Q'uo, and am aware of your query, my brother. We find that you are well along the consuming of the main course, which we suggest will be a somewhat lengthy meal within this illusion! From time to time you may find a taste or two of dessert. However, we suggest that prepare yourself for a great feast.

It has been our great privilege to be able to speak to your concerns this evening for we feel that you have a great desire for seeking and serving which needs but little guidance to find its fullest flower within the present environment.

We are those known to you as those of Q'uo. We would take our leave of this instrument of this group at this time. We thank each for inviting our presence this evening. It is a great honor to join you in this circle of seeking.

Adonai my friends. Adonai.¹ ❁

¹ Immediately after the closing prayer, G looked down at his wristwatch and exclaimed, "10:10!"



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SPECIAL MEDITATION, BELKNAP CAMPUS, UNIVERSITY OF LOUISVILLE

AUGUST 24, 2003

(Carla channeling)

[I am Q'uo.] ... [Everything,] the body, the sound, the music of life, the color of it, all of these things that fill in the colors and the shapes and the form of consciousness: all of these things exist as vibration. You, yourself, exist as energy fields of vibration within which are many other energy fields. The energy field of the body itself, the energy fields of the organs and of each cell of each organ and each portion of the body, the energy cloud, shall we say, that is made up of this circle of seeking, the energy of your planet, the energy of your solar systems and of the creation of the Father as a whole, in its infinite reaches, and the Creator, Itself—all of these things are energy. All these things are vibrations and complexes of vibratory levels working in harmonics and sub-harmonics together to create the shape of the world that you see before you as you open your eyes, and that create the shape of the world that you cannot see whether your eyes are open or shut.

All that is visible, all that is invisible, is vibration. The vibration of the Father, as this instrument is wont to call the godhead principle, is a singular vibration which we are used to calling that term, the Logos, which is a term in this instrument's vocabulary from its Christian heritage—Logos, the Word, the Word which is love, unconditional love. That vibration is the vibration of the Creator. Those vibratory nexi that manifest as each person here, each of you being a sub-logos, in part, of the infinite Creator, have the goal of moving in vibratory level more and more close to the vibration of the Logos,

to the energy of unconditional love. Regardless of what outer gifts you have, this gift is at the heart of your experience of yourself as an essence, of your getting to know yourself as a true being. As you are able to come more and more into an awareness of what the energy of unconditional love feels like, you are coming closer and closer to your own heart.

The days begin to grow shorter at this time, and your planet turns on its axis in such a way that the seasons turn with it, the days grow shorter, and the dark grows larger until winter comes to your planet. And in the heart of that winter there is always that moment of what this instrument calls Christmas when attention is paid to a tiny child that is love made visible within this instrument's religion, that time when Jesus, the Christ, comes into the world as a tiny, helpless baby. We ask each of you here to open your heart and to see yourself in a manger, a new being, my friends, a soul, fresh, untouched, inviolate, waiting, hoping to be loved, to be recognized, to be swaddled and nurtured and held and taken care of and protected. This child within you is the spiritual self that you came into this world to find, to embrace, and to nourish and nurture with your outer life and your inner life, always opening to the vibration of unconditional love that floods the heart when there is no resistance, that waits within the heart, that is surrounding the manger of spirit within you. Pay attention to that child that is your spiritual self, for it is tender and young, and while you have become experienced and wise in the ways of the world, perhaps that has caused defenses to rise

within each of you so that you are defended and armored against those who would hurt you. Yet, to those who dwell in unconditional love, there is no man, no woman, who is an enemy. There is no entity whatsoever that is not part of those souls which are yours to love, to help, and to wish well on their way if they perhaps do not agree, but never to armor against, to defend against, or to harden the self against. For the gift of the heart, the gift of love, is that it is fearless. It does not need to defend; it does not need to protect, for it rests in the vibration of unconditional love.

We would take a moment to experience the silence with you. We ask you to allow that silence to blossom within you, that you may feel that love of which we speak. We shall pause. We are those of Q'uo.

(Pause)

We are those of Q'uo, and are again with this instrument. Continuing to feel that energy within you, now, we ask that you begin to allow it to rotate about the circle from you to the person to your left and so forth, receiving the energy from the person on your right and moving it on. Feel that energy begin to spiral and grow; feel that sacred space that has been called into being by the one known as M and then fill it with the flame of love unconditional.

We would speak to you, as this energy rotates and builds, about mission. We do not mean to imply that anyone comes into the world with a contract, "I will do this and this and this, and then I shall be ready to abandon life." Rather, we suggest that each of you, before this incarnation, along with your guidance, sat together and planned, oh, what a glorious plan, choosing parents and mates and siblings and friends and that which is called among your people, enemies, all so that certain lessons, which you had decided upon beforehand, would have regular opportunities to be visited and revisited. For there are certain things which each of you hopes to learn, to work on, not simply learning for the first time, but refining and exploring the subtler reaches of these themes of incarnation for which you did take on flesh. There are other gifts which you chose because you felt perhaps they would be helpful at this particular time, at this particular juncture. The learning and the service bring certain people, certain lessons, certain themes into the life again and again, and we ask that you do not be discouraged when you

see these lessons seeming to repeat. Rather, think to yourself that you are spiraling, you are visiting these lessons again, not at the same place, for you are not at the same place, nor is the lesson in the same place, but, rather, each time you visit it, if you are working with the lesson, you learn more, you go further, you become wiser, you become more compassionate, or you simply become more balanced between the all-embracing love of compassion and the more intelligently-guided wisdom of compassion touched with that wisdom which suggests limitations, boundaries, precision, where before there may have been a vagueness or an unsureness. These do not add up to a "mission"; these add up to a life experience in which the possibilities are literally infinite but in which there are, as Dr. Thompson said, certain avenues which open up before one as the blooming of a flower, and things begin to fall in place, and there is that feeling that one has caught the rhythm of destiny and one is now cooperating with it.

What we suggest, if you do not sense where destiny is taking you, is simply, each day, to sit in meditation and listen. The silence expresses much, as well as those undertones and overtones that your dreams and your visions and the street signs and the birds and all of the information thickly strewn in life seems to bring to you. The silence organizes and reorganizes and gradually there comes an inner sense almost as if the creature within you that has energy has found a way to take a deep breath, not the physical breath but the metaphysical breath of, "I can expand; it is safe." Move into that space whenever you can. Certainly attempt it daily, for there is information for you in that silence. And that guidance system that loves you, is part of you and is always with you will find it easier and easier to touch the life of you with this and that hint and inkling until you find it easier and easier to cooperate with the forces of what seem to be destiny but indeed are rich in free will.

We ask simply, if you think about mission, that you think first of the mission that is common to all who take breath upon the planet. You came to love and to be loved; you came to learn about unconditional love; you came to choose between love and fear. When you see fear within yourself, your mission is to sit with that fear, not necessarily to kick it out. You may not be ready. But, strand by strand, you take it away just at the rate of speed which makes you comfortable. That idea that continues, the idea

that lifts and helps, is that idea that love is the truth and that fear is independent of that truth. So, where there is fear, all openings to love that can shine light upon that darkness are encouraged.

Before we leave this instrument, we would ask if there would be perhaps three or four questions that we may answer?

M: (*Reads from an audience card.*) Okay, the first question is, "Why must the children suffer so?"

We are with this instrument and are aware of your query. All of those within this particular plane of existence, all those who are in the flesh and experiencing the energies of a physical body, are also prone to experience suffering, and indeed it often seems unfair, for the children experience the suffering without having the choice of creating the situations that produce the suffering. There are those children who are born into times of war who must suffer therefore. There are those children that are born into those structures of family which seem to create abuse of various kinds and consequently create suffering for an innocent. There are as many instances of innocents suffering as there are innocents, for all do suffer.

The question of suffering is indeed a universal question, and the response that we would offer is that each entity deliberately chooses to enter into a physical vehicle and to forget almost everything that the entity is aware of before incarnation. This instrument has called it the veil of forgetting. There are other terms for it, but, as Wordsworth the poet has said, "We've come, each entity, into the third density streaming clouds of glory which rapidly dissipate with the onset of breath into the body."¹ Focus upon your own birth cries and remember the first suffering that you felt, the cold air, the shock of having to take breath within the lungs, the loss of the warm darkness and the rude intrusion of life.

¹ The quote, from William Wordsworth's *Ode: Intimations Of Immortality From Recollections Of Early Childhood*:

Our birth is but a sleep and a forgetting:
The Soul that rises with us, our life's Star,
Hath had elsewhere its setting,
And cometh from afar:
Not in entire forgetfulness,
And not in utter nakedness,
But trailing clouds of glory do we come
From God, who is our home
Heaven lies about us in our infancy!

Suffering begins early within the third density and continues in some form or another for almost all those who are in incarnation as the personality aligns experience to some degree or another. The why of it is wrapped up in the purpose of losing that memory. It is important to lose the memory, to become stupid, and to be quite confused and dismayed and taken aback, because it is that point of deconstruction of the self which is that which sets the stage for transformation.

Each of you hoped to rebalance that balance between love and wisdom when you came into this incarnation. You hoped to refine yourself. It is as though each of you has within you a wonderful gem, yet, in order to polish that gem, much surface material must be taken away. And so the suffering is that which blasts and chips and picks at the outer shell that is not the gem, knocking away all of those things that are not the real you. The suffering is that sense of pain as the emotions and the mental structures are in the process of changing. It is the change that is the root of most of the suffering of your species. It is the kind of pain that exercise creates. It is flexing the muscles, perhaps beyond the capacity of the muscles before this exercise. Yet, each time that entities undergo this suffering, they learn or have the opportunity to learn more about how to sit with that suffering, how to take it in, to love it, to work with it, and to allow it to seep through the self, doing those things that it came to do, easing the imbalances in the energy body and approving the overall situation which exists in your soul stream, not simply in this time and space. But you are doing work which transmits itself to the infinite and eternal stream of energy that you are.

Is there another question, my sister?

M: (*Reads from an audience card.*) There is. "What would benefit me the most to hear or know at this time?"

We are those of Q'uo, and are aware of your query, and we would say to you: all is one. Hold to that sense of unity within yourself; know that all that is good and positive to you is you and all that is distasteful and hateful to you is you and that all things whatsoever are you. Look at this instrument, see the Creator; look in your mirror, see the Creator; look into the eyes of the person next to you and see the Creator; look into the eyes of your dearest enemy and see the same Creator; look into the sky, look

into the depths of the sea, look into all of the elements and see only and always and ever the Creator. You are all things. We would say that this would be that thought which would be most helpful, and we thank the entity that has asked that query, for it has many good vibrations within, and we appreciate that exchange of energy very much.

May we ask, my sister, if there is one more query?

M: (*Reads from an audience card.*) There is. "Would you speak to the entering of the fifth dimension and the process of our and the Earth's transition?"

We are those known to you as Q'uo, and we are delighted to speak of those shifts which are at present occurring. The terminology varies from instrument to instrument and structure of myth to structure of philosophy, or whatever, and so this instrument would perhaps call the next density the fourth density rather than the fifth. However, this instrument is aware of those who use the system in which the fifth is that which is opening at this time, and this instrument is of the opinion that these are relatively acceptable terms to use interchangeably in this general context.

The next density is the density of love or understanding, to use general terms. This density is that which seeks to learn the lessons of love.

Unconditional love is the chief lesson of your density. Once an entity has grasped the beauty of unconditional love, once the entity has placed itself into a practice of self-sacrifice, of loving others to the extent that they would give their lives for the others, if they could, in order to spare them, once this has been taken as the path that is desired, then the earthly journey becomes a life of service, a life of giving and, increasingly, a life of receiving. For, as the one known as Dr. Thompson says, all that is given out comes back again in a way that is irresistible and cannot be stopped, so that you are soon surrounded with the lessons of how to accept love from others. For you have learned how to love others. When you are at this state, then you are ready to live in a more love-filled atmosphere, and that is what the next density is in relation to third density. The fourth density, then, has a different kind of light, a light that is more densely packed with light, so that there is actually more light in an atom, in a particle, of that energy. It is that shift which is now occurring upon your own planet. Your entire planetary system has spiraled into a brand new

area of space/time in which the energies are different, the energies are shifting. There is dramatic change, and your entire planet is recreating itself from birthing itself as the fourth-density planet. Consequently, as each entity reaches the point of leaving the earth plane through the normal processes of what you would call death, there is the opportunity at this time to graduate from third density and move into the fourth density and what is often called ascension. In this process of ascension, the soul energy that is you, the essence of you, takes up a fourth-density body for its next incarnation and therefore takes up a whole different environment with a whole new set of lessons. So, in general, moving into the next density is as moving into the next grade in school. It is an exciting thing to move ahead and start the first day of the school year, when all the lessons are brand new and all the lessons seem good. And this is the experience to which you may look forward, as you look into that next life that may come after this one.

We take this time to thank you once again. It is a pleasure to share our thoughts with you. And, once again, we ask you please to take those thoughts of ours which seem fair to you and to leave the rest behind without a second thought, for we would not be a stumbling block before you.

If you wish to deepen your meditative state, you are always welcome to call the Confederation of Brothers and Sisters of Sorrow. We are happy to lend our energies to your meditation that you may feel a deeper sense of stillness inside. We are happy to come to you in dreams and to be part of your guidance. You have only to ask. We, however, do not wish to speak through any but simply to share vibration at this level.

We thank you for this time together. It has been a blessing to us. We leave each of you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai. ✨



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SUNDAY MEDITATION

SEPTEMBER 7, 2003

Group question: The question today has to do with change and how we respond to change. We've talked around the circle today and it's the common theme for everyone that there have been a lot of changes. And as we look at the situation in the world today, we see rapid changes, some of them violent, drastic and catastrophic. We were wondering if there is a particular response to change that could be recommended? We are forming a community. It seems to be a very good thing to do in the way of providing support and inspiration and encouragement and reinforcement to individuals. People seem to have a way, whether they live together or talk together at work, of sharing their energies and lending their support to each other. Could you talk to us about change and community and the best way to respond to change?

(Carla channeling)

We are those known to you as Q'uo, and we greet you, with great delight, in the love and in the light of the one infinite Creator, in whose service we are. It is a great pleasure to be called to your circle as you convene your public meetings and we can not thank you enough. We thank each of you for the beauty of your vibrations, for the pureness of your hearts, for reserving the time for the seeking of truth and for the steadiness of your dedication which has caused you to create this time from your busy life.

It is a great blessing to us to be called to you and to be able to share those thoughts that we would share. We ask only that each who hears these words realize

they are the words of friends rather than those of authorities. Therefore, in order to allow us the freedom to speak our thoughts, we ask that you discriminate carefully with each and every thought that we share, choosing to remember those which seem to be helpful to you and discarding the rest without a second thought. We are most pleased to share on this most timely question of change, how to respond to change well and how to think of change.

The first change that each experiences within incarnation is that change which brings one into incarnation. As this instrument has noted from time to time, the birth is as the dropping from the plane, with or without parachute. There will be a landing! And there will be an ending to the incarnation. That which arises from dust goes again to dust. In truth, the experience of incarnation, in itself, is an experience rooted in, steeped in, and moving towards change. It is not a circumstance but rather a progression, a developmental cycle; if we could use your terminology, a grade of your school, visited for a semester. This is your course, Life 331-B. We joke about the number, but the concept is true as far as we know.

There are certain organized features of the change within an incarnation. There is an organization of lessons, shall we say, a curriculum, that was chosen by you and your higher self prior to incarnation. Those who incarnated at this particular time within your planet's density have incarnated because there was a desire for a more intensive experience of change and transformation and the opportunities for

rebalancing the wisdom and the energy within the energy body of the self that was irresistible. Consequently, each of you has chosen certain courses for the particular term that is your incarnation. These courses or lessons or curricula have names such as “Loving Without Condition,” “Creating Sacred Space,” “Sanctifying the Rays of Living,” [including] the ray of survival, the ray of relationship, the ray of working, the ray of communicating, and so forth. Different entities have chosen to take somewhat different courses. Each has a different course load; a slightly different experience.

Yet each is moving through a process that is very regular and guarded and safe from the standpoint of the spirit or the soul stream of the self. However, within incarnation this is not obvious.

Consequently, the illusory experience of taking this course of Life 101 is much more chaotic in its feeling, in its perceived nature, than would be the perception of your self outside of incarnation and outside of the veil of illusion that is this particular organization of time and space in such a way that it is, shall we say, space/time rather than time/space.

Thusly, the first thing we would say about the way to deal with the concept or the perception that one is in a process of change is to remember the structure that supports this perception. That structure is your eternal and infinite soul stream, that energy that is you, now and forever. A part of that energy has moved into the habitation of the physical body or vehicle and at this time you are inextricably intertwined, energetically, with this physical vehicle. Yet you are not this physical vehicle. You simply reach into the physical vehicle with the ties and bonds of [your] dedication of self to the incarnation and connections within the energy body that move into the connections in each chakra. As you present yourselves to us at this time, you sit in the jars of clay, shall we say, that are the vehicles of your physical body, which cannot contain the rainbow self that is your energy, or energetic, body. This rainbow self shimmers and glows and exceeds the boundaries of physicality. And in the balance of each of those chakras, we see much that is not apparent within the veil of [third-density] illusion.

One interesting exercise to use, when one wishes to learn more about the self and where the self is blocked, is simply to rest with the self in a

meditative state until one is able to begin to see how the energies of the body are balanced. There is perhaps the technique of asking oneself, “Let me see my energy,” and then allowing the rainbow (red, orange, yellow ...) to come to life [in your inner vision] as you call the colors, so that you are able, in an intuitive way, in a direct way, to gain access to that part of you which is not verbal and which is far more connected to the truth of your energy body. This can be evoked simply by asking, with great faith that you are asking an actual part of the self that can respond. The talent here is not in technique but in the trust and the “allowing-to-be-true” of the technique. It is not a skill of the mind but rather a skill, as the one known as G has said, of the will, or of the heart and the will together.

When one is aware of and centered within the fundamental perception of the structure of incarnation, then one is aware that one is within a process of change; that one has chosen what one wishes to examine during the process of change; and [that] one is then free to trust the lessons that appear before the face, to lean into them in terms of doing the homework, of doing the mental analysis, of going to the library of self and asking those questions which need to be asked, [of] doing the research that needs to be done in order that one feels one is beforehand with one’s lessons. That [may] mean, for you in particular, the process of getting meditation more into a daily habit, or the process of journaling one’s dreams or journaling one’s thoughts, or the use of other techniques with which you wish to examine the life as it is lived and to ask of the self, “Who are you? Why are you here? What is your mission?”

The energies of reaction to change, which may include much panic and feeling of loss and the stumbling effect of not knowing the path ahead, can be mitigated. The simple trust that all is well, and that this that you experience, whatever it may be, is valuable, worthy of attention, and worthy of your best effort, is very helpful in smoothing and regularizing the process of change that is inevitable and desirable.

As we said earlier, there is at this time a particularly intensive process of change moving through the planetary energies as a whole. It is the end of several cycles within your planet, small and large. The planet itself transits at this time. Consequently, many of you came here in incarnation at this time

with extra-curricular activities planned having to do with service to others, service to the planet, and/or service to the people of the planet. We put before you these two slightly different vectors of service to others because that is the mix that we are experiencing within this circle. There are those within the circle that feel that they are Earth natives, that they have a love of Earth, an affinity for the Earth, and a long association with this particular planet that you call Earth, which we call Atlantis, actually, this being the name of your planet among the metaphysical or time/space entities which live within what you would call circular time and have experienced the entire gamut of the various experiences of your planet through what you would call your past and what you would call your future.

The energy of your people is that energy that is called Atlantis. And this at this time becomes more pointedly relevant in that your peoples as a whole are visiting at this time and attempting to rebalance those energies of Atlantis; those energies that fed into the build-up of the civilization of Atlantis and of Egypt; the civilizations that learned technology and skills of the scientific kind and did not learn the disciplines of the personality that would enable them to make use of such technical expertise in a way that was positive and unconditionally loving.

The very stuff of your density is love. The overriding lesson of your density is love. And yet, it is not a romantic love, it is not the love of brothers, it is not any love that you can imagine or speak of or wrap your words around and contain. It is that love which is the infinite Word. It is that love which is the one infinite Creator. It is that love that destroys and creates equally, generously and eternally. The concepts of love and wisdom seem separate, yet they are simply two shadows within illusion. That truth which lies beyond all illusion is the infinite love of the one Creator. Consequently, when you are attempting to learn love without end, sacrificing, giving, crucifying the self for others to the extreme of the myths of humankind for describing unconditional love, this is but one aspect of love. There is the aspect of love also wrapped in fear, in negativity, in contraction, in darkness, in the shadows, in the depths within the self that gives substance and structure to the whole and creates within infinite light and unconditional love a place, a habitation, not for the soul only but for physical vehicles, for physical feelings, experiences and

intensities [as well]. In other words, one of the blessed aspects of third-density incarnation is the ability to feel pain, the ability to be confused, the very precious ability to lose the self and to be forced out of the mental constructs of a lifetime of learned untruths and half truths that your outer civilization offers to each of you.

It may seem perverse for the self to cheer for the self when the self realizes it is greatly confused and stumbling and wandering, as the one known as S has said, and yet this too is a blessing. It is the blessing of opportunity. It is the blessing of darkness. For each of you has within you the potential to be a light that enlightens the darkness, that illumines the shadows, not chasing them away but simply exposing them for what they are. Darkness is rounded in light and light rounded in darkness. That is the way of your circadian cycle. Yet we ask you to see beyond the light and the dark, to see into the nature of your lessons, of your service, of love itself. To see that which is "beyond variation¹," as this instrument read in her church service this morning. The Creator comes from light with no variation due to change. There is no change in the One Who is all things. Change is an illusion, which is very helpful in the process of the Creator knowing Itself, and for this process the Creator has given Itself to you, to this instrument, to all, in discrete, illusory sparks of light that can experience, and register that experience, and feel and create from those feelings a process of refining and deepening and purifying, until those emotions become truth. And that which before was the babbling of children, becomes, in the ordered experience of the true and deep emotion, a giving of the self that is a harvest of a lifetime. For as the truer, deeper emotions begin to be refined from the welter of shallow feeling, those emotions begin to contain information which is as food to the Creator, a delightful and refreshing food that informs the Creator of Itself.

Now each of you, in this rainbow self that you have, is constantly creating and re-creating the truth of yourself. You are in a constant state of flux. The "name" of yourself is this complex of vibrations, this rainbow self. When your passing moods strike you,

¹ *Holy Bible*, James 16-17: "Every good endowment and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change."

they may well change some of the colors of yourself and tell less of the truth about you. So it is well, when you think of how to respond well to change, to look at the self and ask the self, "Of all of these aspects of the present scene are there those that could be harmonized within the self? Could I, speaking as each of you, find a way to add harmony, to rebalance for more truth, to more center a relationship, a conversation, a group situation, in a way that balances the energies of love, wisdom, will and so forth?"

The time is such that until far beyond the end of each of your incarnations, experiences shall be very intense, for the energies of change have begun long ago and are now in full swing and move towards a conclusion that is not a moment in time precisely, and yet there is a point at which your planet shall be fourth-density positive and those who are within third density upon the planet shall only be able to endure and remain within the planetary atmosphere because they have begun living and thinking in a fourth-density-compatible manner. So the third thing that we would say, concerning responding to change, is to ask yourself, "If I were in fourth density, how would I perceive this situation?" As the one known as Ra has said to this group before, "Where is the love in this moment?" This is the thinking of fourth density. It is that thinking that assumes total acceptance of all beings, total equality of all soul streams, total oneness with everyone, and an inability not to harmonize. When one, as a third-density self, feels the disharmony, one may be aware that one is simply living and thinking and reacting according to the illusion of third density. We ask that you consider this as one of two choices. One of indeed infinite choices! But the other choice that we would recommend is that choice of moving into the sacred region of the heart. For the heart has never left the unconditional love of the one infinite Creator that exists within first density, second density, third density, fourth density, fifth density, and so on. Third density is that density wherein the mind portion of the body/mind/spirit complex is veiled. The body is not veiled; the spirit is not veiled; the mind is veiled. This is simply to produce the ability to experience this process of change, this feeling of chaos, this experience of illusion, of disillusion and recombining and creating the self as one goes. We do not have, in higher densities, that privilege. Consequently we can not work vividly,

quickly and effectively to retune or to rebalance our energies. Rather, we are refining the choices already made.

There are other entities within this circle that are not Earth natives but rather those that and that have chosen to return for a program having the experience of learning and service. Again, some of you may have come to work with the planet, for it is being birthed into fourth density as we speak. Some of you may have come to work with the planetary ethos at this time. For there is great energy forming at a global level within many, many peoples of many different cultures and ways of thinking. Yet, the unification of this energy is beginning to be marked, and that is simply that all souls count, all beings deserve the same respect and honor, all entities are sacred.

This energy is a simple, almost primitive realization, that realization of the goodness of the self and the goodness of other selves and of the world. And this basic realization is summed up within your Christian Old Testament statements by the very questionable God—as this instrument would call it—Jehovah, who kept observing as He created that "this was good."

So we ask you to move into the realization, more and more, that you are the chooser of your experience, you are the creator of your truths and you can indeed move more and more, as you experience the feelings of the open heart more and more, into that open heart, into the rush of infinite energy that is moving through that heart at all times, into that atmosphere of support that the one known as G spoke of that exists not without the self, but within the self, and that is only projected outside the self in order to be visible, in order to be seen, in order to be understood. For who can understand one's own heart? Yet we ask you to trust that heart and whenever you can, move into that space of remembrance of who you are, of remembrance of yourself as a spark of Creatorship, of "Creator-in-training-ness," as this instrument has said before. That is your true nature. You are very young. Yet you are moving inevitably and inexorably towards your source, your ending, the one infinite Creator. You are gaining spiritual mass and at this particular time, your goal is to be yourself, for within the heart of self lies this truth, that is fourth-density reality.

And may we say that all densities grow in reality, yet all remain illusory. Each illusion, as it moves towards

the octave of Creator-ness, becomes more able to contain truth. As the light itself changes, it is able to hold [more] information.

We ask you to imagine your heart opening and yourself allowing the portions of your mind that are not at this time awakened, to be awakened, of resting and asking for more. For truly those who ask shall receive and to those who knock, the door shall be opened. There is this energy of fourth-density that is actually currently at least as strong within your planetary atmosphere as the third-density energies of chaos and revolution.

Your question spoke of the tremendous changes going on within your world at this time. Indeed we do see the energies of your peoples ripening towards the destruction of entities by their brothers and sisters, moving into larger-scale slaughter of innocents. We see this as a possibility. We see the possibility also, of a grassroots movement, as this instrument would call it, that is impossible to stem, that is a true revolution of energies melding and entities coming together in harmony to work together for restoration, for equality, for justice, for truth, and for the cause of being. How we encourage this, how we urge you to lean into this. This is where your sense of the group's being important comes into play. Fourth-density energy, unconditional love energy, is embattled within a third-density atmosphere. In fourth density, entities work together, harmonizing, combining, each giving their own best, with the result being far better than any of the entities within the circle of creation's [individual] skill, because that which joins together is not added but multiplied and multiplied again. The group effect is tremendously supportive. This is part of why your particular group has been together for some time, and why energies are moving into it at this time.

It is time, as the one known as Jim said in the discussion preceding this meditation, and we would agree. It is time for those of like mind and like heart to come together, to serve together, to learn together, and to support each other. This entity has a favorite song:

Love one another as I love you,
 Care for each other as I care for you.
 Bear each others' burdens,
 Share each others' joys.
 Love one another and bring each other home.

What is "home," my friends? Home is that place where you belong.

Belong to each other and open your arms, that all entities may belong to you. And take care of each other, and care for each other and bring your planet home.

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

(Pause)

(Jim channeling)

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

S: I have one. When, in your spiritual seeking, you hit a brick wall, stumble and fall and you're not sure what to do to get up, where to go, what to do, do you have any suggestions and ideas of how to get back, brush yourself off, and move forward?

I am Q'uo, and am aware of your query my brother. Oftentimes when the seeker of truth finds that there has been the brick wall of which you speak placed within its path there is the possibility of doing nothing until one is moved by an inner desire to continue the journey. There is the possibility of exploring within the self what are the new priorities, what is it that moves one in any direction. What is it that gives the sense of purpose and meaning to the self as it seeks ...

(Side one of tape ends.)

(Jim channeling)

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

Carla: I have a question from B. It says next time you're online to the Confederation, please ask, "What aspects of consciousness were developed by the use of fourth-density social memory, from a fourth-density perspective?"

I am Q'uo, and am aware of your query my sister. We find this query to be a very interesting one in which we may explore an idea or two. The social

memory aspect of consciousness is that which begins to explore the intimate work entities may share, one with the other, by relying upon those resources which each brings to the group consciousness. Thus, it is much more likely that the group consciousness will be informed concerning any particular point of view when there is a great variety of experiences upon which to draw, in confronting or dealing with any particular situation.

We have found in our own experience that there is much of the support that may be shared in the motivation, shall we say, to explore those areas which are new to us by doing so as a group consciousness.

(Pause)

(The instrument excuses himself from channeling anything further.)

(Carla channeling)

We are with this instrument and we are those known to you as Q'uo. We attempted to contact this instrument after the one known as Jim created the changing of the tape and this instrument was puzzled by the surprise of a new routine and did not respond. Consequently, we recontacted the one known as Jim and this entity attempted to continue to speak. However this entity, in its integrity, quite rightly expressed the desire to leave the contact as it did not feel it was performing its function as an instrument with the highest of purity. And may we say that this often occurs and is very seldom owned up to. When entities are moving from the impressions of telepathic perception, indeed, the line between good contact and questionable contact is, for the most part, the hair's difference between alertness and trust in the self and, for whatever reason, the movement from that rest into a state of energy movement or strife. Once energy begins moving in terms of the human personality shell, it is far more difficult to keep a telepathic contact, for the single-mindedness or single-pointedness of thought that enables an entity to lay the self aside and to respond simply to that which is given is sometimes very much lacking. For this instrument, it is more stable as a setting than most and so we pick the contact up at this point as there is energy within the circle that requires, if possible, a slower termination of the contact. And so we would ask again through this instrument if there are any further queries at this time?

G: Q'uo, in the *Law of One* series, Ra says that there is an incompatibility between the third and fourth densities in respect to the electrical body. They say that if a third-density entity had full awareness of the fourth density, that its electrical body would fail. So my question is, how aware in third density can we be of the fourth-density energies?

We are those of Q'uo, and we grasp your query, my brother. Entities within third-density vehicles are protected from full realization of the fourth-density energies of the electrical nature for the reason that they are unable to express or to have the wiring for the running of those energies in their fourth-density form. It is perhaps confusing that we encourage you to live within fourth density in your third-density self. And yet the shadow of fourth density, cast in third density, is sufficient, just as the light under the door that is closed still signifies the awareness of the light in the room and the awareness of the room in which that light resides. What we are suggesting is that you look at the light under the crack of that door and know by faith that that room is lit and that light is true.

May we refine upon this answer my brother?

G: Not at this time, thank you Q'uo.

We thank you, my brother.

G: If no else has one, Q'uo, before, during the beginning of the round-robin discussions, I was becoming very jittery, very nervous, my heart was beating hard, and I was becoming extremely cold and I have a hunch that its beyond standard nervousness. I was wondering if I was the subject of a psychic greeting?

We are those of Q'uo, and are aware of your query, my brother. In the manner of your speaking, this is correct. We are also aware that you are cognizant of the internality of such greeting. That is, that it comes from that portion of the self that is the mirror of those energies, for the self indeed contains all energies that are possible to express. Consequently, there was indeed that which you may call a greeting and it was indeed of the psychic type and at the same time we encourage the awareness that such greetings are not those of enemy energies. Those greetings are of that which feels unloved. So we encourage the response of opening the arms and hugging to the heart that shadow, that coldness, that jitteriness and accepting and loving it as it is. We suggest that this

shall tend to balance and integrate these energies that seem to be attacking, so that they may become those energies that support and defend the self.

May we answer further my brother?

G: No, thank you, Q'uo.

My brother, we thank you greatly. Is there another query at this time?

G: If the instrument still has energy, I have another one. Q'uo, in the *Law of One* series Ra says that "... our very being is hopefully a poignant example of both the necessity and the near-hopelessness of attempting to teach." I was wondering if you could expound upon that any further?

We are aware of your query, my brother. As that known to you as Q'uo, we encompass a great deal of teaching. The energies of the ones known as Hatonn have long taught; the energies of the ones known as Latwii and those known as Ra, have long taught. And indeed those of Hatonn and those of Latwii accept as their teacher those of Ra. Consequently, we have bonds of teaching and of learning even within our principle. And our entire *beau geste* as a principle is to teach and yet, if we were to use this instrument's slang, we would say, "LOL." It is to laugh, it is to chuckle, for how can we teach? What do we know? We know only opinion. We can only toss our words into the wind and hope that some helpful aspect transfers from creation to creation, for we speak across worlds.

We gaze at each of you in your creation. You are masters. Few of you know it. We hope to encourage you to be aware of your nature, yet we have only a simple story to tell. We have only one basic thought to share. You are one, we are all one and that one thing is love. We attempt to be creative, we use channels such as this one so that we may flash all of the colors of that channel's personality and weave such tales as that person's energy and personality shell have to give. Yet our story is the same, and it is inadequate to fuel the realization and the transformation of a single entity.

Yet we shine out our light and we ask you to shine your light, to tell your shining truth when you feel it within. And when your shining truth is that you know nothing, let that shine, let that be a good thing to shine. For it is in our way of perceiving, an excellent thing. So we teach those who are already masters and who have forgotten. You who are

learning could take our places, were the veil to drop. Yet you have placed yourself in this darkness which you experience, so that you can change.

Consequently to teach is almost hopeless and yet, what else does a human or the spirit have to share? The rest is love and has no words. When there is the attempt to share, it must be that sharing through the structures and the limitations and the exigencies of logic depending from each structure. These limitations are almost hopeless; that is, they create a hopeless situation in which one throws pebbles at the great eternal truth that is too simple to articulate.

May we answer you further, my brother?

G: No, thank you Q'uo.

Is there a final query at this time?

T: If the instrument has energy and the answer does not infringe upon my free will, about a month ago one evening before I went to bed I had a tremendous emotional energy and wonder if that was a kind of initiation? Are you able to comment upon that at all?

We are aware of your query, my brother, and are able to confirm that this was a type of initiation. May we answer you further, my brother?

T: Are you able to explain the basis of that initiation, the effect that it was taking?

We are able, my brother, only to say that there is crystallization of those energy centers that this instrument would call orange and yellow. The vector of this change, then, is towards the opening of the heart. We find that this is the limit of that which we are able to share with you at this time.

As the energy wanes, we thank this circle. Our hearts go out to this circle, for each in your own way has struggled with much in this latest season of transformation, chaos and change. We ask that you take heart and that you rest in knowing that no mistakes have been made and that all is on track in your curriculum. Whatever it feels like, each has done beautifully and has been brave and true. We would simply encourage you to continue with faith in yourself, faith in your catalyst, faith in the rightness of the plan. Rest in that faith, rest in the memory of those times when you were immediately connected with that understanding. And trust, through the dark night, through the difficult time, through the confusion.

The trees bow before the wind, the seasons change.
The winter comes and the leaves must fall and all
seems to die, only to rise again in the resurrection of
shoot coming through dark earth into the light of
spring.

All is well. We meet you in meditation, in that house
of prayer, as this instrument calls it, where all time is
One, and all beings One.

It has been a pleasure to speak with you and again
we encourage you to think carefully before accepting
anything that we or anyone else has to say, living,
dead, terrestrial or extra-terrestrial. Guard your
thinking and discriminate, for your truth is a living
thing. We are with you in that holy war, that holy
seeking that is the struggle that has been called the
jihad. Move forward, trusting that the darkness and
the light are one and the same thing.

We leave this instrument and this group in the love
and in the light of the one infinite Creator.

Adonai. We are those of Q'uo. ✧



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

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WEDNESDAY MEDITATION

SEPTEMBER 17, 2003

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we are, and by whose joy we are enlivened.

We thank the one known as T for requesting this time of asking and we are most happy to share our opinions with the request that, as always, all the things we have to say be carefully reviewed and examined for their helpfulness to you personally. For many things are interesting but there are those few things which are indeed yours by that internal and intuitive process of discrimination that the spirit has for those things which impinge upon its evolution. There is a resonance to those things that fit into that subjective search for the truth that is ever and always the same. If this can be done then we may feel free completely to share our opinions as what they are, mere opinion, those thoughts of a friend rather than those great teachings of some authority.

May we ask for your first query, my brother?

T: Q'uo has often spoken of the validity of both dramatic and non-dramatic forms of service to others. At this stage in my development, I feel that I may possibly be of service in just being and radiating love. Can you comment on this?

We are those of the principle known as Q'uo, and we are able, my brother, to comment on this. We would suggest that your sense of the paramount importance of the faculty of being is indeed the

correct impression, not only for yourself but for all souls involved in incarnational experiences upon the Earth plane at this time.

The function of the illusion is, in some part, to distract one from the essence of the self. It is the delight of the machinations of the forces of what this instrument would call "consensus reality" to bring into the awareness a nimiety of detail that so exceeds the ability of the conscious mind to assimilate in a direct or linear fashion, so that the mind shall be put to the task of prioritizing and sorting incoming data and so that the heart may have the opportunity to be sought when the mind has become useless as an instrument of wisdom by virtue of its over-stimulation. The effect of this structure of illusion is that the self tends to be tempted towards a state of permanent distraction, thereby blunting or lessening the impact of the spiritual portion of the mind, the body, and the spirit in its interconnection within the emotional body. In the face of this condition of distractive environment, it becomes the central challenge of all entities seeking to live life well to begin to penetrate the glamour of the constant rain of detail, and to find beneath the details of an everyday existence those markers that only give a hint upon the surface of their depth and their sacredness within the very framework of the destructive elements of life as it is normally lived. It is a matter of a turn of the mind, so that while a portion of the mind continues to deal with those physical priorities that are necessary for the

movement of the honors and duties of a life lived in accordance with ethical beliefs ...

(Pause, waiting out a disturbance in another part of the house)

We are those of Q'uo, and find that this instrument has been somewhat distracted from her train of thought and so we shall begin again.

These markers are as the iceberg, barely sticking up into the sea of chaotic detail of an everyday life, yet these markers are everywhere, as the whitecaps upon the waves, and yet unlike the whitecaps, they do not go away. They merely are obscured from time to time by the swells and the restlessness of that archipelago of infinite detail that is the ocean of consensus reality. Consequently, the challenge of being within a lifetime of doing becomes the challenge of simple and utter focus and attentiveness to that sea of detail, not being in any way overwhelmed by the flood but rather trusting in the craft of self, that frail barque of body and sensibility and awareness that is you within incarnation. [The challenge is] to have the persistent vision to gaze into and through all detail, seeing and appreciating the momentary interest of each detail, yet always looking for that whitecap of indication that this contains a marker that moves down through the shallow surface of life into the depths of the being of the self, so that one may, many times within an hour, and many, many times within a day, take those arrows that lead downward into the self and ride them as far as you can, opening the intuition, opening the heart, and allowing the self to move as spirit would have you move.

There is a tremendous amount of trust of the self and of guidance involved in this technique, yet it is one which we offer to you because of the way that your particular mental, physical and emotional make up creates for you genuinely advantageous, shall we say, "fast trains" to the depth of being which are marked by these little whitecaps that flash in the sun, that are not after all foam and spume as part of the water, but are instead that which comes [barely] out of the water but extends in much larger bulk beneath the water. Discerning between the evanescent whitecaps of detail that are whipped up from the bergs or avenues that lead down into the essential self is subtle work, yet it is that which, once opened as a technique, becomes ever more pliable and flexible and easy, shall we say, for the use of the

person within the rush and the turmoil of a normally lived Earth life, as this instrument would describe it.

Dramatic service, as this instrument has termed it, is no less service than the service of being. It, however, addresses a different level of the tree of life, as this instrument would term it; a level that is closer to the archetypal and therefore more powerful to serve, although within your human consensus reality terms, such work as essential being offers has virtually no recognition or respect. And many will be the time in which you as a soul stream, within incarnation, are quite fully engaged in being of service and are wholly caught up in the honor and duty thereof, yet will find others about the self not able in any way to grasp that which is being done within the mind or to value it were they to be given an explanation of this technique. We suggest that it is well to disregard the opinion of others who do not at this particular point in your space/time dwell with you, for this particular service has both the glory and the great challenge of being utterly unique. No one, in all of the infinite creation, not even your own soul stream in other incarnational experiences, has developed this particular essence, this particular group of colors or collection of scents. There is a tactile, sensual aspect to being for which it is impossible for this instrument to find words; that is, we cannot find words within this instrument's mind to express the particularly personal and deeply intimate nature of the service of being. It is a demanding discipline to seek, to find, to accept, to love, and to give up the self.

There is in this instrument's experience the repeated occasion of what she calls Holy Communion, in which the one known as Jesus the Christ describes itself as the body that is broken for many, which one takes in remembrance of that being. This entity also offers its own blood, which is shed for many so that the being may take on this persona of the Christ, and in the way of "As above, so below," become that which is held in utter ideal. Within each self there is the Christ or the Christed consciousness that is the very essence of self. That self of Christhood is pure and is uncolored by that energy or entity which wears the cape or coat or cloak of Christhood. Each entity, in coming into incarnation, is as that being which is the Christ, yet which may be in any stage of development within the heart of the incarnational being. Consequently, the hope of one who is seeking to serve in the ministry of being is seeking to open

the self up from the level of the personality shell, with all of its limitations, its desires, and its needs, so that, more and more, the self may descend from the surface of self, which is those honestly felt things which bear little of truth, to that inner level of self that opens and opens again and opens again, as the self is able to become honest with the self, to gaze within especially those shadow portions of the self, so that, as those shadows are found, they are welcomed, accepted, loved and used to move ever deeper into a state of unconditional love of the self as it is perceived by the self to be imperfect. To have love for the self at this level flies in the face of culture and nature in terms of the human tendency towards thinking less of the self and more of outward authority figures and other perceived judges of the self.

The environment for work upon the self needs to contain safety. To be safe for the self to the self from the level of self is a challenge that will continue until the moment of realization occurs in which you as an entity are able to know beyond question that you truly are part of the godhead principle and that, as you dig in the perceived dirt and earth of your humanity, that which you toss up is not the best you will see, and that which is hidden is worth the digging. So you may think of yourself as digging for buried treasure. Yet always, when the digging is done, and the self is at last satisfied with that work which the mind and the feelings can do, there is the infinitely shorter route to realization of the true nature of the self that is involved in moving into the open heart and sitting within that tabernacle in which the Creator is always waiting, to share silence with that Creator, to share being with that Creator that is the deepest part of you and is therefore never away from you.

Consciousness is that which you partake in, in the semblance and illusion of individuality. As you hook into that consciousness from the eccentric surface of your personality shell, [you] become more and more able to trust that path of light that leads from that crooked and sometimes tormented surface to the still, clear, lovely waters of the deep self. It is not that the one known as T has no capacity or opportunity for dramatic service in the sense of teaching or offering other outer gifts to be shared by those in need upon the Earth plane. Each entity within this circle came into incarnation with some plans in that regard, with some hopes of sharing deeply felt gifts

with those who might appreciate them. Yet those dramatic gifts have a way of being offered only when the time has been put in, in clearing the energies, in disciplining the personality, in falling in love with the self, and more than all else, in becoming aware of the way the self is, the way it feels when one is in that holy of holies in which all things are one. Become more and more conversant with moving through the levels of being, knowing that perhaps for many a month after starting to gaze at the various depths of perception, there will be some real question about what level the thought is upon at a particular time, and ah! the mind has many twists and turns to cause the surface mind to misperceive. However, there is always a stream of information coming from the system of guidance that is your own and this stream will for the most part be in synchronicities and coincidences that point up, certain trains of thought that isolate and underline, shall we say, or emphasize certain key concepts. Once the entity begins looking for such, the incidence of them begins to rise until one begins to feel that indeed the universe never stops speaking to the self. And indeed this is so.

May we ask for your next query, my brother?

T: Thank you, Q'uo. I think you answered many of my questions. My next question is, can you comment on ways in which I can best support the development of the community here at L/L Research?

We are those of Q'uo, and are aware of your query, my brother.

As we, shall we say, riffle through the pages of this instrument's mind, it is at the surface of this instrument's mind that the one known as T serves as he speaks, as he sits. He has been a part of this group for the last several of your days. During the weeks of visitation, there have been energies exchanged upon many levels. There has been the obvious exchange that strikes the eye of physical interaction and the sharing of energy moving in a common goal that is greater than the self. There have been those energies exchanged which move far below that surface energy, [which are] far more important in their energies. Those would indeed be in the areas where the one known as T has, in its own process, in its own studies, developed a steadiness and a sturdiness of stability and dedication which enables him to remain in a most equitable and, as this instrument

would say, cheerful state whether faced with an enjoyable and easily contained challenge or with a seeming disaster or a situation which seems to have become too complex to handle easily. This ability to enjoy the process of dealing with items large and small, be they physical, emotional, mental or spiritual, is that energy within a mixture of rays, in terms of chakra points, which this particular group does not have in abundance. Consequently, the chemistry, shall we say, or the coloration of energies as they are exchanged around the circle of community are of such a nature as to clarify and strengthen the energies and stability within the energies of those with whom energy is exchanged.

At the same time, there is within the group an abundance of certain energies which the one known as T has in lesser degree than perhaps others within the circle of community and is of service therefore to the community in being able to accept and appreciate those love offerings of energy in which inspiration and to some extent information is exchanged that creates a sense of appreciation and a sense of being at home, which in turn reflects back into the group in a way that increases the energy of all. This particular entity fits into the circle of growing group energy which the entity known as L/L Research has begun to build with this new grouping in a way that is most beneficial.

So, these are obvious ways in which the energy exchange with those of the community is being helpful. There is always the possibility of developing those energy exchanges, of creating more linkage and, by collaboration, more focuses for the shared energy that is being raised into a dome of light by this group.

May we answer you further upon this point, my brother?

T: Yes, thank you, Q'uo. Can you talk a little bit more about how I can collaborate with the group to raise this dome of light?

We are those of Q'uo, and are aware of your query, my brother. While there is what this instrument would call the luxury of presence, it is well to share presence, to share beingness, and to share tasks. When the space/time continuum moves to that point at which the one known as T is upon the other side of your beautiful planet from this particular group, then it will be that this same energy exchange may continue within the heart, for once entities have

connected and bonded in the emotional and mental and physical and spiritual bodies, as each within this group has with the one known as T, there is a connection that cannot be broken, neither in life nor in death. Each has become part of the net of being that is the other and indeed each within this particular group has worked together before and so there is that sense of camaraderie and being warriors together, not against any but for the light.

As to the nature of collaboration, as to the nature of shared support, we would suggest that each day and each choice shall be that which blooms and develops and leads to other choices and other decisions which in turn develop that shared energy. The thing to remember always is that there is a general, well-thought-out plan not for one particular project but for one general shared mission of lightening the planet with beingness and with other, more outer, services as well as seems indicated by the highest and best guidance that one is capable of receiving from day to day to day.

Thusly, we could not offer one specific answer but rather the suggestion to look within the self for those things which might forward or further collaborative projects that the group as a whole has begun and to feel free at all times to share impressions, to make suggestions from those feelings that come from being guided that such-and-such resonates and is a good thing to bring up, is a good intuition to share.

May we answer you further, my brother?

T: Thank you, Q'uo. Can you suggest ways in which I might refine my current form of Gaia meditation?

We are the Q'uo, and are aware of your query, my brother. We find that this is too close to your process for us to be able to comment upon it at this time other than by saying that there are materials upon this organization's website and upon other websites which deal with the quest for a planetary visualization of peace and of planetary restoration that can be sought while the self is tuned not just to those suggestions but to that which draws sparks from the inner fire of self. So, our suggestion would be, first, to find that inner fire to refine the focus of desire and, when it is one-pointed and singular, to open the self to some suggestions from others and to find those threads which lead to other threads which lead to a feeling that, yes, this feels very rich for me, this is my method of bonding with the Earth, of

loving Gaia, of relating intimately to those energies of restoration, peace and safety that are the hallmarks of fourth density.

May we answer you further, my brother?

T: Thank you, Q'uo. Can you provide any information on the spiritual theology I have been told that I taught in ancient times linked to the obsidian stone?

We are those of Q'uo, and find that to work upon your process does indeed cross the boundaries of infringement on your free will. We would however confirm that this is an interesting avenue to investigate, not just in terms of thought but in terms of feeling.

May we answer you further, my brother?

T: Can you help me to understand in which areas I have yet to forgive myself and how I can best achieve this forgiveness and acceptance?

We are those of Q'uo, and aware of your query, my brother. We make this instrument smile with our smile, for truly this is a most central query and one which cuts to the heart of process, for forgiving oneself is forgiving the world. Working on peace in the world is a matter of seeking that place of peace within the self where the self is forgiven.

Entities within incarnation upon planet Earth tend to build for themselves a defensive shell designed to protect the self against the slings and arrows of outrageous parents, teachers and other critics of the small child. The criticism begins early and stays late and so the self becomes more and more embattled behind the armor of defensiveness. And this is held together with the rivets of fear. There is the fear that one is not good enough. There is the fear that one will never be good enough, but good enough for what? That question is seldom asked because it has no answer. How can one be good enough in a situation in which each and every human, by virtue of its incarnation into the state of humanhood, is imperfect? The human animal, as it were, is designed to be imperfect. It is not intended that any human being learn the ways of love to such an extent that they become flawless. It is not intended, it is not expected by those who appreciate and love each and every soul stream that is taking incarnation at this time upon planet Earth. You are greatly ...

(Side one of tape ends)

(Carla channeling)

The challenge of forgiving the self, then, is not an individual challenge based upon those items which remain unforgiven. For there is always that which is unforgiven, since it has not yet been discovered. No matter how many times you as an entity are triggered by fear and the working of, what this instrument would call, old tapes that have to play within the head once they are started, of the old, unforgiving voices of authority within childhood which somehow have become the interior voices of self, there remains something as yet undiscovered that will, one fine day, rear up out of the sunlight and astonish you with the depth of your imperfection. And you will, once again, be offered the choice of judgment or forgiveness of the self. We do not discourage the faculties of review or oversight. It is perfectly acceptable and useful to critique the self and to say, "I would prefer I had not done this," or "I would prefer I had done this and yet I have not." These perceived errors are very helpful because they help the entity you are to behave better.

Yet we attempt in forgiving the self to move beneath the level of behavior so that you as a being are able to link together the good things about yourself with the perceived imperfections of the self, seeing that you cannot have the one without the other. You cannot have the virtues without their shadows, seeing that every virtue, self-perceived as virtue, if stood on its head and placed in a situation which makes it turn backwards or athwartships, will result in the shadow side of that virtue, which will be astoundingly imperfect.

So, we are unable to suggest specific areas for the work of forgiving the self. Rather, we suggest that in every area where you catch yourself in the process of judging the self, it useful, then, to take the time at some point as close as possible to this time of perception, to move back into that situation and that equation of evolving process that is occurring, with an eye to moving beneath both the imperfection and whatever virtue you may identify as the flip-side of that imperfection, to the sacrament of being and essence that lies beneath both the imperfection and the balancing virtue. For each perceived virtue, if balanced within the self, will reveal its shadow, and vice-versa.

We do mean to be necessarily confusing here. We may take a simple example of the feeling of impatience. Where is that coming from? It is well to look at such a perceived imperfection. And yet what is the virtue that makes entities impatient but a well-perceived sense of duty, a well-disciplined sense of planning and scheduling and prioritizing, and many other aspects which are extremely virtuous and full of character? The idea of forgiving the self is not to find a strand here and a strand there and a strand in the third place of perceived unforgiven self and pluck those out. It is to embrace such perceived moments with the hope of opening the self to the unity of that imperfection with the perfection it balances, so that you may see that you are not a “good” being and attempting to destroy the “bad” being that may exist beneath the floor of the “good” being. Rather, you are attempting to become a full, circular and robust self that knows its shadow side, knows its virtues and knows that neither is the true tale of the self but only the process that is occurring to allow the self to move ever deeper into that self, that interior road to the centre of self that lightens as it goes until, in the very center of self, in the heart of self, in the tabernacle of the Creator within the self, there is a stunning, flooding white light that melts every consideration and allows one to rest in adoration and faith.

May we answer you further, my brother?

T: Thank you, Q’uo. Can you offer any advice in relation to the two Vipassana retreats that I plan to complete?

We are with this instrument. We are those of Q’uo, and are aware of your query. We would offer three suggestions. Firstly, we would suggest attention to the details of sleep so that there is the opportunity given to the body to rest completely at times deemed appropriate by you so that you are able to withstand the catalyst of intensive realization.

Secondly, we would suggest in the matter of clothing that care be taken to be comfortable so that the chafing and other disturbing of the skin by the clothing is kept to a minimum, again in order to remove a stumbling block from a one-pointed focus upon the work itself.

Thirdly, we would suggest working with body and structures that support the body in various ways to identify and, as far as possible, improve the sitting posture, for there is within the discipline of

Vipassana meditation, or any prolonged sitting meditation, the challenge of the inner body and its previous habit of movement being so firmly overset in such a short amount of time.

These three minor details, when seen to, set the stage for that which is your process during this period. Certainly, we cannot suggest to you those spiritual tools and resources which are part of your learn/teaching process at this time. We simply ask you to have faith in the ability of the self to discern that which it needs to hear amidst possibly a welter of detail it does not need to hear, trusting always that sense of rightness for the self. We wish you the joy of such intensive work, my brother.

May we speak further upon this?

T: Thank you, Q’uo. If the instrument still has sufficient energy, can you give me any information on Earth chakras near Brisbane, Australia and maybe how I might be able to use them to enhance my practice?

We are those of Q’uo, and are aware of your query, my brother. We find that in the particular entity that you are, your most helpful portals will be those involved in the nearness of water and, if at all possible, the nearness of crystals. The caves and grottos which may contain crystals especially are helpful. The coincidence of hollowed spaces and water create portals anywhere so that we feel that these perhaps are your best opportunities in terms of your geographical location and your own system of sensitivities which includes that towards water.

We have energy left within this instrument for one last query at this time and would ask for it.

T: You mentioned crystals. Are there any certain types of crystals which may be beneficial to have near me, perhaps when I practice within my home?

We are aware of your query, my brother. May we say that water itself is the crystal to which you are most strongly attuned. Other crystals may aid from time to time and we would suggest a testing of the self, either with pendulum or simply with presence and familiarity with certain crystals, in choosing those stones which you feel to be most apt for you at a given time. We find that in your energy environment, the environment of your energy body, there is a very stable, cyclical turn of energy that ever spirals and is ever changing, so far from being a settled or fixed being in terms of energy body, you as

an entity are always in motion and consequently, the stones that have crystallized down into solid matter are less powerful for you than charged water.

May we answer you further, my brother?

T: Only if the instrument has sufficient energy. I have felt a connection with water and I think you have really answered my question but there were a lot of coincidences with water-based events in my past. Was that a symbol of my connection with water?

We are those of Q'uo, and may confirm this, my brother.

May we say what a pleasure and privilege it is to speak with you and to each within this circle! We thank you with all our hearts for taking the time and the energy and the focus to be with spirit, to be with guidance, to be with those forces of love and wisdom as you know them. We are poor messengers indeed, yet we offer ourselves in the hopes that we may be of some help and we thank you for the tremendous ... we cannot find a word within this instrument's mind, but it is a treasure that we hold dear to our hearts to have this time with you. We thank you. We leave each, as always, in the love and the light of the one infinite Creator. We are with you by request whenever you enter the silence of that great tabernacle of the heart.

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



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SUNDAY MEDITATION

SEPTEMBER 21, 2003

Group question: Our question today has to do today with mated relationships. We would like Q'uo to give us some information that might give us a better idea as to the potential of a mated relationship. What difficulties might one expect in entering into a mated relationship? What kind of attitude is most helpful in dealing with the difficulties? Please add anything else that might be of use or interest concerning mated relationships.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in Whose service we are. We thank you for the great privilege of being called to your circle of seeking this day and we find the beautiful experience of joining your meditation to be a real pleasure. Blessings to each of you and many, many thanks for clearing the time in your schedule to spend time seeking for the truth. Truly those who seek with an open and loving heart shall be answered. Those who knock with empty hands shall find the door opening.

We ask but one thing before we share our opinions with you and that is that you do realize that our thoughts are simply that, opinions. They are fairly settled and we are glad to share them, but we have found that truth is a various thing, a thing that is part of a personal and intimate network of true things for each entity. And we ask each entity to respect their own universe, their own creation, and to be guardians of what goes into that creation and

becomes a part of the network and the fabric of living. Examine each thought and, if it pleases you, work with it. This is why we come to you, so that we may share these thoughts. But if they do not please you, we humbly ask you to leave them behind without a second thought, for we would not be a stumbling block to any. With this said, we are most happy to speak upon the most large subject of the mated relationship and its possibilities and challenges.

We found the conversation preceding this time of working most interesting and were pleased to hear the one known as R say that when she was seven years old, she decided that she loved herself and wanted herself and was there for herself and that this was the foundation of her ability to love and to be loved in the rest of her incarnational experience. May we agree with the one known as R that this indeed is the foundation for all relationships. This instrument has often spoke of the first challenge of spiritual seeking [as] being that of falling in love with the self. Not because the self has become perfect. Not because the self has many virtues. Not because of anything except the fact of being. Each entity is a being of a certain kind. That certain kind happens to be a very specialized way of structuring a being. It is multi-leveled. There is a portion of the being that you are that comes from eternity and that dwells in infinity, so that there is no limitation to the circle of self. It is infinite and eternal. Out of that being has come a spark of that soul stream that is you. And you have found a habitation within a

temple of flesh and bone. And again, as the one known as R has said, it is as a vehicle that is able to motivate, to move you physically through the many levels of physical, emotional, mental, and spiritual catalyst that you have received and that you will continue to receive during your incarnational experience.

This self is at once the most simple of things and a complicated thing. In its simplicity, the self of all beings is that of a spark of the creative or Godhead principle so that each of you is a perfect, unique expression of the Creator, as if the Creator was colored with your particular way of loving, expressing and being. Each is as this note, or to be more precise, chord. As the vibrations of your being, which have their own element or range, find their ways to harmonize the various energies of the various chakras the infinite love and light of the one Creator moves through those chakras that are colored with your special blockages and over-energizings and other distortions from a totally balanced energy center. There is nothing neutral about each of you. And this is a wonderful thing. The vividness of those chords of being that each of you is, is a beautiful, breathtaking thing. Each of you is that entity that is vibrating as a melody, or as the scent of a flower. This is your gift, this very simple, very momentary expression of the essence of self. This is your gift in each moment and in each moment there is a new self, a new registering of coloration of being. It is not that all of the notes change, for indeed in many ways, that with which you move into incarnation is that which you take from incarnation. The bones, shall we say, are the same, coming in and going out. The changes that have been made, that can only be made in third density, the density of experience you now enjoy, are in the way the energies are balanced within each chakra and from chakra to chakra, so that these bones are fleshed out with different garments every day. Some of the changes are very slight, other changes, that you may feel that are very slight, go deeper, and have a more profound energy to them that makes a bigger change than you are aware on what this instrument would call the soul level.

So this is the simple being that you are. You are a vibration of the Logos. You are a sub-sub-Logos, a part of the creative principle. And each of you is that which includes all other beings, not simply upon your planet but within the entire creation of the

infinite One. To narrow the focus a bit is to discover, in great profusion, the complexities of these connections [between] that which lives and dies and that which is just visiting the experience of living and dying while it is picking up the lessons that were prepared for this time of incarnation, and attempting to use this particular vibration that you experience for finding the self, finding ways to love, finding the grace to allow the self to be loved. In the explication and exploration of these large subjects come many, many lessons, one after another after another. In the school of life, as this instrument would call it, there are many tests. Some of these tests are never perceived by the student, other of the tests are perceived all too well and become great causes of concern, thereby snarling and sometimes baffling the energies that otherwise would be free to work. It is, as the one known as V would say, a puzzle to be solved, in many cases. The experience of a tangle or a difficulty, as this instrument was speaking of earlier, is an opportunity to gaze upon the self in the mirror of perceived experience and perceived difficulty, looking at the nature of the experience, the nature of the perceived blockage or over-activation within self or within other self and the finding of the way through the maze that does not partake of judgment, that does not partake of the consciousness of sin or error and yet that stays persistently and accurately upon the focus of self so that the maze is followed not from either emotion or intellect but rather from the heart.

The heart itself has a working knowledge of these complexities that create the mazes of a puzzle to be solved. And there is no maze created that does not have a solution. Within these boundaries of self lie not only complexities but complexities of various levels of profundity within the essential self so that there is much skill, when dealing [with] the self up close, in being able to slip from level to level and being able to work the maze, from level to level, so that there is a feeling of movement through time, movement through the spaces of self, movement not linear in nature but rather that movement which may seem to be very tedious and turning back upon itself and winding tortuously. Yet, in terms of the maze of self, such wanderings within the self are skillful and useful and very productive. Therefore, the first work, when gazing upon the mated relationship, is the work of coming into a fuller and fuller awareness of the self, of falling in love with the

self, of becoming able to see the self without pride or humility but rather as that which is, that which has met the day, that which will express in honesty and sincerity for that day. When the self can meet the self and smile and go, within the mind, "Oh good, I get to spend time with me today," then the self is ready to spend time with [an] other self.

The one known as G has not asked about relationship in a vacuum but rather within a situation in which the heart is leaping like a stag, happy and joyful in the rushing energies of honest and deeply felt, unconditional love. Therefore, as we speak we are not dealing with the ins and outs of making the commitment for the mated relationship. We are responding to this query assuming that the relationship is positive, mutually felt to be positive and inclusive of a third entity, that entity being the one infinite Creator.

Mated relationships are a triad. They are not two partners against the world. Rather they are a temple that has been enlarged so that two entities' lives may be dedicated to that which is larger than themselves, larger than their worldly hopes, constituting that ark which contains those things that one couple wishes to save from the flood of the everyday. Into this ark of mating each may pour their ideals, their hopes, their dreams, their desires, their intentions, and every precious truth and spark of beauty that they have found and loved and made their own. Two entities offering these gifts to each other and to the Creator create a temple with a dome of light that, as that mated couple works through time and through circumstances which try every nerve and every part of the self, [becomes] stronger and stronger. Every time there is a situation met together, and energies are allowed to move between the two and the Creator is included in all discussions, no matter what the outcome of such a situation is, no matter how difficult the catalyst or how long the journey towards a solution seems, the dome of light is being strengthened because the journey is being made heart to heart, hand to hand. And always with the realization that the Creator and the Creator's love is a huge part of the relationship. Indeed, this instrument can speak for herself, but we gaze into this instrument's mind to find memories thick as falling leaves in the autumn of precious, well-remembered moments of this entity and the entity known as Jim coming together in tears or in joy or in trouble, offering each other honesty that is painful

or wonderful or simply puzzled and again and again, finding in each other the light that had failed for the self, finding, because of the good mirror, information that was needed by the self. This instrument's memory of self becomes that which is the memory of two selves, as one. And this plinth of shared memory is a substantial platform upon which to build the journey of seeking. This instrument has often said, the mated relationship is the fast track to spiritual evolution. And why is that? If you can think back to the last time that you were alone and had to deal with a situation without help, you can remember those feelings of isolation, even though one is never isolated from the Creator of all things. Nor is one isolated from a guidance system that is strong to help¹. Yet when one is alone there is a sense of the light failing and the atmosphere becomes close and stuffy because there is simply no air, no mirror, no light, there is not that life that another entity brings into the dealings of self with self. In the interior of self without an entity to serve as an accurate mirror, the mirrors within the self may be very distorted and may not show the truth. There may be too much interference from previous assumption that has not been let go when those assumptions were no longer accurate.

Think back to the last time that you dealt with a situation with a friend, with a mate, with a partner, and that partner, that mate became a mirror or a teacher to you and you had the gift of sight, the sight that is not insight, for it comes by projection and reflection. Yet that sight, perhaps called "outsight," is as the insight that has been the gift of that entity in the mated relationship whose catalyst it is not and who simply is able to gaze into your eyes, see you in the situation and reflect back that which she sees. The blessing of this shared vision becomes the greater the less clear one's own vision is. So mated relationships, and indeed close partnerships of all kinds, if based within spiritual parameters, have a wonderful, flexible ability to have two seemingly imperfect and confused people become to each other the knight in shining armor and the lady in shining armor, those who are wiser than they know because love has entered into them and that guidance system

¹ Carla: I believe this phrase comes from my Episcopal/Anglican background, where the prayer book language has the holy spirit as "strong to help," "strong to save," etc. It has the same meaning as would the phrase "... that is a strong help."

that is not working for the other self is able to work through the love within the heart of that entity for the other in ways of creating the opportunity to find a novel and creative way to witness to the truth and the love that is seen in the other self.

The makeup of the human heart is such that as the one known as R has said, when there is the ability to share with another self, that which is a burden to one, by that very sharing, by that very hearing, by that exchange of energy, the sharpness of the pain of living is lightened and the suffering that one perceives [one] to be undergoing is cut in half. All things that can be spoken of can be healed. The great gift of a mated relationship is that all things can be spoken of and may be spoken of. There is permission given from one open heart to live fully as one. Were only two to become one, this is indeed a great thing. Yet, the added gift of the mated relationship is that there is normally some sort of ceremony within which the Creator is invited to join the union and to give life to the union that is so dearly wished. It may be seen simply as a blessing by those who attend the religious service and gaze upon such ritual as a social exercise or indeed a business proposition in which a contract is made with no small print and a long term. The value, however, within the spiritual or metaphysical universe, that universe that does partake of infinity and eternity, is that metaphysical values are specifically brought into the relationship to enhance the pairing so that it becomes a much stronger three-legged entity that can stand on its own and be that house in which two entities may live, the walls of which are made of hopes and dreams and love, but the floor of which is made of real effort, substantial work, and deep sacrifices between each to each.

And we would speak of sacrifice, for there is within the human experience that which can be perceived in many cases as sacrifice, which ensues from the commitment to a relationship. The essence of love in the sense of the love of the infinite Creator is open-hearted giving and open-hearted receiving of energy which passes freely between two people. Within this atmosphere then, two people turn and face living a life together. And as the everyday life moves on from the committed relationship's start, those energies that have been working through each to create and direct the path of seeking for each become those energies that intertwine in new and original ways because of the proximity of the two and because of

the continuing accretion of shared memory and shared catalyst.

There is that figure in the archetypal mind which has the entities upon the wheel of life and as the wheel of life is turning, the entities are turned upside down and all the money in their pockets is falling out and falling upon the fruitful earth. And indeed in marriage, the wheel turns and sometimes one is receiving the gifts of others and sometimes is losing the coins out of one's pockets, perhaps on purpose, perhaps not. Yet, it may be perceived when one is at the top of the wheel, upside down and serving by giving, that one is being badly used, that one is sacrificing and not simply able, because of that position on the wheel, to offer a certain kind of love and support to the whole. It is well to be able to gaze steadily at the possibility, going into mated relationship, that there will be times of substantial, apparent sacrifice for, as this instrument has said many times, if two people feel that they are sacrificing almost a hundred percent for the relationship, with the other entity doing almost nothing, then it is possible that they are [each] doing their share. It is very difficult from close up to see the self and its efforts in balance with the efforts of the other self. It is sometimes hard to see the efforts of an other self and easy to see the efforts of self, and again there are times when the self is already seen as failing in a certain situation, and therefore the self is seen as not giving enough and the other self is seen as being overbalanced towards the giving.

We do not know and could not say if we did, what the catalysts shall be for any mated pair as they begin to ride this ark of hopes and dreams along that endless ocean of perceived experience within incarnation. It is only possible for those upon the ark that they have made by their mutual love, to shine the wood of it, to polish the brass, to clean the head, to trim the sail, to keep the keel even and steady and to gaze at the stars with sextant in hand, remembering your hopes and dreams and renewing, daily, that pride in being that makes the chores of living as one joyful. We encourage, in the dailiness of a mated relationship, the continual return to the place of marriage where two souls united with the Creator to create the temple of a lifetime of dedicated and committed loving. Move into the silence of that tabernacle which is within the heart. Move into that shared silence in which each may hear the Creator speak. Let love be that which it is

but allow a love which you know not to undergird and support that which you know now as love. For love has infinite lessons to offer and the more one is able to open the heart to the infinite consciousness that is love, the more one is able to open even further and even further. So that, as this instrument would say, one comes into one's bliss, and more and more is at rest and at peace within.

We thank the one known as G for this query and at this time we would open the meeting to any other queries that any might have the desire to ask at this time. We are those of Q'uo.

J: Hi Q'uo, this is J and I wanted to say hello. I wanted to ask a question about something I read in an interesting article today that stated that there might be beings that aren't necessarily someone that we know that has a post set up north of Russia and it said these beings protect the Earth from asteroids, maybe from other interferences, and I was just wondering if you could confirm that or speak of it anyway?

We are those of Q'uo, and are aware of your query, my sister. We find that this energy is both true and untrue in terms of that which you have read, and to explicate, we would say that there are many energies within the inner planes which are detailed to work with perceived difficulties that might impinge upon those dwelling within third-density Earth at this time. These energies are not physical and cannot be found in dwelling places and so forth. Yet they are real, they are simply not those within third-density or physical bodies. This entity would call them angelic but this does beg the question of their nature, for we find no real word that lacks emotional energy for beings without bodies, shall we say. These energies, however, are positive, loving and very articulated.

May we answer you further, my sister?

J: No thank you, that's good for now, thank you.

We thank you, my sister. Is there another query at this time?

G: Q'uo, beyond entering or moving through an initiation through the Great Pyramid, is there anything that an entity can do to become an initiated and purified channel of the Law of One that is as substantial and definitive and transformative? Can an intense desire effect the same type of change?

We are those of Q'uo and aware of your query, my brother. We cannot give you a general answer for entities besides yourself. We can say that there is for each self the possibility of creating and sustaining a successful effort towards realization. However, entities are variously blocked with regard to subtler work. There are densities and sub-densities within the inner planes where the structures of realization are promulgated and crafted by guidance systems that wish to aid and serve you in your evolution which must come into play when entities are within a certain frame of mind and when they have experienced a certain preliminary set of necessary ...

(Side one of tape ends)

(Carla channeling)

These experiences may not come at the time that they are useful but like treasures, they are stored away against the proper moment and then, in that moment, entirely unpredictably for the most part, the frame of mind and the moment and those things which have needed to be ingested beforehand, in terms of experience, all come together and an epiphany results. We cannot say that there is one ritual which, when done with integrity and impeccability, will yield the result that you wish. We can only say that energies build to a moment and, in that moment, there is a crystallization of previous experience, and realization that occurs. It is a great gift and a great blessing. And in your case we may say that there are no adhering limitations or blockages which would keep the soul stream that lies beneath your personality shell from coming to that moment with those things which are necessary for realization. We simply suggest that the energy of faith be remembered and centered upon when there is doubt that one is able to become a purified instrument. Each is able to purify the self. That indeed is the very nature of the refinery that is the school of Earth.

May we answer you further, my brother?

G: No, thank you Q'uo.

R: May I ask, I seem to be many people in one physical body and there are times that I feel that I am a fraud and I have wondered how this can be because I have thoughts and often desires that seem foreign. I wondered if there is an explanation?

We are those of Q'uo, and are aware of your query, my sister. Indeed, the explanation is fairly simple,

my sister. When an entity is honest and has insight and has moved through many experiences, it is natural to feel that one has become wiser and wiser and wiser. However, it is also true that in spite of or around any integrated, conscious, daylight personality there lies that which, culturally speaking, is simply not accepted or admitted among your peoples, and that is the full 360-degree self which contains every shadow, every evil, every darkness that can be imagined by the mind, the heart, or the soul of human beings. All of those things that have ever been imagined, good or bad, according to various people's lives, are part of that which is R and equally that which is Carla, or Jim or J. There is no lack of evil, so-called, within the heart of any, for all were greatly accepting of and wanting this precise 3-D self that has all of the light and all of the dark. As experiences continue to flow in, there are moments when the integration falters and thoughts are separated out into the shadow side and the positive side. Neither side is a fraud. Both sides are real. The action of the self towards other self expresses that which is the perceived truth of the self. Many, many shadow, dark, evil parts of the self, then, stay within the self, are processed only by the self, there being no need to have the outer mirror of other self in order to be able to see one's shadow self. The challenge then becomes internal. When the self is perceived as self-inconsistent, then whatever is perceived as the "bad self" is to be taken into the arms of that self which you experience as yourself so that you can rock that unloved portion of self in the arms of true compassion; so that you can say, "I fell in love with you a long time ago."

Then there is the joy of telling that shadow the story that will charm it and will allow it to find its freedom within the interior portions of self where it can begin to be transformed into that power and grit of self, that, purified of the baser darkness, uses the power of darkness to assist the will of the daylight self.

May we answer you further, my sister?

R: Thank you.

Is there a further query at this time?

T: Q'uo, if it's possible and appropriate, would you be able to touch me with your energies so that I could feel you?

(Pause)

We are those of Q'uo, and we have touched you.

T: Thank you.

Is there a final query at this time?

V: A couple of years ago I asked about the nature of the entity I know as Turquoise and I wonder if Q'uo would speak to whether enough has changed in my perception, in my environment, and my incarnation to be able to answer that query?

We make this entity smile, my sister. We are those of Q'uo, and we may say only that you are quite correct, that this matter is upon the cusp at this time and that you are dealing with it in a brilliant manner. We are sorry that we can not speak further at this time but there is that which shall take place within your process before we are able to speak without infringement. We thank you, my sister.

We are those of Q'uo, and we thank you again for the lovely experience of sharing in your meditation. We pray you may go forth from this meeting in joy and in peace. We are always with you by request as you meditate, to strengthen your meditation and to make the room of silence just a bit more sturdy and safe.

We are those of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai, adonai. ✨



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SUNDAY MEDITATION OCTOBER 5, 2003

Group question: We are going to take potluck this evening and hope that Q'uo will speak to the group energy. We've gone around the circle today and we've shared a lot of very intense, interesting, involved and complex information dealing with personal lives, opening the heart, and new directions, and we would like Q'uo to take a look at these energies, look at our hearts and speak to the concerns that are foremost in our own spiritual journeys.

(Carla channeling)

We are those of the principle known to you as Q'uo and we greet you in the love and in the light of the one infinite Creator, in Whose service we are and in Whose service we delight. We thank you with all of our hearts for calling us to your circle of seeking this day and are glad to share our humble thoughts with you as long as each is able to agree to listen carefully for those thoughts that appeal and those that do not, keeping the first and leaving behind the second. We appreciate this, as it gives us the freedom to speak our minds and share our opinions without feeling that we are attempting to infringe upon your free will or to speak as authorities since we honestly feel that we are not authorities but friends. We offer our thoughts with a hope that they may help, that they may be of service, and that they may be useful in your process.

But, my friends, that is that which our thoughts are made of: process—ours, yours and the Creator's. It is unknown to us, just as it is unknown to this

instrument, what we shall say at any particular session of working. When we are given the opportunity to speak according to the energy in the circle, it is a marvelously freeing thing in that it enables us to lift from the logical association of subjects into a more feeling and sense-oriented way of attempting to work with those things which lie beneath the words, which can be used to describe situations, reaching down into the feelings and the structures of those feelings that have existed for some time and that have shaped those ears and those eyes that each of you brings to new catalyst, so that the person that experiences the momentary catalyst is experiencing that catalyst through the eyes of a lifetime of coloration. Many times the skill involved in processing experiences involves not accepting the first structures as being the whole truth of the situation, either its surface appearance or its deeper meaning. We thank you for lifting up from the iron grip of logical ratiocination¹ and intellectual processes. For when an entity is dealing with a new and unknown situation, as the one known as S has said, there is the desire to make progress. And in that desire to make progress, the ruthlessly literal third-density bio-computer/mind, as opposed to the consciousness of each entity, wishes to apply logic to those things which defy logic because of their novelty. When one is wishing to begin a new structure, certainly one may go into the work having some idea as to what that new structure will be. For

¹ ratiocination: the act or process of reasoning or of deducing consequences from premises.

instance, this channel had spoken earlier concerning the way a new structure of a spiritual circle or a communal spiritual group might be organized, pointed and motivated. Yet, because of the fact that this is a structure that has yet to be built and because of the fact that it can only be built by those involved in the new structure during the catalyst and the process of so building that structure day by day, the grasping mind of the instrument has nothing immediate upon which to take hold.

Similarly with each within this circle who is beginning a new pattern, it is as that entity who is moving into a new abode, a new structure within which to live the entire gamut of third-density incarnative life from the smallest, simplest and most nitty-gritty of chores and activities having to do with the natural functions of the human body and fulfilling the needs of the human body for sustenance and warmth, all the way to the most abstruse imaginings of one who truly desires to make of the life a gift to the Creator in so many ways, small and large. Each within this group gazes now at a life that is completely new. In many ways this is beginning to become the standard situation among your peoples at this time. For, as many in the group have noted in the conversation preceding this meditation, the world is moving ever more swiftly and ever more intensely in its great rush towards the culmination of what this instrument has often called third-density life. We are not saying that there will come a great catastrophe and all will be finished. However, we are saying that the energies that are moving into place in order to birth the fourth density of your planet Earth move in ever-decreasing circles of attraction to that moment when fourth density shall be the officer of the day, shall we say, rather than third density. There shall be a time in your not-too-distant future when those efforts that you have made to become aware of what it is to open the heart will have culminated in that which can be done within incarnation in third density at this time upon your planet as you know it. Beyond that point there well may be years and years of service and learning for those within this circle. However, the nature of that learning and the nature of the service will no longer carry the burden of the attempt to graduate from third to fourth density. For indeed, those who are able to live in an open-hearted way to a sufficient extent during this time of transition will be able to live within the fourth-density atmosphere.

However, those who are not able so to begin to open their hearts will find that the difference between the vibratory level within the consciousness and the vibratory level within the environment shall be great enough that the discomfort of living within the fourth-density Earth energy shall be too much for the physical vehicles to enjoy without significant distortion, which shall in many cases shorten lives that would otherwise have been far longer and more open to many options involved in structures of those with open hearts. In this atmosphere it becomes more and more obvious that, in the face of new structures, there is only one directive that we may offer that you may trust completely. That directive is to open the heart. This instrument said earlier, speaking for herself, that she found it impossible to keep the heart open for a prolonged length of time; that there was the natural cycle of ego and so forth that would call to any seeking soul those temptations that would take love and replace it with fear. And such temptations are many and varied. Some are obvious, some are subtle. The true nature of such temptations becomes clear usually only when one is in the middle of having closed the heart and then having discovered the closing of the heart and beginning to work backwards from that place of being stuck, or being over-stimulated, or being blocked, so that the uses of hindsight may help the seeker discover the genesis of the conflict that has caused the previously open heart to move once again from love to fear.

We give this instrument the picture of a moonlit ocean. The water is black, sparkling with that infinitely subtle pattern of white that comes from starlight and wave motion. The roar of the ocean, being so familiar, becomes silence and the pounding of the deep becomes stillness. And the soul, in its frail barque, is as the Indian braving the ocean in his canoe. How dare such a feeble and easily extinguished light set off into the darkness! There is the guidance of stars and the song that is not heard but felt, of the ocean speaking to itself, of that great power and magic of water hoarding its information, rolling with the movement of the stars, responding to each and every cosmic energy. And these subtle but very real energies strengthen and focus the attention of the Indian in the boat in this tiny bark canoe. Does this entity, this representative of the seeking soul, choose to have fear of the deep? Does

this entity choose to share itself with the deep?
Where is this entity going?

The stars do not concern themselves with the movement of the canoe. They smile their cheerful smile, coming from out of the past and into the future with their light and their information. The energies of fire gently wrap themselves about this figure as he allows his craft to move with the waves or attempts to direct it with his paddle.

Each spirit moves across a great and infinitely deep ocean of energies and structures and these entities and the structures, in their shadow form, have form. In their less shadowy reality, which is still illusion, they have no form, but only the shapes of the feelings that have been experienced while working with the moment and its structure and its past, its present, and future. We might suggest to each the growing familiarity with each thought, especially those thoughts that repeat and reappear in the mind. It is well known, in many different ways, that what one says to oneself is heard. And we would take this opportunity to say once again that each of you is a powerful and magical person. Each has words of power and each has been speaking these words of power to the self for many years. In many cases those things which have become habitually said to the self have to do with structures that existed far into the incarnational past of the seeking soul and voices that originally were outer voices—the voices of parents, teachers, authority figures and friends—are allowed to become those voices that have been internalized and validated by the self, not to the self's advantage but indeed, to the self's detriment.

Some examples are quite obvious. If this instrument says to itself each time that it forgets something that it is a fool, it will not only be forgetful but it will feel unworthy². Take this example and apply it to those things which each says to herself. They may be true in a literal or surface way and yet, as you note those particular truths, is there a positive advantage to prioritizing this information? What is it? If there is a positive way to absorb this information, has the voice within you found that positive way or has it allowed laziness and carelessness to blunt the great power of choice for you? Choose carefully that which you communicate to yourself about yourself and, if you find yourself moving into patterns that

² The instrument has a lifelong absentmindedness in her personality makeup.

create feelings of unworthiness, stop; not to correct what may be a true set of facts, but rather to gaze at that little node wherein lie the nerve endings from the past, the circumstances of the present, and the ideals and hopes of your future.

What can sitting with this node of activity and process yield for the honest and, in a way, ruthless seeker of inner balance? In each case where there is a perceived node of feelings and process, there is pay dirt. There is treasure to be found. And it is worth the time that it takes to rest within that pattern, in terms of being able to become more and more skillful in knowing the self and in seeing those habits and triggers from yesteryear, shall we say, that have crept into the present mechanism of the way the mind works, hears and sees; all of which are choices very much up for grabs many times. It is not that we wish to cause self-doubt or to invalidate the thoughts that you have and the feelings that you feel. Rather, we ask you to stay with them, to experience through intensity and time, allowing energy to move as it will and as it must, neither hurrying it nor resisting but rather embracing it with as much love as you can and thanking it for the opportunities, be they challenging or pleasant or elating, as they come up and as it is time to deal with them.

Keep in mind that no matter what it feels like you are never running in circles. You are always on a spiral. You cannot stay in the same place. In terms of physical things, certainly, an entity can choose to stay in one place and end up pushing up the daisies not ten feet from where he last went to sleep. These things are possible for the physical body. However, your spirit, that consciousness which is part of the Godhead principle, cannot stay still. It can move forward in a direction that seems fair or it can move forward in a direction that seems de-structurizing and debilitating. The one thing that the spirit can not do is stay in one place. Like the water upon which this barque of being flows within incarnation and out of it, there is no staying still. Even when one is moored, one tends to go to the ends of the mooring rope, as the influences in the water move that spirit evermore, not resting, not stopping but moving with the gentle patience of eternity.

Let the sun be away when it seems to be night and let the moon be that witness that says to you that the sun is a reality that shall cycle into the awareness once again, in its time. Allow the roll of the pain

that you are experiencing to continue so that the night hours are spent in an engaged and embracing way that enables one to be grateful for the sleeplessness of the dark night of the soul. Know, by the moonlight, that there is a sun that is still reflected into your node of catalyst. And let that reflection, dim though it may be, be that witness for the light and love of the infinite Creator and the rightness of the plan of the Creator for you. Then you are able to release the fear of the night and the fear of the water and the fear of being at the mercy of an ocean that seems, at least on the surface, to be a dangerous place to be. This instrument would say, "life is hardball." There are no soft pitches for the school of love on planet Earth.

The tangles will come. This is why you jumped into Earthly incarnation. You were not unaware of the difficulties of living within an illusion and being cut off from that embedded knowledge of rightness and goodness and identity that you have lost in entering the Earth plane. These things are now unprovable, unknowable and only trusted by faith. We speak of a mystery. It is a mystery that necessarily involves both suffering and joy, both the deeps of night and the brightest noonday. The contrasts are amazing and as this instrument said earlier, it is a very bright experience within the Earth plane in these days of great light, both for service to self and for service to others. Entities all about you, and you, yourself, are attempting to deal with a great bounty. That bounty is an opportunity to move profoundly within a short time both in learning and in service, beginning to move from [being] one who does not use the paddle to one who decides upon a course and indeed starts applying the paddle with great diligence and passion.

As each of you becomes more and more familiar with the way the new structures of being and living feel, each will have many opportunities to get to know the self better, to become more self-supporting, to fall in love with the self, as this instrument would say. May you find the self that you are to be half as beautiful as we find you to be. As you begin to see more and more clearly into yourself, you shall indeed see things in yourself of which you shall not be fond. We ask you not be discouraged. Each of you has all things within. To expect never to encounter the shadow part of self is to expect far too much from the very dynamic energies of any human existence within illusion. The creation is designed to bring you out of yourself and

into empty rooms where there is as yet no structure. Let those times be your friends, for they are part of a greatly beneficial and satisfying process.

We would at this time open the meeting to further queries if there are any. Is there a question at this time?

G: Q'uo, if it's possible could you describe to me what I faced within myself two nights ago during an hour and half bout of tears and if an experience like that is something that should be sought or should be allowed to happen as it comes on its own?

We are those of Q'uo, and are aware of your query, my brother. We may say about your experience that certainly it includes those things of which you are letting go, those shifts within your own definition of yourself that require the loss of structures that were in place and that are no longer appropriate. We may also say that it is extremely positive to move through such times and we see, in the way that you shepherded yourself through this time, that love of self that opens the heart and teaches it how to love others as well.

The time of such movement cannot be planned. It is only necessary to set the mind towards service and love and the heart towards living, open and vulnerable to the catalyst that arises in a moment. The natural rhythms of experience shall bring to you those moments as they are appropriate.

May we answer you further, my brother?

G: No, that was excellent. Thank you, Q'uo.

We thank you, my brother.

G: I am full of questions! Q'uo, if an entity's power is not "over" another, or even over oneself, then what is truly the power of a positively-polarizing entity?

We are those of Q'uo, and are aware of your query, my brother. The power of a service-to-others entity is that power to love without reservation. The way of love is simple in the extreme in its effect. However, as the one known as S noted, in the energy system of a physically incarnate entity, there are many ways to become hindered or blocked, in which one becomes the one who cuts off the power for oneself. There are many ways to choose to diminish the forces of love within the self. It is a challenge indeed to find those ways in which love has been too tightly held or too dearly given, given as a miser or a pinch-penny, or

given without thought when thought might create a better gift.

The province of power is the province of essence. The basic source of power is that knowledge of self that enables one to stand on one firm place and say, "This is who I am." Once that becomes a joyful and amalgamated, integrated sense, there is within the self a metaphysical center to which an entity may return by taking thought. What is the use or the goal of power? For service-to-others entities it is the power to help others. For a service-to-self entity it is the power to manipulate the environment for the benefit of the self. In both cases there is an environment to be manipulated. For the positive entity, that which is to be manipulated is not physical but rather is the stuff of consciousness itself. Therefore, an entity seeking power in the service-to-others polarity shall be seeking to know in order to serve and to create changes in consciousness rather than changes in status or other aspects of a physical environment.

May we answer you further, my brother?

G: Before I ask again, I'd like to open the questions to anybody else that may have one.

(Pause)

G: Okay, Q'uo, assuming that the work of power is the work of higher energy centers, I know that green ray is the great resource of all spiritual work and that the blue and indigo-ray activities await only the will of the seeker once green ray has been activated. My question is, the moment that love is felt, can an entity "move up," so to speak, and immediately do blue and/or indigo-ray work in that moment, if only for what I would call a short period of time? Or does the state of the open heart need to be reliable and consistent for work to proceed into the higher rays?

We are those of Q'uo, and are aware of your query, my brother. The ability to do work in consciousness is momentary and there can be times of brilliance and clarity for any soul who is able even momentarily to enter the heart. It is to be noted, however, that the more work that is done in the first three energy centers, and that on a daily basis, the more opportunity that a soul may have to rest within the open heart.

The stumbling blocks to living open-heartedly are only partially "out there," only partially the effect of catalyst that is incoming to the consciousness of the

seeker. Again, the places where energy is held in the energy body often have to do with the past and those things that are, to all intents and purposes, dead. Yet, somehow, the function of memory has enabled them to have a spurious and untrue life within an entity, which has for the most part moved from those stumbling-block areas of misperception concerning the self.

When the evening of the day comes we have recommended before through this instrument that it is well to examine, as one may, the points which hooked one during the previous day's experience, either for happiness or for woe. Gaze into the way the mind works when it is triggered. Find those triggers. Name them. Get to know them. Begin accepting yourself for having them. Begin attempting to create for the self a safe place where these things can be looked at ...

(Side one of tape ends.)

(Carla channeling)

... for however long they need to stay. In reality, much of getting to know the self is not pushing the self around as much as it is gently sitting around the campfire with all of these different parts of self and allowing each to tell its story. For there is good in many different points of view within, all of which may come together in ways that are not helpful. Yet each item within the mix is helpful to consider, helpful to gaze at, perhaps over time. It is a subtle thing to become more familiar with the self without judging the self, and this is the goal of one who is attempting to free up those stuck places within. Once one is relatively balanced within the energy body from red, orange and yellow then the heart is able to get full energy and that full blast of unconditional love that the Creator puts out in infinite quantity and quality at all times. Energy is finally able to move through into the heart in a powerful way.

Many who attempt to do work in consciousness are working on that green ray, working to get the heart to open, without taking the tedious and often unrewarding time to enter into the self in an ever deeper way, making the connections that explain patterns that are long-standing and gradually finding ways to remove the triggers that are hidden within everyday experiences and processes.

We find that this instrument's energy begins to wane and so we will leave this group at this time, thanking this instrument for its service and thanking each within the circle for the crystalline beauty of their beings. Your colors and energy are beautiful to us in ways we cannot ever express and our love for you is great. We thank you for your love of seeking the truth. As you seek, every door shall open.

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, my friends, adonai. ✨



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SUNDAY MEDITATION OCTOBER 19, 2003

Group question: The question today has to do with fear and love. We are assuming that fear and love are on a spectrum of ... there's a connection between them and we would like Q'uo to give us some information about how we can deal with fear, any kind of fear. Fear of doing something we haven't done, the fear of doing something that seems difficult. V mentioned that focusing on the love aspect tended to make the fear dissipate. Is that correct? Is there anything else we can do to deal with the fear when we feel that it's taking too much influence in our lives?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come. We wish to thank each of you for creating this time and space to seek the truth. We are humbled before your energy, your beauty, and the focus of your desire. We are most grateful that you have called us to your circle of seeking. Please know we are happy to share our opinion with you, with the request that at all times you listen with great discrimination, accepting those truths that sound good to you for further consideration and banishing all those that do not sound good to you from your mind. This will allow us to speak freely, knowing that you do not see us as authorities, but rather as those having a certain kind of conversation: a conversation about ideas and about those concepts that move too deep to be expressed directly in words, those concepts of which the one known as D was speaking earlier, the various

archetypes, whether they be four or twelve or twenty-two, that in some way or another give one another structure or ways to think about the Creator and one's relationship to the Creator.

There are two questions posed within the energy of this instrument's mind, although we have only the one on the tape recording which was done prior to our speaking, and we find it interesting that although these two subjects seem to be so far apart in nature, they benefit from being looked at together. The two subjects, being that of fear versus love and what the nature of various kinds of nature spirits is, would seem on the face of it to have little or nothing in common. And yet, indeed there is a great essence which they share.

The great *jihad*¹ of the struggle of love and fear is that rock upon which many have shipwrecked their lives, their spiritual ambitions, and their hopes of progressing according to some self-made, or authority-driven plan. Energy gets stuck. Energy that has been bruised and stricken defends itself. Everything that can be imagined has an energy, if it is imagined. This is not to say that when we are speaking of nature spirits we are speaking of imaginary beings, for we are not. Rather, they are imaginary in the same way that you are imaginary. You are illusory in a certain order, or grade, of

¹ jihad: "a campaign for or against an idea; a crusade" as well as the more usual meaning of "a Moslem holy war." The Q'uo intend the first of the two meanings, the campaign in question being for love and against fear.

illusion. You vibrate in a certain series of energy fields or spheres, which have their own order and their own purpose. And they communicate with each other throughout that grade or gamut of energy vibration. Consequently, all physical bodies are communicating.

The same is true of the first-density entities and the second-density entities among your peoples. These too, birds, animals, trees and plants of each kind, have their own nature, their own essence, their own energy. And insofar as they are given life, there exists within them a corresponding spirit to your spirit. Is the spirit of a flower or a tree or a stone or the wind the same thing as your spirit? Not at all. In the case of the elementals of first-density, there is a tremendous amount of infinite wisdom in such strong and powerful purity that there is an essence that is indescribable to entities as transparent and ephemeral as living flesh. That energy of fire, the energy of wind, the energy of earth, the energy of water, is that of the everlasting element, not simply in its physical characteristics but in the corresponding spirit of those characteristics. You have only to sit at the edge of a great body of water to begin to know or become acquainted with² the essence of water. You have only to stand in the high wind or to bow beneath it and, indeed, crawl on hand and knee to shelter against such a wind to understand the kind of energy that the wind offers. And the same can be seen of the energies of fire, and of earth.

This group has spent a couple of days exploring caves recently and has a special reason to become more and more aware of the power of the everlasting rock-ness. Many are the spirits that can be seen from these elements. They are seen by an eye that is not physical because their energy is that of the metaphysical energy that occupies time/space. Consequently, it has no body in space/time but only the impression, or the shadow, of the truth of such an entity. It is as though you were attempting to prove that you had ideas, ideals, hopes and dreams. Can you show them to someone? No. Do you still have them? Oh yes. In just this way, the mountain, the ocean or the wind has the expression, the thoughts, the hopes, the ideals, the process of its

² This phrase "to become acquainted with," is a typical way of defining the word "gnosis" in Gnostic literature. It suggests a kind of knowledge beyond words or explanations.

nature; and because it has no hampering of self-awareness, it never moves from love. It remains blissful in its ignorance of any other choice and simply expresses its essence in a dynamic combination with those energy fields of time/space and of space/time that it may meet. Consequently, as you walk in nature or down the urban sidewalk, you are coming in contact with the sprites of the air and the undines of water and the salamanders of fire and the gnomes of earth, all unknowing because you cannot see them with the eyes of daylight. There are always special people who can see into inner planes, for weal or for woe.

Now let us say here that in discussing the inner planes, we discuss a universe vaster than the physical universe and greatly populated with a very wide gamut of personalities. The most tremendous wisdom, compassion and mastery lives within the inner planes. We ourselves dwell in, shall we say, a parking garage in fifth density, as it were, as we are involving ourselves with your vibrations at this time. We are part of that network of inner planes that includes all of the spirits that seek to serve. Those within first and second density, those within fourth, fifth and sixth density; all seek to serve by their very nature. It is impossible for them not to be prompted to share energy and therefore to serve.

Those elementals of second density are far more complex and far less solid in their nature, as would be expected from beings which are, like yourselves, those who live and die fairly quickly. However, the subtlety of second density, with its movement to the light and its relationships within the tribe or pack, create a far more exotic and far more whimsical panoply of figures and of stories in which those figures have found each other and have joined worlds. And so creation becomes added to creation becomes added to creation, and, in the inner planes, there are many exotic kingdoms which have been created so that the essences of all of these energies, in the relationships with various humans and their cultures, can play. There is a tremendous joy and a feeling of play about the free essences of plants, animals, wind, storm, ocean and so forth. When an entity becomes self-aware in third density, she becomes cut off from the joy, the play, and the ever-continuing presence of all of the other members of the inner plane.

Each of the sub-planes of those inner planes has its own environment. Those who are able to sift through the planes have that experience, that feeling, of almost going through different grades of water as they move through the sub-planes to that precise vibration of energies that is equivalent to their most comfortable place within the inner planes. Entities who are able to do this come into a land of milk and honey to which they may go in their meditations. Each of you has one; and each of you has, in that vibration, helpers, those whose delight it is to find a way to make that experience which you—that individual soul, that very unique soul—will have to be joyful, playful and as the one known as J was saying earlier, a product completely of the spontaneity of the now. The energies that lie all about third-density humans as they earnestly struggle with their catalyst are energies that encourage the deepest response to the feeling which lies in the environment about the self.

Coming to a moment is coming to a banquet. How shall you enjoy the rich array of incoming experience? Shall it be a thing of love and joy and laughter or shall it be a thing of fear and defending? Each of you is painfully aware that you are not a flower, you are not the wind, you have not been a tree for years and years. And as a person you have been cast forth into an illusion which is bound to hurt and disturb and upset any shred of routine and surety that you may have; for all things pass and the experience of the third-density entity within the illusion is that infinitely renewable feeling of being behind the power curve, unaware of those things which it would have been good to know in order to plan for this change that seems somehow to be taking place. The one known as John³ wrote in a song, “Life is what happens to you while you’re making other plans.” This is the cartoon-like nature of the catalyst that is available within your third-density world. It is always aimed at moving you from a balanced and comfortable place into a place where there is a risk to take, a challenge to meet, a cliff to walk off of, so that you may have the experience of choice. That is the one thing that is your glory and your challenge. You have the responsibility that is God-like: of choosing how you shall go on, how you shall think, how you shall meet

³ John Lennon, from “Beautiful Boy,” on the album *Double Fantasy*. The actual quotation is, “Life is what happens to you/While you’re busy/Making other plans.”

the day, how you shall treat yourself if you’re not happy with how you met the day, and how you shall treat those other-selves that are a part of you. Shall you see them as other? Or shall you see them as the self?

There is a great journey to be taken in that regard, for third density begins as the great ape that you are is barely beginning to move into the traditional, cultural societies, forming tribes, forming instinctively those tribes that describe self and other as the tribe and not the tribe. That great sadness that we see within your political and societal planning these days is that seeming return to late second-density where there is tribe versus tribe with no hope of communication and parity becoming possible between them. Consequently, each entity moving through the various sub-levels of third-density is attempting, more and more, to move from the uneducated idea of self, as only self and other-self that looks just like you because it is the same tribe, to self being the same as other-self, because self and other-self are both ensouled parts of the same Creator.

The education between those two points is vast, immense and unimaginable. Each of you has spent lifetime upon lifetime attempting, with a pure heart and a good will, to penetrate the mystery of oneness. In a world where nothing looks like it is one with you, how can you catch on to what is not being seen? How can you hear what is not being said, what can not be said, for there are no words? The secret is energy, that energy about which the one known as J will speak⁴, sharing her passion for the beautiful simplicity of the healing touch, and not even the healing touch, but the energy of the healing heart. Indeed, it is that environment that is beyond words that moves into that walk of faith that exists only in midair. For in that particular discipline, as in so many disciplines that go under the modality of the laying on of hands, the true healing is not in a touch, but rather, in the love that that energy of the touch carries, because of the work that that particular instrument has done as a messenger of healing. The energy of other-selves can be a palpable thing and interestingly enough, you can affect the energy of others. How can you do this? You may do it mechanically by thinking to yourself, upon looking

⁴ J, a Reiki healer, was speaking to a college class about healing energy in the week ahead.

at someone else, "This too is me. This is my brother and I love him," or alternately, "Thou art God." Or alternately, as this instrument often says, "You are my mirror." You too are a mirror. What you forget, because you are sitting within your own space, is that you are radiating. Each within this circle is very powerful, has done a good deal of work, no matter what the biological age of those in the circle. Each of you has a metaphysical essence that is powerful. As you allow that feeling of your own self to open up, as you simply allow yourself to be yourself, to flower, to look out of yourself at the beauty of all of those around you, as you listen to each energy and "feel into" the energy of those who are speaking in desultory tones about the room, you can begin to make those heart connections with each mirror, with each part of yourself, thanking each part of yourself, knowing that if you were to pursue that particular person, that particular relationship, that would be a very valuable mirror that you could not get from anyone else. Each person then becomes a treasure trove of undiscovered things, [undiscovered] simply because you have not spent the time to open up to that person and to share what the energy has to offer each of you in that dynamic between you.

When you can, for the first time, move from an intellectual appreciation of the oneness in all to a feeling within your own heart that you are looking at the Creator as the Creator, there is a magical occurrence that reduces fear. That magical occurrence is love, a feeling of love that springs forth like a fire. In the glow of that fire there is a communication from essence to essence and the hearts of those that you are speaking to know that you love them. And there is that within their being that again opens and then, they love you back. And the supportive energy of that relationship, once begun by the open heart, is irresistible. Trust the energy that is yourself. We do not say, "Put aside all fear." We would not do that to entities that might feel undefended and naked and vulnerable beyond their ability to enjoy creation and existence. We are aware that for some it is powerful even to take part of the armor away, to lighten it, to shorten it, to leave it off for small periods of time. Have the feeling when working with fear of "a little is a lot," because it is so difficult to judge the self, and it is so seldom accurate when attempted that we would suggest, rather, focusing simply upon the process, upon giving it a good try and upon being

extraordinarily good to yourself no matter what the perceived outcome.

What you are attempting to do as you filter the experiences of your life through the processes of the disciplining of the personality is to become easier and easier with yourself, and easier on yourself, while at the same time, remaining honest concerning your process; that is to say, it is well to be ruthlessly honest with yourself and with the Creator, in your continuing conversation with the Creator, but it is not a good idea, no matter what your basic feelings of irritation may be at the self, to berate the self, or to lose respect for the self, or to act in such a way that there is the expression to the self of dissatisfaction, of feeling that the self is unworthy. These things are all too easy to promulgate within the inner life. They are those stumbling blocks that trip up your feet and keep you from moving forward. They have been put there by voices not your own, but in many cases you have accepted them, internalized them, and made them live far past their time of truth, if there ever was a time of truth for some of those deeply painful childhood insults. See the pain and the suffering that has been endured by you, that has caused fear to become a habit returned to again and again. See with eyes of love and compassion. This instrument carries a doll frequently when it is at home. It talks to the doll and it asks the doll to tell her its dreams. It is in this way that this particular entity seeks to undo damage done to her as a child by those who did not make her feel wanted, needed or listened to. There are ways to work on these difficulties that can be perceived as perhaps being the foundation for those fears that now trouble the seemingly grown and adult life. It is most helpful to open heart and mind together to the processes of seeing where these threads of fear take you. They are the breadcrumbs along the trail that will lead you to a deeper appreciation of self and a deeper ability to interpolate and amalgamate the self of all of those perhaps slightly separated parts of self that have moved away from other parts of self because of wounding, because of difficulty in holding the energy of self completely together.

We would at this time ask if there is a continuing query upon this subject or if there are other questions at this time. We are those of Q'uo.

J: Hi, Q'uo, this is J. I really appreciate what you said and I just wanted to ask you a quick question. I

was told this weekend that I'm an adult indigo and I was wondering if you could speak to this and if that's why I have been so attracted to doing energy work and vibrational medicine. Does it have to do with the fact that I am an adult indigo?

We are those of Q'uo, and are aware of your query, my sister. That phraseology is acceptable as a way of designating a particularly opened-up and lively, shall we say, energy of the merkabah or the—I give this instrument [an image] of the spirals of the DNA and [that] there is more light there than is normally carried. We are having difficulty because of the phraseology of "indigo child." There are those who are wired strictly for third density, there are those who come into incarnation with some of the wiring for fourth density already in place and simply needing to be, shall we say, hooked up, and that is your designation. There are others who are completely activated and some of those designated as indigo children are of the latter type, others being of the middle type.

May we answer you further, my sister?

J: No, that's all for now, thank you very much.

We thank you, my sister. Is there another query at this time?

T: Yes. I have said several times that the need for polarity in our illusion can be fulfilled by using the memory. In other words, you don't have to have good and bad or good and evil right directly in your experience every day. You can look at the negative aspect and draw from your memory of negative aspects in your life, in the past. Will that suffice for the polarity that is necessary to stay in this illusion? Could you comment please?

We are those of Q'uo, and are aware of your query, my brother. Indeed, there are those whose discipline is such, and whose imagination has focused so, that this is possible. For, shall we say, the majority of entities, a purely inner vision lacks satisfaction, whereas we would say that, as the one known as V had noted in conversation not too long ago, the function of the video game is so to populate an imaginary battlefield with imaginary enemies that one may bash heads in glorious carelessness of the propriety of doing so in the outer culture, for there is only the image that is being bashed. Nevertheless, when it is done as a spiritual practice it is amazingly efficient. The key is the imagination and the

discipline to make the connection between those energies which need disciplining and the seeming abandon of the so called video game.

May we answer you further, my brother?

T: No, thank you, that's fine.

We are those of Q'uo, and we thank you, my brother. Is there another query at this time.

G: Q'uo, if it's not too large for this working I was wondering if you can comment on how one can distinguish between one's own feelings and those of another? How can one protect against the negative feelings of others, and how one can transmute those feelings taken on from others within the self?

We are those of Q'uo, and are aware of your query, my brother. You are indeed correct that it is a larger query than some, and perhaps we shall make this the last query of this particular session because of that fact. For most entities brought up within your culture, the difficulties of knowing what feelings are one's own and what feelings are not, is not a problem because there is a characteristic self-involvement that dictates that there will be no confusion between the feelings of self and the feelings that are not of the self. However, when one has begun a process of opening and sensitizing the self to that which is more real, more true, more beautiful, more to be admired, the self does become less aware of the boundary between one's own universe and the universes of others. This is due to the fact that there is no boundary between the universe of the self and the universe of others except those boundaries that are created by the mind of the person. If it is assumed, as this instrument often does without realizing it, that all are one and all are thinking as one, then one sees one universe and one's feelings naturally move in that one big happy universe where all is known, all is good, and all is loved. This instrument has done a great deal of work in the past few years learning how to make boundaries so that it is able, as a person, to take care of itself and also to have the ability to love others as the self; as opposed to thinking that all feelings were her own and all needed to be addressed equally. It is a very confusing universe to one who has become unable to make those boundaries between self and other-self and as you have said, my brother, it is especially difficult when those feelings which are being imported into your system from a system of another are perceived as negative. It becomes a most

uncomfortable and pertinent question as to how to make the boundaries that create comfort zones within the situation where there is overlap in aura, as there is in virtually every urban setting, and certainly in a household such as you enjoy at this time, where there is a constant presence within the dwelling of people whose auras do indeed overlap.

This is not, per se, a negative or positive thing. It can be either. What is occurring in a situation where there are overlapping auras is that there is the opportunity to exchange energy. The downside of this exchange of energy is when the exchange ...

(Side one of tape ends)

(Carla channeling)

(A portion of the channeling was not recorded.)

The question of how to determine one's own boundaries can become very subtle. It may be as easy as physically removing the self from an environment, repeatedly, to see what changes may occur when one is in the environment and then out of it. It may be that there is talking to do to the self; that there are voices within the self that need to speak and say, "This is not me," and, "This is me," and, "Let me get you to understand this point of view even though it is not me." One can have some interesting conversations around the campfire of self and in some cases talking out loud to the self, about the self, one may begin to hear the true self and hear what one has picked up as a rider, and hear the difference between what really is the self and what has been simply picked up and started to be carried around on the coattails of the self.

There is also the entire arena of physical cleansing that is helpful in creating boundaries, the smudging of the self with the sacred sage; the ritualistic immersion in meditation of the preferred kind in which that question is put to the self, "Show me myself, show me the shape of myself." There are many ways to ask and indeed, for each person this is a very personal and very idiosyncratic work. Be open with the self, feel confident in following the intuitions and the hunches of self. Use journaling, use the dream process of writing the dreams down and thinking about them, use the conversation of others, and use all of those mute signs of the energy of the environment about you, the wind and the birds and so forth, all of those messengers that have spirit and wish to share energy with you. There

comes out of all this amalgamation a growing sense of being able to be a discriminator and that is a very important feeling to gain. So we greatly encourage those disciplines that put one in touch with one's own powers of discrimination. It is a beautiful thing to know that all is one, [but also] that each of you is unique, each of you has your own shape, your own bloom, your own pollen, your own scent. Nobody like you ever was, nobody like you ever will be again. Only you have that breath to breathe, those words to say. We bless each of you as you move into your hopes and your dreams. May you walk with faith, may you walk with joy and may you know that you are never alone, and as the one known as D so often says, that you are loved more than you can imagine.

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. ✽



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SUNDAY MEDITATION NOVEMBER 2, 2003

Group question: Our question today concerns free will. We would like to know what Q'uo could tell us about maintaining free will and why free will is the first distortion of the Law of One. Why not the second or third distortion? Why did the Creator of all things feel that free will was the most important of the distortions in order to be listed first?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you. May we say what a privilege it is to be called to your circle of seeking? As the shadows lengthen upon your world in the environment of this instrument, we rest in the beauty of the combined energy and essence of each of your souls as you blend and meld into a true circle of seeking. It is a great blessing for us to be here and to share our thoughts with you. As always, we ask that you may use your discrimination in listening to those things which we have to say, for those things which we offer are opinions and are not to be confused with some source of final wisdom or absolute knowledge.

You ask this evening concerning free will and why it has been called, in the words of the Ra, "the first distortion." And we are glad to speak upon this topic. It is certainly a challenging and interesting topic, for it is the penetrating simplicity of the Law of One that it does begin with the free will.

Firstly, we shall address the subject from the standpoint of what this instrument would call logic,

although it is a specific kind of logic which is perhaps not entirely linear. The creation is, shall we say, a figment of the imagination of the Creator. The Creator exists in a state of absolute rest within which all things occur, a primal paradox to be sure. The first distortion of this perfect balance and peace is choice, or the use of the will. In this case, it was the will of the Creator to know Itself. Consequently, it is that distortion which precedes the great original Thought, for that original Thought is an active thought—a creative and destructive thought, a powerful, active principle. The one known as D was speaking earlier concerning love and light and saying that the fundamental energy was love, that wisdom was important, yet love in the end was more important. In actuality the love that is the one great original Thought, the Logos; is that which is completely beyond that which the word "love" can express and completely beyond that which the word "wisdom" can express. It is as though one were attempting to name that which can not be seen, held, heard or in any way imagined. Consequently, the first distortion, that distortion moving away from utter potentiality and utter peace and rest, is that freedom of will, employed first by the Creator Itself, to know Itself. In making this choice the Creator became, shall we say, the one great original Thought. It is more of a shift between potentiality and actuality or kinetic reality, shall we say. However, from this Thought, which was love, there came into being that material which the Creator used to build Its universe, and that is light. Consequently, when we greet you in the love and in

the light of the one infinite Creator, we are greeting you with the very stuff of the creation itself and placing ourselves, and you and all things, within this framework of all that is, which does indeed exist only in the sense that, as the one known as G was speaking earlier, the word “now” exists.

The creation may be thought of, in a way, as that moment in which all of time and all of space has its heartbeat of a moment. The illusion is that there is a vast march of consecutive moments, consecutive nows, that create years and decades and centuries and millennia and eons. It is just as useful, however, in terms of spiritual growth, to think of the momentariness or the circularity of time. For each of you is far from being a prisoner of space and time. Within your noonday perception it would appear that you have many limits; you are just this tall, just this wide, you have just these experiences, just this knowledge and just these actions to make up the passing of a normal day. Yet in reality, there is communication occurring, even in the daylight consciousness, between conscious and unconscious perceptions; between the limited consensual reality and the surrounding and permeating metaphysical reality that escapes the senses of the physical world but speaks very clearly to those great centers of knowledge and experience that lie deep within what this instrument would call the frontal lobes, that area which has such great strength and power to offer to the consensual reality self. So there is always, in any situation, a part of you that has escaped all of the limits that seem to hem you in. There is no time at which you are truly a prisoner of your body.

Certainly it may seem so. Certainly within each of the memories within this circle there live those times when the self was very limited, unable to move because perhaps a bone was broken and needed mending or there was an illness that laid one low and there was a need to recover quietly. There are many ways that an entity can feel limited and trammled and yet, always, there exists that continuing communication with all of those forces of the creation which indwell each tiny speck and iota of creation; for all things are alive. That intelligence, which is light, is infinitely full of information and, as the physical vehicle of the self moves through the dance of the daily life, the interaction between that metaphysical side of self and the daylight self is continually going on. The communication can indeed be encouraged by the

choices made by each of you. And the first of these choices, as the one known as G said, is simply to ask to be aware of the communication that is going on. Each asking alerts the unconscious and expresses to it a preference. The unconscious portion of self receiving this permission is then given strength. That is how faith builds upon itself, by using it as if it were a muscle. When muscles are not used they become flabby and, sooner or later, an unused muscle will atrophy and become dysfunctional. So it is with the power of faith, which, in a way, may be described as that certainty that there is communication between the seen and the unseen or perhaps more simply, that certainty in the unseen.

It is very possible to catch this as if it were a cold, by contact with other entities who have it. And that is why so often it is helpful for spiritually motivated people to gather in groups such as this one, to share the awareness that moves too deeply for words in the being of each and yet will not be denied. There is strength in a group of entities, all of whom have agreed to posit, as at least a possibility, the reality of there being greater, deeper, higher vistas, views and truths concerning the self than are immediately apparent [within an environment] that seems steeped in trivia, inanity, and folly. We are most pleased to see groups such as this one and may we say how powerful such groups are, not only to help each other within the group, although this is certainly the case, but also the energy created by a group such as this one as it seeks truly is as that light which lightens the darkness, that lighthouse which stands upon the promontory, blessing all with its guidance.

Our first point, then, is that free will is the first distortion because it is the first distortion, that distortion which made all the other distortions possible, which made creation possible, which made each of us and you here present, possible.

There is a second and equally profound thread of thought concerning this first distortion of free will. This entity worships in a Christian manner and within this particular mythological system there is a three-fold designation to Deity—the Father, the Son, and the Holy Spirit. One may gaze at the Father as the one great original Thought. One may gaze at the Son as that Thought made into something, that Thought made into light. One may gaze at the Holy Spirit as the personification of free

will. These are not directly logical connections and we would not ask you to attempt, literally, to understand that which we are saying. We are simply attempting to show a kind of connection between the Christian way of thinking about the mystery of Deity and the similar construction within the so-called Law of One concerning that same mystery. When those within the Christian system, writing early in church history, were attempting to describe the Spirit, when the one known as Jesus was talking about the Spirit, there were similes to fire and to the wind, those things which are not controlled, those things which “bloweth as it listeth,”¹ the wind of spirit, the flame or fire of spirit, coming down into the crown chakra and down into the system of those who pray to that spirit. [They] are asking for the wind to blow them, for the fire to burn them; they are asking for transformation, they are asking for change, they are asking to be changed, and they are asking the agent of that change to visit them.

It is difficult to think of free will as that which must be asked for and yet it is important to move into a space within the self where one is able to lay all aside except the desire to know the truth. And in that place of utter humility and unknowing, in that stance of a person with empty hands waiting to receive, the request may be made for that enlivening, empowering Spirit that is free will. It is yours if you claim it. It is yours if you ask. Again, if you do not ask, if you do not claim it, little by little that muscle atrophies and it becomes more and more difficult to move with the winds of Spirit, to move into changes that are truly moving you towards the center of yourself, helping you to know more, and that more deeply, about yourself.

So one may look at this first distortion not simply as an unnamed wind or a random fire but as one's very own wind and fire. For the whole concept of guidance from the inner planes is wrapped up in that asking which is done by free will. One cannot drag oneself, reluctantly, to embrace transformation. It certainly can happen that way, for the energies of transformation are absolutely unstoppable.

¹ *Holy Bible*, John 3:6-8: “That which is born of the flesh is flesh. And that which is born of the Spirit is spirit. Do not marvel that I said to you, ‘You must be born anew.’ The wind blows where it wills [in King James version, ‘bloweth where it listeth’], and you hear the sound of it, but you do not know whence it comes or whither it goes; so it is with everyone who is born of the Spirit.”

Evolution will occur automatically. It is just rather slow compared to the rate of change that is possible when an entity has decided to cooperate and to lean into the process of transformation.

Again and again it is necessary to come to the center of self with open hands, empty hands, full of unknowing, full of all of the colors that have painted your world within the last little while, whether those colors be bright and cheerful chintzes or deep purples and browns and blacks coming from difficult experiences. All of these gifts may be taken into that place and laid before the infinite One, so that you have empty hands, you have an open heart, and you are on your knees, in terms of being without pride, without arrogance, without the need to be sure or to be right. In that state you may ask that guidance system which is yours, that personification of free will which is yours, “What is the truth? Who am I? Why am I here? Whom shall I serve?”

And each time of asking is its own experience. Perhaps you shall not hear words. Perhaps you shall not have an experience that you can talk about; perhaps you shall. But those things that you ask, when you ask the Spirit, are far too deep for words. They move far beneath personality and that brittle shell of civilization and culture that are as the clothing that you wear in order to relate within this incarnation to those about you. And finally you stand naked, glorious in the beauty of the self, that self that is a spark of the one infinite Creator. And when you can stand there, or kneel there, content just to be you and to feel that yearning and that asking rise up, then truly have you offered the greatest gift to the Creator that you possibly could. For that Creator truly wishes to know you. And It can only know you as you know yourself. What It knows about you is that which It has already experienced. What It does not know about you is that which you have not experienced, that which you have not run into. It is as though within that so-seductive appearance of personality and face and body there lies an undiscovered country of enormous size, with mountains and plains and rivers and deep underground caverns, all of which are yours to explore. And that which is free will is your guide.

We believe that this is sufficient for this asking and consequently we would open the meeting at this time to further questions, if there be any. Is there a query at this time?

J: Yes Q'uo, I have a query. Two weeks ago I asked you a question about DNA set ups and you told me that my designation was third and fourth-density set ups but not quite turned on. So I am asking your opinion about what I can do to turn that fourth-density connection on?

We are those of Q'uo, and we understand your query, my sister. The DNA of which you speak is affected by thought. Consequently, if, by the disciplining of the personality, an entity is able to begin to tune the heart to living in an open, loving, and vulnerable state, such as that state fourth-density entities [experience], the perceptions that come into the mind and that tell the body what is occurring are those perceptions which will automatically hook up that which is not hooked up within the DNA strands. The stimulus for the body is the mind; so in working with the mind to move from what this instrument would call mental thinking into heart oriented thinking, it is the movement from third-density to fourth-density thinking. As the heart is allowed to think and to be strong in moving into a major part of the process of perception, the body will follow, being a creature of the mind.

May we answer you further, my sister?

J: No, that's good.

We thank you, my sister. Is there another query at this time?

T: I have a query, Q'uo. I realize that the channeled meditation is mainly a metaphysical event, [and] my being at a physical distance² is probably not too important, but I was wondering whether there are any precautions or special preparations that would be useful for me to undertake so that I would not hinder the contact or cause any other difficulties?

We are those of Q'uo, and we grasp your query, my brother. We do not find that there is any concern necessary upon your part. Indeed, as you surmised, the physical location does not matter. We did find at one point in our discussion, when we were talking about the beauty of the lengthening shadows, that we became confused because we were also seeing the beauty of the morning, and we had to smile at our own version of being out-of-towners and not quite used to the experience of working with entities who

are not in the same physical location. However, this was in no way a hindrance but rather for us something to chuckle at and enjoy. We are always learning from those within third density and once again we discover humor within your technology.

However, in terms of doing anything to better prepare for a contact with this group and with us, the process which this group goes through, of speaking around the circle, seems to be a very powerful and simple means of melding or combining the group so that it is indeed beating as with one heart and asking as with one soul. Consequently, we are pleased that you chose to join in the discussion beforehand and we feel that certainly, other than that, you bring to the group a great deal of light and we are most pleased that you are with us.

May we answer you further, my brother?

T: No, thank you Q'uo, that was very helpful, thank you very much.

We thank you, my brother.

G: Q'uo, I've discovered, with the aid of a reading I had through D, a pattern where I am bodily present, but a portion of my consciousness will evacuate in a moment in any conversation and I was wondering if you might have anything to offer me concerning how that pattern developed within me? Are there any techniques or exercises that I can utilize to stay present and to inhabit my body more fully?

We are those of Q'uo, and are aware of your query, my brother. In terms of the genesis of this particular mental distortion, it is, as in many cases, the far reaches of early childhood which must be moved into in order to see where the pattern has begun. It is quite understandable that when there is disharmony that is present at a level which is painful to experience, the choice of a sensitive entity, in order to protect the self, is to remove the self mentally from the circumstances, since it cannot do so physically. Certainly the processes of schooling and religious education create further times when it is desirable to put psychic distance between the self and situations which do not please the self for one reason or another. And this also has had its effect upon your personality shell.

The pain which is being avoided is not a physical pain and yet, because of the sensitivity of the particular physical body that you have and its way of

² T sits as part of the group, which meets in Kentucky, from his home in Australia, by telephone link.

being connected to the mind, there is a habit that has been formed which is as the nervousness or tension that another might feel, say, at attempting to move through a door and being unable to get it open. It is a feeling of being closed in or frustrated and yet physically there is nowhere to go to get away from that feeling. Consequently, the trip must be taken mentally. And this habit has become somewhat regularized within your personality shell.

Now in terms of how to work with it, we would suggest that you be creative and start with the premise that you are operating with faulty software and that you need it re-written to some extent. How can one work with one's mental settings to change the default? That is the question! And we leave it to you, for this is your work to do. You have tools at your disposal. You have the dream work. You have meditation itself. You have prayer. You have many opportunities to connect with guidance, to connect with the guidance that is found in nature and so forth. All of these are at your disposal. We would also suggest the light touch, the gentle nudge, rather than a ruthless or full-scale-house-cleaning-type attempt to change the self. This is not the desirable way of dealing with the self. Rather, see the self as lovingly and as compassionately as a father would see his son or as a mother would see her baby. Ask the self, "What do you need?" And then see what you can do to ...

(Side one of tape ends.)

(Carla channeling)

... satisfy those needs. If there is the need for solitude, cooperate with that need and enter into solitude passionately. If there are suggested to you other things that you may do or things that you may cease doing, follow your instincts, follow your heart, follow that guidance which comes to you.

May we answer you further, my brother?

G: No, that was excellent. Thank you for the most thorough answer, Q'uo.

We thank you, my brother. Your kind words make us a blush. Is there a final query at this time?

S: I have a question. I guess you've heard the story I told earlier. I've been looking for other thoughts, other opinions, other ideas about what is going on with me and my life. I would very much like to get

your thoughts and ideas, what you see from your perspective.

We are those of Q'uo, and are aware of your query, my brother. From our perspective, my brother, we see beauty. We see strength and courage. We see deep humility. We see gentleness and yet at the same time we see strength. We would ask that you may see these things about yourself as well. See that beauty which is yours. Let that beauty light you and light your way. See the sweetness and the kindness and the gentleness that has been your gift throughout your incarnation. And let yourself feel that kindness, that gentleness, that sweetness. You need that for yourself at this time.

Picture yourself holding yourself as if you were a baby. Rock that baby, and rock that baby, and rock that baby again. And rock that baby all night if that baby is upset, because sometimes only human touch, only the human love of a parent can get a child through a cranky night. Perhaps we could say that we see you cutting new teeth, as children will do. It is a very painful process. One cannot move with one's normal comfort. One does not understand why it must hurt so badly because one is, after all, just a baby. We would say that this is the equivalent of that which has occurred within you. It is a natural process. It is a process that promises good growth and new "teeth." However it is a process that is most difficult to move through.

So we would ask that you nurture yourself. Realize, whenever you can, that there is a tremendous amount of love around you, not simply from friends such as these within this circle or from family but from a very extended family of those who are with you as guidance and simply those who are with you because they have been attracted to your goodness and to your seeking. This support system is strong to save and quick to respond, and we encourage you to use it. We, ourselves, are available at any time to give you a deeper meditation or a stronger feeling of presence. Lean into the help that is there and above all, believe in yourself, believe in this process, and know that each dark night ends with a beautiful sunrise.

May we answer you further, my brother?

S: I appreciate your kind words. I've even got some that you had spoken two years ago that I keep with me and read. I do appreciate the support and the

kindness. From my perspective it's so hard to see,
but thank you for now.

We thank you, my brother.

It is with profound gratitude that we say our
goodbyes to this group. Thank you for the pleasure
of your company. Thank you for sharing with us
your hopes and your questions and allowing us to
share with you as well. We leave each of you in the
love and in the light of the one infinite Creator.
Adonai. Adonai. ✨



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SPECIAL MEDITATION

NOVEMBER 13, 2003

Question from Y: The question today comes from Y, who asks: What do I need to do to have conscious contact, other than in sleep, with my higher self and channel the light beings who are assisting and others in this incarnation?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator in Whose service we are. It is our great delight to be with this group this afternoon. We thank each of you for setting aside that precious time that you have so little of within your incarnation for the sole purpose of seeking the truth. We are that vibration which has been called to this group by this question and this channel and we express our great gratitude to you for so calling us. It is our pleasure to share our opinion with you and we would ask but one thing, that being that you listen to those things which we have to say with the greatest care and discrimination, rejecting all of those things which do not seem correct to you and only embracing that truth which seems to resonate within your very heart and soul.

You ask this day what you can do to come into conscious awareness of the communication that is going on betwixt you and your guidance system, and all of those who cluster about you wishing to help as you move through your incarnational learning and service at this time. Perhaps, from the way that you have phrased your query, you already know, my brother, that you are in communication with your

guidance and that it has already given you many gifts. So we feel that your question perhaps has two parts and we would address the more general part first, and that is that situation which already exists, and which it is possible that you may not have fully appreciated.

Within you there blooms a flower of great beauty, its petals moving towards the sun with great awareness and intelligence, its blossom opening and the work proceeding as your higher self had indeed hoped before your incarnation at this time. The gifts that you brought in with you into incarnation have brought you far, both in terms of the gifts of the personality shell, such as intelligence and sensitivity, and those gifts which are perhaps not so obvious to the outward eye, those gifts of inward intensity, deep searching, and a discontent with that which seems to be, all those things which appear. There is within you a great yearning for purity, that which is not a little of the light and a little of the dark but all together, that which has been lifted above the seeming muck and mire of consensus reality and some of its more shadowy aspects.

And yet we would assure you, my brother, that it is well planned that you observe, and to some degree, participate in that muck and mire, that stress and tension of consensus reality. For there is within you the incarnational lesson which is to be addressed, which has to do with working with that which this instrument calls the "shadow" side of self. In the yearning for purity, oftentimes that shadow side of self has this tendency to be separated in thought from

the so-called “light” side of self, shall we say, that side which seeks purity, which loves the light, which is a creature of love, a creature of eternity, and which truly wishes to experience only that which is beautiful, true and honest. So much that you see seems to lack in this quality, so much in which you participate has its disappointments, as far as that judgmental and intellectual side of you goes. And yet, for what reason would a true seeker wish to put himself into close association with the darker side of life? What would encourage such an entity, before taking up an incarnation, to place this in his way? We do not answer this query. Rather, we leave it for you, for this is yours to ponder and yours to learn, little by little, as though you were in a maze or a puzzle and you were attempting to track your way out of the maze or to fulfill the pieces of the puzzle in such a way that the picture becomes whole.

Perhaps we like the latter simile better, for rather than seeming to escape the page of consensus reality, shall we say, by taking oneself out of the maze, rather, it is easier to see in the puzzle simile that you are simply putting the pieces together, not attempting to escape the puzzle but, rather, attempting to see it as a whole, in its entirety. As you work the pieces of the puzzle, in some cases you will be granted great light, in other cases you will be granted none and the puzzle will seem quite murky and difficult. It is then that the incarnational lesson comes directly into play. We may say about that lesson that it does involve the active use of the will, in the absence of proof, when there is a choice between that which is seen and is unacceptable, and that which is unseen and is acceptable. Within any incarnation, there are many times when a choice to believe or have faith in the entirety of self is to shift the way of attending to the self when it is seen as the shadow side of self, when it is seen as that part of self that is less perfect or less than perfect and therefore, less than desirable.

We cannot offer more clues than this. However, the general gist of that which we wish to offer here is that within that which has already occurred, within that which is now your present experience, there lie great gifts which have been given as a puzzle for you to solve, piece by piece, or as the maze for you to solve, one wrong direction after another discovered and turned back from in order to explore another way. May we say to you, especially in this regard, that it is never necessary to be at all discouraged or

in any way to lack confidence. It is not the darkness of a night; it is not the depth of a suffering that reflects the degree of one’s success at apprehending the catalyst that is offered. Indeed, the darker the night, the more difficult the experience, the more completely the incoming catalyst may have been received. What remains then is that subtle, complex and fascinating work of unlocking the self, opening the self to the self, piece by piece, step by step, within an inner atmosphere which partakes more and more of that trust and faith of which we were speaking earlier. That gift is one which has been offered you as part of your incarnational personality shell. You have within you already a gift for the use of the will, but is it for faith or is it for other sorts of seeking which rely more on the physical world than on the metaphysical? As you move back in mind through your childhood, through your early experiences, we simply ask you to cast your mind into those recurring themes of light and darkness, to begin to see that incarnational pattern that you have given yourself. You have many good clues, as this instrument would call them, many pieces of the puzzle. And we encourage you to move forward with confidence, self-assurance and a quietness of spirit that comes from a lack of striving. For what, my brother, is there against which to strive?

The second part of our response concerning conscious communication with that system of guidance which is yours is more literally connected with your question. We are aware that you would very much like to make some sort of positive, absolutely certain contact in the way that we are speaking to you through this instrument. In terms of that particular way of becoming more in touch with your guidance, we would recommend never attempting [the technique used] to come into conscious communication such as this instrument is now using, without the careful dedication of self for a fairly long period of training and a process of the initiation during which we, as members of Confederation, offer to those who wish to learn the channeling of spirit such as this instrument does, that which they wish to learn. It is impossible to say how long it would take, but we may say certainly that it is never a project which one may safely undertake alone. The strength of a group and the experience of a more seasoned channel are both necessary in order to regularize and protect the energies that are involved in communication such as

we offer through this instrument at this time. We do not wish to be those who create fear, we are simply saying that because of the nature of the physical instrument that is your body and those linkages to the finer sensibilities of the energetic bodies, such communication is almost reliably guaranteed to, as this instrument would say, “come a cropper.”¹

The problem is a simple one, my brother. It is the problem of an entity who contains a powerful tool but who does not know how to use it. Attempting to learn to do what this instrument calls channel is like a toddler attempting to pick up a power tool, turn it on, and use it correctly. The chances for accident or disaster are high, and we would not in any way encourage such a rash and thoughtless method of attempting to gain contact. We do not suggest that you avoid it because you have no possibility of success. Quite the opposite. We suggest that you baste this desire in any outward verbal form because you have great possibility of success and yet without training, without a good long time of consideration and dedication of self—the practice, the self, and the life—the experience would be as that entity who wishes to tune to a certain radio station but yet who is incapable of moving the dial, so that the dial moves without your conscious ability to tune it, moving you from one source to another depending upon various situational details about which you cannot know and which cannot be taught but rather, can be learned without the words during the process of such initiation as that of which we speak.

Were you as an entity enough desirous of following this particular way of coming into conscious contact with guidance, there would need to be a geographical relocation, or at least the ability to visit within those areas where this instrument dwells and this group dwells, not once, but numerous times. Therefore, we might suggest that this be considered with great care and over a long period of time. For that which you would be asking of yourself would be that the life experience be dedicated, from beginning to end, from top to bottom, waking and sleeping, until the time that you separated from your physical vehicle. You would need to be able to dedicate yourself, your time, your essence, and your heart to living the life that you are learning from those things which are channeled to you and which you channel. This is the kind of responsibility that this particular

outward expression of the gift of channeling requires in order that the self is protected.

There are, however, ways in which guidance may be sought that are far safer and far more able to be done on one’s own than the formal gift of channeling. We begin with that which you mentioned first, the dreams. The dreamscape, as you are well aware, has tremendous gifts to offer the conscious self at a level of which very few entities are aware. When awake, that communication is ongoing. It is not stopped because an entity is conscious and working within the world. What has stopped is the awareness of that connection and that communication. However, the spirit portion of your entirety is quite aware of this communication, as is the body itself.

Let us look for a moment at the mind and the confusion that entities upon your planet have about this organ. There is a mind that came with your body. That mind is that which was created to make choices for survival. Call it the choice-maker. It thinks in terms, partially, of physical instinct, survival, the gathering of the things that are needed for survival, and so forth. The choice-making mind shall always look for advantage. It shall always look for that which is useful, functional, able to offer advantage. You are very familiar, all too familiar, with this mind. Few of those who are awake and aware of the nature of the spirit are very fond of the mind that is the choice-maker.

However, there is another kind of mind that exists within the same space, shall we say, within the same “gray matter”² as the mind of the body, and that is the mind of your heart. It is that portion of the mind that comes from the metaphysical side of the creation rather than the physical, from the time/space portion rather than the space/time portion of the creation of the Father. The mind of the heart is not bound by the need to survive, for it is eternal. It is not bound by the need for advantage, for it knows all things are one. That mind is, when allowed to be completely uncluttered, as free and full as is the universe itself; as aware, as gentle, as powerful, and as all-knowing. This mind has few or no words. There are many times when its nature suddenly springs forth and you are suddenly aware that your mind indeed has a consciousness that is eternal and that is not bound by those human fleshly

¹ To fall heavily or headlong; to come to ruin or to fail.

² The grayish nerve tissue of the brain and spinal cord.

desires and needs for advantage. Usually it is because you have come into the radiant aura of someone who is acting from the open heart. And, in one way or another, you see an entity that is loving and you catch it, you pick it up as if it were a communicable disease, which indeed it is. Like any other state of mind, the state of mind that is unconditional love communicates from one entity to another and it is through contact that most entities within incarnation begin to form their ideas about what it would be like to be a creature of soul, a creature of the spirit, an angel that is here on Earth, but is not of the Earth. Perhaps you have someone in mind that has been to you such a loving presence, that has given you that blessed aura in which the consciousness of your heart can come alive and communicate freely. Does not your heart soar within you when this occurs, when the fetters of earthly thinking fall away and the only horizon that is yours is the horizon of the highest and best that can be imagined by you?

In the dream state many things are offered to you. And we feel that you have some capability already in working with those images that are given to you within the dreams. We would encourage you within this work; it is excellent work. We would ask that you bear in mind that such work is not always literal. In fact, rarely is it completely literal. Usually the mind has a great deal of whimsy and humor in the way it puts together messages that it wishes for you to receive. So we would suggest that you not only look at the dreams, look at the images and so forth with an eye to what they say literally, but also we would suggest that you look at them sideways, as this instrument calls it, letting the brain sag in the middle and make connections that are not at all obvious or likely, and playing with those images that have been given you, looking for inner resonance and provocative images that turn you in a different direction in thought. These are part of that work of coming to understand the self that is very precious.

Further, we would discuss a second line of work which is very available to you as a person by yourself. That is the work of the meditation. My brother, when we say meditation, we do not define that word to suggest that there is a best way in which to meditate. When we use that word, we are meaning to indicate simply a turning to the silence within. When you turn within, you may silence the outside world by ignoring it, but the first stumbling block

for most entities in meditation is that the inner self is not silent but rather it continues its habitual discussion with itself. We cannot help you through this except by encouraging you to ignore that conversation just as you are ignoring the catalyst coming in through the ears and the other senses from the outside world while you meditate. It is not a matter of turning the back upon oneself. Rather, it is a matter of allowing all thoughts to arise and then allowing them to die away in their own time, not giving them energy, not ignoring them, but sitting with them, observing them as part of what is occurring within the self. Without their being given energy, they will by their very nature die away. It is interesting as you work with the silence within to see those thoughts that arise not once, or twice, but again and again. One may look at these, not within the meditation but at other times. When you are contemplating the thoughts of the day, you may look at those patterns of thought that habitually arise when the mind starts talking. As you begin to see the patterns of your concerns, you begin to see into that nature within you that is emotional, and that has antennae that have been created to stick out into the world, both within and without, to sense when a particular catalyst is coming towards that antennae. When that antenna finds that it is triggered, that antennae begins its work of tracking that thought.

What antennae do you have, my brother? Where are the triggers that move you from your silent, infinite self back into the world in which you must make choices, in which there is fear and in which one must defend and find an advantage? It is those triggers, when identified, that you may then work on in a conscious manner, consciously doing the work of disciplining the personality so that it begins to recognize, to accept, and to smile at those triggers that would plunge the soul within into that dailyness and everyday world, which is the world of fear and desire. In meditation, in the silence, you move beyond fear and beyond any desire except for that utter focus upon the truth. The seeking that is at the heart of you can then be allowed to have its beingness. And as that seeking is allowed, in the place where desire and fear were before, that focused, inner self becomes an asking, a desiring, a yearning, and a question. Yet that question is within eternity and the answers that come in that muscular, strong silence are the answers of eternity and infinity, moving deeply beneath any possibility of words,

moving into the heart of self, the essence, the pith of that part which is as the truest part of you.

It is as though you came into incarnation with a treasure trove inside you, within which lies infinite life, eternal life, complete truth and utter oneness with all things. It is not locked against thieves from the outside. Rather, it is locked against casual entry by yourself. Perhaps you have heard the old saying that there are always guardians at the gate of any temple. You have found an excellent guardian at the gates of the temple of your heart that guards against casual intrusion, shallow caring, incomplete dedication; that guards that which is you in a truer and less fettered state but which does not have form, from that within which partakes of form in your thought processes, that is the choice-making mind, being part of that which is attempting to gain entry into the sanctum sanctorum of your own heart, this treasure trove within in which the Creator awaits. Consequently, as you come into the silence, empty the self, open the self, and allow the self to become utterly humble, utterly quiet. Assume that pose of the one who waits. And listen, my brother, to that silence with all your attention. This is easier said than done and certainly this instrument would say that she is still very poor at practicing the gifts of meditation. Yet the attempt to do such in a purer way is that which gains the ground, that which makes the progress, for so much of the metaphysical process is based in intent rather than in any perceived achievement.

Further, when a practice of meditation has been established in a way that is satisfactory to you yourself, it is entirely possible for you to dedicate a time to what this instrument would call conscious journaling. Perhaps you may be familiar with this method of seeking. It is one in which you either write that which comes to you or in which you write down a question and then let your pen begin to write as if you knew the answer. Little by little you may find with this way of conscious journaling that you are beginning to be able to hear those inner voices of guidance within you that would wish to speak.

The only suggestion that we would have in order to safeguard you during these times is that you not use them in working with other entities but use them only for your own growth and your own learning. For as they are part of your inner guidance, they are

privileged information for you. It is a very intimate and personal connection that you have with guidance and it is not that which would give guidance to others. Were you to begin giving guidance to others with your own personal guidance, then there would come to be a difficulty with infringing upon the free will of others and offering information that was not, shall we say, tailor-made for them but rather for yourself. Therefore, offering it to others is offering it through distortion which was not intended by the guidance that gave it.

We hope that we have explained the difficulty here, for it is a subtle one. But it does have to do with the free will of all and the very intensely personal nature of truth. Your creation is yours alone. In a way, all is one; but in the way of learning and teaching, each entity has its own creation. Each who sits in this circle has its own creation and the rules, the study, the progress, the evolution of each of you is unique. You cannot transfer truth, wisdom and perfection as perceived by one person, whole and complete, to another entity. One can only move up from one's essence to the level of words, to that level which is so shallow and frustrating and, by open communication, share those gifts which have been yours to receive without any attachment as to whether any other soul appreciates or responds to that same information.

My brother, we believe that this is the extent to which we would wish to speak upon that main question. May we ask at this time if you would like to follow up with another query or if you have another question at this time?

Y: Thank you for your guidance. What advice can you give me about my physical problems—my stomach, my back, and my emotional problems?

We are those of Q'uo, and we are aware of your query, my brother. We make this instrument smile, for she also has her stomach, her back, and her emotions in common with yours. They are not doing her their best, shall we say, either and yet somehow we shall speak to the both of you.

In the matter of physical ailments, the body is always the creature of the mind. Certainly this instrument has done a good deal of work, moving back into the early days of her incarnation and discovering those threads of fear and crassness and roughness that, even before this entity was born, created for her a disgust of the ways of thinking that exist within

consensus reality, or the outside world as you know it. Let us say simply that it is well to become aware of the self as an entity which has come into an environment with which it is not particularly familiar and in which it is not comfortable. The choice to come into this arena of catalyst and choice was a heartfelt one and it came from a desire to serve; and so you and this instrument and many others have come through the densities, knocking at the door of third-density incarnation asking to serve, asking to walk among those native to third density on planet Earth at this time in order to do all that you may, in your humble way, to join in the response that you truly felt to the suffering of the planet Earth and of its people. A call had gone out, you see, not simply today, but for millennia. As this seventy-five-thousand year cycle, that has been talked about often in this group, was coming to its end, the cry was going out from those of planet Earth and from the planet itself, a cry of suffering and sorrow, a cry of seeking and hoping; and it is in response to the suffering of Earth that you decided to apply for the privilege of incarnation in what this entity who channels would call the “heart of the beast,”³ the crowded byways of your globe in which the business of humankind has for so long included trauma, hardship, war, disease and suffering of all kinds.

You yearned to help. You examined what could be done without coming into incarnation and you were not satisfied. You truly wished to make a difference, as did this instrument, as did all those within the circle, and you knew that you could not make that difference unless you had the right to it by birth. And so you took birth. You were born into this situation, this environment, which does not agree with your sensitive nature any more than it agrees with the one known as G, with the one known as Carla, with the one known as V, or with the one known as J. None of those within this circle find it comfortable to experience life as it comes to them from the everyday experience of untuned conversation with others and the everyday, workaday world. It is that mismatch of vibrations that is the root cause of the difficulties that you now feel.

It is well to examine those areas in which you have discussed feeling discomfort. The area of the

stomach is that area of orange and yellow chakra energy in which personal relationships and interactions with groups such as family and jobs are experienced. As you sit at the end of the day, it is very helpful to look back upon those things which have moved you one way or the other during that day, which tightened your stomach, which tightened your shoulders and your back, which made your emotions tighten up. In all of these contracting energies lies fear. Where have you picked up that fear? Where are the threads of that fear? That is for you to examine and to probe. And we may say that in some cases, entities have chosen the recurring of physical symptoms to nudge them back on a track towards the inner life during times when they have taken on inappropriate amounts of physical work. In this instrument’s case, this instrument often will take on physical work because the instrument, unconsciously or consciously, realizes how much easier it is to do something in the outer world than it is to turn within and seek service in that way. The instrument has been raised in an atmosphere of the work ethic and perhaps you also share in that prejudice towards rejoicing in those things that are done, those items that may be checked off of the list of chores, the list of duties. And yet many chores and duties are those things that lie within, that take time and delicacy of thought to plumb, even to begin to understand. So we would suggest the evening discipline of moving through the thoughts of the day and seeing how the self is reacting, seeing what is causing those contractions. For every contraction is that which we would call fear. It is the opposite of that expansiveness, that radiancy which is light. When there is no fear, and there is only love, then the energy body is flowing completely. When there is a contraction in any of the chakras, then that infinite light of the Creator that always is flowing through one begins to find its way trammled, blocked or partially blocked. This in turn communicates itself to the body so that, if the emotional self has not been able to open the heart, then the physical body will express the imbalance that the mental bodies were not able to work out. When you see physical illness or conditions that do not seem propitious, think of those as the last stand, the last way that your system has of expressing, “Stop. Look. Listen. Think about this, for there is imbalance here.”

May we answer you further, my brother?

³ A vaguely Biblical term implying that the earth is a place seemingly ruled by evil.

(Pause)

We are those of Q'uo, and we do not perceive that there is a further query, my brother. Is there a final query at this time?

Y: Yes, there is a final query. What is, if you can tell me, my connection to the sacred place known as the Dome of the Rock?

We are aware of your query, my brother, and we find that we cannot speak upon this subject, that it would interfere with your learning processes at this time. However, we do feel that you are, shall we say, on to something and would encourage you to move into that perceived feeling of connection to see where it might take you. For this is indeed promising in your process at this time.

My brother, it has been our great pleasure to speak with you and we are just sorry that the energy does wane at this time. We thank you for the privilege of speaking with you and for sharing the energy of this group. We would leave you, with all of our blessing, in the love and in the light of the one infinite Creator.

Y: Thank you.

We are those of Q'uo. Adonai. Adonai. ♣



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

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SUNDAY MEDITATION NOVEMBER 16, 2003

Group question: Q'uo, our question today concerns the eternal present moment. A human author¹ urges us to access the power of now. He states that in the present, suffering cannot exist because suffering depends on time. We are told, time and time again, that time is an illusion. So we would like to know what exactly is the "power of now"? How can we gain access to that power? How can we live more and more in the moment? How can we realize that we are creatures of the moment? What does the present moment look like to one that has discovered it? What results can be expected in a seeker who indeed has discovered the present moment?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we are happy to be and in Whose service we come to you today. We thank you so much for calling us to your circle of seeking by your desire to seek the truth. It is a great honor to us to be asked for our opinion and indeed it is our method of service at this time. So it is a great help to us to be able to speak with you since that is our method of service to others. It is a very precious thing to us and we shall do our best to share thoughts with you that will be helpful. However, in order for us to be able to speak freely, we would ask of you, as always, that each of you

employ your discrimination very carefully in listening to those things which we have to suggest. For we are in every case not those of authority but those who are as you, students and seekers of the truth, of that great mystery. We do not know the mystery but we seek it as do you and we are glad to offer our notes from the road with the understanding that you will take only those things which are fair to you and leave behind without a second thought anything that does not sound just right. For truly each of you can recognize and resonate with your own personal truth.

You ask this evening concerning the present moment, the now, and how it may be discovered, recognized, entered, enjoyed, appreciated and, above all perhaps, how it may be learned from. In order to speak about this interesting subject we would begin with some thoughts regarding time itself.

The illusion of time is that which allows your experience to occur within your being. Without the illusion of time and space, without the structure that the Creator has builded for your particular body, mind and spirit to dwell in, you would not be able to process catalyst into experience. You would indeed not have catalyst, you would simply be. This is in fact your true state. You are, period. It is not that you are a human or that you are a soul or that you are any quality or condition, you are a part of all that is. You are an Is-ness. It is very difficult for us to express this concept through words. But beneath all movement, you already and eternally are.

¹ Eckhart Tolle, in his book, *The Power of Now; A Guide to Spiritual Enlightenment*: Novato, CA, New World Library, [c1999].

Since that sounds like such a delightful state, one wonders perhaps why the Creator would indeed create a house, such as the universe which you enjoy, which is nothing but an illusion, or a system of illusions that are interpenetrating. The reason is that about which we were speaking recently, that first distortion of free will. The Creator chose to know Itself. And in order to know Itself, It created, with love and with light, a creation in which entities could examine whatever of the material of their essence or Is-ness that they wished to examine, against a backdrop that seemed plausible and solid so that there would be a believable, self-correcting, consensus-reality dream in which all of those within a planetary system, such as yours, could take part and help each other to learn more about that entity which all of you are or which each of you is. For, again this is difficult to say. While each of you is utterly unique, at the same time each of you is a part of one energy system which is the Creator. You are in the process of learning from your inner self with the help of your outer or other selves.

The world, then, may be seen as a dream, as a kingdom, or as a prison. But certainly your physical world, though an illusion, is quite solid, quite substantial, and quite believable. Without time, you would not be able to have the experience of consecutivity; you would not be born, live and die, rather you would exist in a being born, dying and everything-in-between-state, all in a big soup. The desire of the Creator was that hope of becoming a fuller, more richly realized beingness. There was a dedication of the principle of Godhead to an examination of self, a celebration of self, and a learning about self.

Each of you, then, is a spark of that Creator Who has chosen at this time to come into this particular environment of what this instrument calls third density, to live in incarnation amongst others of your kind, being mirrors for others, to reflect to them that truth which they offer you, seeing the mirrors of others that reflect the truth of you back to yourself, and, through all of the mazes and mirrors, beginning to come to a competency of understanding regarding the nature of the illusion that allows you, as a spirit who is seeking the truth, to penetrate more and more that which is not of the essence of self; so that more and more, you are able to take life lightly, to remove from the self the

feeling of prison and to replace that with the feeling of the dream or of the kingdom.

There are many ways to lose that feeling of being a slave to time or being imprisoned within time and space. We certainly recommend meditation, as always, but there are many ways to shake the trammels of the noon-day thoughts and chores and businesses in order to lift up from that mental narrowness of thought that does not remember who you are or why you are here. It is very easy to be caught up in the never-ending series of lists, as the one known as T1 was seeing; the doing of things on a daily basis, as the one known as Jim was saying to this instrument earlier, the never ending mountain of chores to be done and duties to be fulfilled. How easy it is to become completely convinced that these are the building blocks of a complete existence! Yet, in and of themselves, there is no real substance or meaning in these things. There is simply that structure which allows experience. Without further seeking, then, the world may seem a kind of prison where the sentence is life and the eventual sentence is death. One cannot escape the life except by the door of death and when one escapes by that door, as far as those remaining can see, that entity has become nothing, dust has returned to dust and the cycle of life and death is completed.

And so for the first cycle of seeking, shall we say, there is that tendency for the new seeker to begin to feel that life is a dream. There is that realization that these seemingly solid building blocks of chores and days and seasons are not substantial. And there is a tremendous feeling of relief and freedom of the lifting up from having to take the work time, the chore time, the time of duties, too seriously. Within one of your philosophical distortions there is that phrase, "First there is a mountain, then there is no mountain, then there is." The time of experiencing life as a dream within a dream is that time when there is no mountain. It is a time when sudden realizations and new information may create tremendous excitement within the self and a time when the dark night of the soul can plunge one into the abyss of the deepest sorrow and grief, and yet always with the feeling that one is actually a spirit rather than a body and that one is experiencing a dream and that nothing is terribly important. It is a precious time in many ways and much good comes from the seeking that is done during this time.

Beyond that time, there comes a time of reintegration, the dream and prison coming together to form a new picture, which is that of the kingdom, a realm, a magical place. We find that this is where many of you within this circle are attempting to live at this time and we commend you for having moved along the path of seeking, through so many bends and curves and difficulties in the road, that your spiritual maturity has begun to allow you to see the riches of the illusion, the tremendous richness of the environment that has been provided for this school of life that you experience during incarnation. It is a time when the bitterness begins to dissolve. There is no longer anger at having to work for a living or feed the body or cleanse the body or take of the environment that one has chosen. The prison doors open because there is freedom to see the blessing of everything. There is no need to justify suffering and duty and all of the unpleasantness of life because it is finally seen not as that which limits and narrows the light, not as that which may be attended to but not taken seriously, but that which has been given as a tremendous gift, each gift, each moment coming fresh from the Creator. That is the time of kingdom. That is the time of jubilee. And it is truly the first place, shall we say, within the mind from which a point of view may be taken that has great depth, so that you may survive those realizations which shall come when you have become unafraid of the prison and unafraid of the dream.

Most entities among your peoples live a kind of inner life that we would describe as horizontal. The world of things spreads out like the skyline, full of detail. And it is that within which one lives. One drives the streets, one walks the sidewalks, one moves horizontally along the face of the planet. To all illusory intents and purposes, it is a flat existence. If that horizontal life were called the x-axis, then the world of spirit could be seen as the y-axis, the vertical life. Imagine standing upon the ground, seeing with the physical eyes that it extends flat in each direction, horizontally as far as the eye can see. The feet meet the ground in just so and so a place. There is contact between the soles of the feet and the ground. And that thin meeting place represents the depth of reality. But imagine suddenly realizing that precisely where the sole of the foot meets the ground there is an infinite opening, upwards and downwards; upwards into the world of ideals, guidance, godhead; downward into the ground of

being. It is as though chasms open beneath you and above you and suddenly you are not standing upon a thin slab of ground but upon the razor's edge, in intersection with eternity and infinity.

This is in fact, your situation. You are in the position of being able to live both a life in space/time, the horizontal life, and a life in time/space, the vertical life, simultaneously. We might say that the ability to remember this image, the ability to remember that which is unseen, that which opens to the Creator and to the essential self, is a measure of how well you are doing with the simple act of remembrance that is the key in many ways to progressing in spiritual, mental and physical evolution of self. How to remember that what you see is not all that you get? How to remember the intersection with wonder and magic and infinite possibility? This instrument pursues a daily and weekly spiritual or religious program which includes group worship within that distortion of spirituality called Christian. This is one way in which she attempts to be a creature of remembrance. There are many ways to be remembering who you are and why you're here. That is one way, the simple act of setting aside time, such as you have this day, to seek together. No matter how the meditation goes, no matter how you feel that you have been as a part of a seeking circle, the intention, the dedication of time, are the things that create the feeling of remembering and honoring the portion of yourself that is living that vertical life. In moments such as this, as you allow the energy to move around the circle, we feel sure that each of you has that riveted feeling of opening to the infinite possibilities of the moment.

But there are, as the one known as T2 said, so many different ways of coming into a state of remembrance. Each of you has five senses in the physical. The example that the one known T2 gave of washing the hands and becoming aware of each characteristic and nuance of feeling in that experience operates on the principle of using the gifts that are given to you. Each sense is evocative. Each sensibility may be triggered, tuned and even transformed by choosing to be alert, to be watchful, to be attentive, to pay attention to the little things. This instrument is fond of saying, the smaller the thing, the more common and everyday, the more sacred it seems [to her]. And while we find everything equally sacred, we understand what this instrument is attempting to express. Consider that

act of washing the hands, of emptying the bowels and rising from that natural function to wash the hands and to go forth to meet the day. It must be done every day, perhaps more than once but certainly in the morning. For each of you this is a life sentence of natural function that must be attended to for the sake of the body. But that is a heavy energy, that is a grudging life when one “has” to perform natural functions. However, if one enters into those natural functions and the natural ways of cleanliness and preparing for the day with every sense awake, each humble, necessary chore can become a symbol, in the physical, of processes which are moving on within the inner being, processes that move from nuance to nuance and half tone to half tint. And the ability to enter into the joy of removing the old from the system and clearing it for the day and then rising and washing the hands and blessing that event, experiencing that magical flow of water as it cleanses, experiencing all the feelings that are attendant upon the cleansing: the pleasant smell, the texture of soap, the texture of the towel; attending to each of these to see the beauty in them, softens and gentles the harsh edges of necessity into things of unutterable beauty. And as each tiny thing begins to become open to that view, the sacredness of things emerges and lifts one up into the glory of the illusion of incarnation. Each moment is a bounty, a feast, a banquet. It is brimming with information, it is whole and perfect and one. The only way to come into that sense of consciousness is to learn the attentiveness to the sacredness of everyday things.

Within a sacred space, with altars and pews and vaulted ceilings and stained glass windows, it is easy to feel that one is in a sacred place. Yet every child of dust within the illusion of earth stands on holy ground, whether they are starving or fed, whether they are cold or clothed, whether they are sick or healthy. No matter what state or condition they may be in they stand upon holy ground and they themselves are holy. And you, child of dust, also are infinitely, ineffably, holy. You are a sacred essence of the divine.

How may one begin to experience this point of view? In some ways it becomes a matter of sheer discipline. There is a certain amount of what this instrument would call struggle involved in training the mind to come into a state of remembrance. There is much help which is available to those who

wish to become present. And it is indeed a noble task to set for the self, to become present. It is not that one wishes to be without a context. We do not call you away from the world, we do not look down upon any part of the life lived by the ordinary human being. We do not suggest the need for retreat and alteration of the outer circumstances. Certainly, times of quiet, such as the one as T1 has described, are extraordinarily helpful. When there is the sabbatical there is the opportunity to take stock, to express the self as a seeking entity rather than as one who must attend to the ordinary challenges of making a living and coping with the financial side of life. And yet life for the most part is lived in the hurly-burly, in the spotlight of the passion play², as the scenes upon the stage revolve.

We give this instrument a view of a complete lack of location. Picture, if you would, the sensation of weightlessness, of lack of input into any of the senses. Lifted from the constant contact with the senses, one is left within a kingdom which is within. Within that inner kingdom of self lies the truth and a great deal of distortion. Where did this distortion come from? An entity is born into incarnation with certain preconceived distortions already. Each of you has chosen a personality shell that is rich in gifts and in challenges. Each of you has scripted for yourself incarnational lessons which will occur thematically, repeatedly, during the incarnation, teaching you the lessons that you have chosen and offering you the opportunities of service which you have hoped for. In this inner life no mirrors exist and it is exponentially more difficult to see the self clearly than when one is receiving information from the mirrors around one. So, while we value time spent in a completely inner search, we feel that the more efficient path, in terms of the rapidness with which evolution may occur, is an environment in which the inner life and the outer life marry. Rather than fighting and dividing inner life from outer life and struggling to get more inner life, we would suggest every way which you may think of personally to stamp the outer with the inner and to relate the inner into the outer, making every connection that you can, so that all of experience becomes one and

² The instrument was drawing from an album by Jethro Tull, called *Passion Play*, in which the suggestion was that we are all living our own “passion play.” In medieval English literature, a passion play is defined as “a mystery play representing the passion of Jesus.”

the physical and the metaphysical become a dance for two that carries both the male and the female aspect of living within one consciousness.

By male and female aspects of living, we are, in our distortion, suggesting that the outer or horizontal life is masculine, or “yang” as this instrument would say, in its activity, its reaching, its power to do, whereas that inner vertical life is as the potentiator, that which awaits the reaching, that which does not have the form but which is productive of all form, that which may be called guidance or inspiration or infinity or eternity. To allow the infinite and the eternal to become a part of the passing scene and to allow the passing scene to become stamped with infinity and eternity is to make that marriage within the life of those aspects which otherwise might fight for dominance. We assure you it is not at all easy to do this, it is much easier to compartmentalize and to do the spiritual practice and to move into the daily mode and then back into a spiritual practice and back into the daily mode. Yet we may say the fewer transitions that you must choose to make, the more often that you are able to blend the inner and the outer being, the more substantial will be your stance, and your point of view will benefit from this unification of inner and outer living.

What is the essence of you? That is the question, you see, and the answer is so simple. You are. You are not creating yourself, you are simply discovering the self that is there. You do not choose from nothing, you came into this incarnation a very real citizen of eternity. You are simply peeling away layers of distortion to see yourself clearer and clearer, to have a deeper and deeper sense of your own essence. It is a fascinating journey and we are so glad to have you as companions upon it.

This instrument is informing us that we have spoken long enough upon this most fascinating subject and we bow to her wisdom. We confess that in this particular case we could go on talking for quite a while, for this is a beautiful subject and we thank you for asking [about it]. But at this time we do relinquish this subject and ask if there may be other queries that we may respond to at this time?

V: Q’uo, you’ve spoken before about the use of the imagination to discipline rogue energies in the personality and I wonder if you would expound on that some, and specifically with regard to affirmations and why it would be so necessary to

state affirmations aloud or write them down, to externalize them in some form in order to make manifestation possible?

We are those of Q’uo and we grasp your query, my sister. Perhaps you are aware of the kind of personality which thinks repeatedly about doing something but does not do it. All the thinking in the world is not productive, in terms of creating something in the consensus-reality universe, without action. In the case of making affirmations, the disciplined soul may well be able to make affirmations within the mind without writing them down and having them become “real” things; such is the power of the disciplined personality. However, for the soul who is attempting to become more disciplined, it is well to marry, again to use that simile, the inner intention with the outer fact, to make from the inner dream the outer reality. The act of writing on paper or speaking into the ether where sound may be heard is the act of putting inner vibration into the outer vibration and blending, or marrying, the two. You are aware, my sister, of the old adage, “As above, so below.” The idea of externalizing these affirmations is the idea of bringing them into reality. It is an interesting thing that it is more easy to believe in the self when one can see the words that one has written and when one can repeat them and hear the sound.

May we answer you further, my sister?

V: Yes. Actually, I would like to ask about the discipline of the personality and a thought that I had the other day regarding what my mother used to say to me which was, “Guard your tongue.” It occurred to me that, in fact, what the discipline is about is guarding the thoughts and creating the truth within you that says, “I see the beauty, I see the perfection,” rather than looking at it and seeing the cynicism and only expressing the beauty. Could you illuminate that for me?

My sister, we feel that you have illuminated it very well. The only thing that we could add is an encouragement to play with this awareness that you are a creator, a co-creator and that, as you think, as you actually begin to train yourself to think, you do not narrow that which you comprehend. You are able to see the thoughts of cynicism, sarcasm, anger and so forth as you were before, perhaps more able. What you are doing as you use the discipline is shaping your heart or— we correct this

instrument—shaping your mind to be able to contain the thoughts of the heart, rather than simply the thoughts of the mind. It is not incorrect, we feel, to be aware of the ridiculousness, the sorry-ness or the wretchedness of any particular situation. It is not wrong to have sarcastic thoughts or to react naturally, and fervently even, to those things which make one uncomfortable or create catalyst. The heart, however, thinks substantially differently from the mind, the thoughts of the heart coming from that vertical part of living, that time/space or metaphysical portion where the thoughts are the thoughts beyond incarnation, beyond circumstance or estate. Those thoughts are the thoughts of the infinite being that you are. They are the thoughts of the consciousness within and that consciousness is safe within your heart. It is a matter of opening your own doors into that heart, sitting there and gazing from that heart out into the world. One still may have all of the inner opportunities for making the self laugh to the self with cynical thoughts, such as this instrument does as a hobby, we should say! But allowing the shape of the heart's thoughts to be the shape of the thought as it evolves in the awareness of the inner self gives one grace and distance and remembrance of who you are, so that your expression, even to the self, is a kinder and gentler thing. And certainly the expression to the outer world carries with it that maturity of thought that keeps that heart open and does not consider the imperfection of things as a reason to lose faith or to become embittered.

May we answer you further, my sister?

V: If you are so inclined, I would love for you to answer further but I don't have a further query so I'll pass it to T1.

T1: I've been reading a lot of the material channeled by the Seth entity and one of the constructs that is causing some confusion in myself is that of probable realities. The choice. Seth indicates that in each decision in this incarnation there are infinite other versions of the illusion in which other decisions were made. The teachings of the Confederation state that the aim of third density is the choice [of] service-to-others or service-to-self. Which [choice] one has made is due to [one's] polarity. Taking these two together, probable realities and choice, it seems that the choice is made separately and differently by each probable self projected by the soul. Perhaps I'm just

wrapping myself up in constructs here and becoming confused but is there a way which Q'uo perhaps could untangle some of my thought processes there?

We are those of Q'uo and aware of your query, my brother. Indeed, we do not know if we are able to untangle your thoughts but we are glad to share ours with you and in their own tangle, my brother, the self is a concept which understandably within humans is limited and defined by the shape of the physical body and the inevitable flowing forward of sequential time. At each decision point, at each fork in the road, the choice of which fork to take obviously creates a different probable reality than the one that would occur if the other fork in the road were taken. However, perhaps it may clear this up for you a bit to contemplate that whichever fork in the road that one takes one is still equipped with the same incarnational lessons, the same things upon the scroll of life, that will come up repeatedly, so that it is impossible to avoid one's plan. Certainly, one may see that there are widely divergent paths and the tuning song that this group enjoyed this day asks that question, "Is there any other way I could have lived but this one? Is there anybody else I could have been?"³ Certainly there are other choices that could have been made, but would the person that made those choices have turned out differently, or would those same choices have appeared no matter what road was taken?

In the physical life you walk down paths and turn corners and there is a new place. Turn another corner and there is another new place. Living the vertical life of which we have been speaking, the path is a spiral weaving always around and always anew; not the circle that becomes old, for every time that these themes come around again you are approaching them from a new standpoint, from a new place in your process, a new state of realization.

May we answer you further, my brother?

T1: No, thank you Q'uo. I think I need to read through and think about the explanation that you offered, thank you.

³ From the Dave Matthews Band album, *Under the Table and Dreaming*, the song, "Dancing Nancies": "Could I have been/ Could I have been/ A millionaire in Bel Air/ Could I have been/ Lost somewhere in Paris/ Could I have been/ Your little brother/ Could I have been/ Anyone other than me/ Could I have been/ Anyone other than me/ Could I have been/ Anyone other than me/ Could I have been / Anyone"

We thank you, my brother. Is there another query at this time?

G: Q'uo, you have often described the process of coming into that relationship with that self, that undiscovered self beyond the personality, of accessing those deep stores of self-knowledge, as a process of "courting" the subconscious mind. My question is: how does one go about, as you say, "wooing" that lover, and courting the subconscious in order to retrieve that needed information and to create that authentic contact with love and with light and with the Creator?

We are those of Q'uo and are aware of your query, my brother. Each lover must woo in its own way. Let us consider the object of love here. That object of seeking is the self within. It awaits the reaching in the archetypal manner of the Matrix and the Potentiator. The self within is as the unread book, the unknown mystery. In the archetypal tarot images, that is pictured as the woman who is veiled. One can barely see the book of wisdom that she holds at her heart. You are attempting to lift the veil from that book of self. How would you court that self within? We have at times suggested to you to think of that not as courting but as parenting, as if the self within were a child that needed comforting so that you take that self within and rock it and ask it what it needs, what its dreams are, what its hopes are, and then spend time listening to that self.

The ways of courtship are slow and sweet, they are full of passion and yet full of restraint, for the object of love is sensitive, young, inexperienced. And certainly as an essence, living within consensus reality, your hearts are indeed innocent babes in a wicked world. So there are the hints that we give you. It is not seeking as a man seeks a woman and yet it is, in that there is passion, there is true love, and there is the hope of serving.

Find the ways that your own inner self wishes to express itself. Is it walking in nature? Is it filling your mind with great music or great words? Is it the act of service? We find within this instrument's mind an example from earlier this day as she was speaking with the one known as Jim and he was expressing to her how he feels grateful for the opportunity to cut and trim the lawn of the client so that he creates a place of beauty and as he leaves, he looks back over his shoulder with great affection and pride because he has loved that place and danced with the love that

is in that place. Perhaps that undiscovered country within you is a place that you may love and that you may dance with and in.

May we answer you further, my brother?

G: No, that was beautiful, thank you Q'uo.

We thank you, my brother. Is there a final query at this time?

G: Q'uo, I'll take the opportunity if no one else does. I have an e-mail that has the potential to create great change sitting in the pending file and I know you can't offer me advice on right or wrong, because there is no wrong, no mistakes, but could you help, give me some info, offer me some advice on what I might consider before I send it and what it might do to the energy configurations between me and this distant person?

My brother, we are aware of your query and find ourselves full up against the stop of free will. We can give this instrument the image of one of her favorite sayings from the Psalms concerning the entity whom everyone thought was a fool until he opened his mouth and removed all doubt.⁴ Every word spoken changes the shape of your world. Look at each word for its truth, its compassion, and its service.

We are those of Q'uo. It has been enormously pleasurable to us to speak to you. We find the beauty of your seeking most delightful and we thank each of you for that beauty that you share with us so freely. The energy exchange has been most salubrious for us. We leave you in peace. We leave you empowered with hope, with the awareness of your own magical natures. We leave you in the love and in the light of the one infinite Creator and of each other. We are those of Q'uo. Adonai, my friends, Adonai. ✽

⁴ This quote is actually from the *Holy Bible*, the Book of Proverbs 17:27-28: "He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding. Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent."



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

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SUNDAY MEDITATION DECEMBER 6, 2003

Group question: This week, in the spirit of the season that we are entering, we would like some information on the entity that we know of as Jesus the Christ, Jesus of Nazareth. We would appreciate any information about this entity or his incarnation very much.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you. We thank you so much for calling us to your group by the intensity and the energy of your seeking. It is a great blessing to us to be so called and to be allowed to offer you the humble service of sharing our thoughts and opinions with you. We are part of that Confederation of entities whose only hope is to offer such thoughts to those who wish to accelerate the pace of their evolution of mind, body and spirit at this time. We come in response to the cries of sorrow of the entities upon your planet and we can only hope that our humble thoughts may open windows and let in some light and some air where perhaps there has been a darkness of thought. May we lighten it! This is our hope, to lighten, to energize, to enable those beautiful spirits to whom we speak today. We thank you for sacrificing the time and the attention, of dedicating such a time to seeking. And we would ask only one thing of you in return and that is that you listen to us with a great deal of discrimination, keeping those thoughts that you like and leaving the rest behind.

You ask this day concerning the one known as Jesus. This entity has been known by several names. The name of his youth was Jehoshua. The name of Jesus is not that which this entity heard, unless it was spoken by those not of his own country, for that particular name is the Greek version of an Aramaic name. However we shall call this entity Jesus, since that is the name under which each of you calls to him when you speak in your conversation with those entities you can not see but whose influence you certainly feel. The request from the one known as G was to speak concerning this entity's life.

The life of the one known as Jesus was indeed somewhat unusual in that the entity was an unusual being, sharing—in company with many of those within this circle and many of those who call themselves wanderers—the facility of mind and the sharpness of intellect that enabled this entity at a very young age to be one who was intellectually able to study and to grasp abstract concepts in such a way that this entity was, by its very nature, prone to thinking upon the mysteries that it could not solve, the greatest mystery of all being that mystery of the lack of limit to the imagination.

This infinity and eternity that the one known as Jesus felt within him pulled him ever forward. And being fortunate enough to dwell in what this instrument would call a small town where his family had a humble but adequate home and a community of those who could teach spiritual or religious subjects, the one known as Jesus was one who hung about such teachers, reading and asking questions

and reading again, until at a young age, as a teenager, this entity was considered a kind of rabbi. Along with the scholarly pursuits that this entity pursued as his principle hobby, the entity also spent many hours at the side of his father and his uncle, learning their trades and working with wood and gathering various herbs and those natural substances which were known to have healing benefits.

The one known as Jesus tended to be somewhat of a loner and liked nothing better than to steal away at nightfall. There was, near the village in which his parents lived, a high place in the surrounding terrain. It was nothing more than what this instrument would call a knob or a small rise of rock, yet the climbing of this modest knob to the ridge of it created within him a feeling of peace that he did not find elsewhere. It was his habit to gaze at the stars and imagine the lack of limit. The overriding sense of infinite possibility would rest upon him at those times and much of the actual substance of this entity's spiritual maturity was gained not because of the teaching of his parents or the teaching of those spiritual leaders which the small town offered but rather the silence which he was able to find within himself while gazing into the depths of the night sky.

At the age of approximately fourteen, this entity was offered the opportunity to study with two other entities from the same small town who were also those who had an interest in the spiritual studies that the village rabbis were glad to offer. And so there ensued a period of some years where this entity studied, prayed and meditated with a group of what this instrument would call Essenes. This further enabled the one known as Jesus to discipline his somewhat mischievous and wayward personality and to refine within himself the hunger that he felt for the truth.

Gradually, as he began to mature into an adult person, it came to him that he must travel and so he began to walk upon a path that was as varied as his sense of each day's shape. He set off upon a pilgrimage, although the one known as Jesus certainly did not think in terms of such but rather simply that he was called to the road. And guided by spirit and silence, he walked through parts of Africa and parts of India. (We have difficulty using place names with this instrument as she has no familiarity with those regions.) Braving hunger and extremes of weather, the one known as Jesus walked many a

wearily mile and visited the campfires and the caves and the holy places of those who thought along the same lines as those he was taught and those who did not, learning always, accumulating wisdom, and sifting it, winnowing it, and gradually coming into a fuller and fuller sense of who he was, not as the one who had learned these things but as the one who the witness of the process of that learning and its tumbling about and settling into those patterns of thought that he found truly helpful.

It was during this phase that the one known as Jesus gradually became more and more aware of the shape of his future ministry. We give this instrument the image of mountains and sweet water and the name Kashmir, as the furthest that this entity walked before he began the journey, not precisely home, but the journey towards what this very dedicated entity felt was his future and his chosen ministry.

While this entity had been traveling, one of this entity's relatives, the one [known] to this instrument as John the Baptist, had begun his own ministry. Feeling under a real compulsion to purify himself and to allow to fall from himself all things that were not holy, the one known as John began to attract followers to himself with a very simple and direct message, the message of prophets from time immemorial: return to the Creator, cease from error, and serve only the highest and best. This entity had begun what he called baptism, the washing of the self in symbolic and ceremonial manner in such a way that the water was seen as that emblem which washes away all sin. The power of this entity's purity and his charisma created an ever larger group of followers wherever this entity chose to appear from those reaches of the desert into which no one went. And it was at the place where the one known as John the Baptist was baptizing that the one known as Jesus found [both] the inspiration to set a beginning and the beginning on his ministry.

It is remarkable, given the fact that the one known as John was a family member, that this entity recognized in his cousin, the one known as Jesus, not a cousin, not a relative, but the Messiah, as he understood that term, the "one who comes in the name of the Lord."¹ A tremendous amount of power

¹ This phrase is traditionally connected with the Messiah. It is first seen in Psalm 118, verses 22-27: "The stone which the builders rejected has become the head of the corner. This is the Lord's doing. It is marvelous in our eyes. This is the day which

was transferred from John to Jesus and from Jesus to John at that time. It truly was a remarkable day and one which may be seen to be the point at which the one known as Jesus moved from witness to actor, from being to doing, from potential to actual, from inner to outer.

If we might, we would pause to note at this time the length of time that the one known as Jesus had walked through wilderness, talked to all those men of wisdom that he could find and went through the purification of the pilgrimage wherein there is no provision made for food or comfort but only two feet upon a dusty road and strangers at the end of the day. Such training is essential if one wishes to create the life which has depth and power. And this was done by the one known as Jesus, not because he felt it was right but because the thirst and hunger for truth drew him ever onward and the beauty of the search was irresistible, so that there was both the stick of his hunger and the carrot of the beauty of those spaces within which he found himself able to occupy because of the long acquaintance with silence, the long discipline of the body, and the long times of listening, both to others and to what they had to say, and to the voice of his own thoughts.

Indeed, it was mentioned by several entities in the conversation preceding this meditation that it is a very interesting thing simply to watch one's thoughts and to be aware of them as they arise, not to judge them but to become aware of the content of the thought, especially those thoughts that repeat themselves. It is a process wherein one is able to go deeper and deeper within the self simply by careful observation.

During this period, the one known as Jesus had for the most part kept himself apart from any personal relationships, either with men or with women. But certainly this entity was not without those men and women that he loved. The life of a wandering preacher is not a life which can easily be accommodating to a mate and a growing family and it was the one known as Jesus' feeling that these were

not pleasures of which he might partake.

Consequently, for the most part, this entity held himself apart and was content to have unspoken yet very deep relationships with his mother, his brother, his cousin, and those disciples, both men and women, whose hearts he could see to be of that same thirst and hunger for truth that his was.

Almost all of the writings concerning the one known as Jesus have to do with those stories that this teacher told during the three years or so of his active ministry. We do not find it possible with this instrument in a conscious state to move into such details as are perhaps wished for, for there is an intrinsic shallowness to such stories which, since this instrument has asked for a certain kind of contact, do not fall within the parameters of that contact.² In terms of the essence or the gist of this entity's life, we might say that this entity was a sweet yet fierce entity by personality, ruthless in seeking, ruthless in self-observation, and gifted with the ability to grasp peoples' nature and, in some cases, even what they were thinking. This did not endear him to most people, for there is something frightening about an entity who can gaze not at you but into you. And so he was often an intimidating presence. Certainly those who were in the structure of authority in the religious life of the surrounding society found the entity more and more disturbing. In part, it is because this entity dwelt in a part of the world in which he was a marginal native, which is to say that he was dwelling close to a large number of those whom one could call Judeans or those of the tribe of Judah. This tribe happened to carry with it a very, shall we say, "right-wing" or conservative point of view in which a great deal of emphasis is placed upon the attitude of the body, the dress of the body, the proper ritual for each day and each hour of the day, and so forth. There was a feeling that these religious observances created a spiritually well-lived life, whereas, to the one known as Jesus' point of view, all of these rules and regulations were, far from being helpful, actually those things which obscured one's view of the Creator.

This entity greatly wished for people to do precisely that which his cousin John suggested, to change their life, as this instrument heard in the sermon at

the Lord has made. Let us rejoice and be glad in it. Save us, we beseech Thee, O Lord. O Lord, we beseech Thee, give us success. Blessed be he who enters in the name of the Lord." This passage is quoted by the gospels of Matthew, Mark and Luke as being the cry with which the one known as Jesus was greeted when he entered the gates of Jerusalem in the last days of his life.

² The instrument always asks to be given the highest and best contact within the consciousness of Jesus the Christ which may be carried by her in a conscious and stable manner.

her religious observance this morning. That priest who offered these thoughts was saying that the term “repent” literally means “to turn around,” to turn the life around. This was the conclusion to which the one known as Jesus had come, that there was more to that metaphysical entity which was called Israel than the tribe of Judah. There was more to being a spiritual seeker than the outer forms. Naturally, since this entity had had years of training in mysticism and those practices of silence that mysticism encourages, he had little patience with those who identified spirituality with religious observance.

Further, this entity, having been on the verge of big towns, not truly urban in nature and not truly those who wander the nomadic portions of his people, became convinced that his basic mission was to wake up all of the scattered tribes of Israel. This instrument has taken time to study, with the one she calls Papa, the make-up of these other tribes of the so-called nation of Israel. In working with this concept, this instrument discovered that the scattering of the tribes of Israel has resulted in not simply a large number of dispersed Jewish people, but rather those that have become the Orthodox Christians and the Protestant Christians; simply because of the pattern of their dispersal and because of the march of time and because of the march of Christian and world history. Therefore, it may be said honestly that the one known as Jesus, to a great extent, over a long period of approximately two thousand years, has indeed had his message shared amongst all of those who were lost.

And the message always remains simple. Even when the one known as Jesus was in the most mortal crisis, what this entity did to position his disciples, those who were going to carry on after him, for their own teaching was to, as the one known as T said, use something very familiar. In this case it was not water, because there was not the water to drink with the meal but rather the wine. But this entity chose to take meat and drink as symbols of his nature and what this entity said was, “When you eat bread, remember me. When you drink wine, remember me.” Again, the word “remember,” like the word “repent,” is key. To remember is to gather the members together. The one known as Jesus wished to gather all of those together who had come to learn and to serve in the grist mill of planet Earth.

The one known as Jesus had an awareness that the time was short, that same awareness that you may see again and again whenever entities of great inspiration and purity have come to grips with the deeper tides of time and space. In the sense of actual time, two thousand years does not seem to be a short time. Gazed at across the expanse of a cycle of time which is perhaps seventy-five thousand years long,³ the last two thousand years, the cycle of Pisces, indeed would seem a short time, especially because the one known as Jesus had, to some extent, developed the ability to work within what this instrument calls circular time and so was aware both of linear time and that level of consensual reality that all here share, and also of the underlying reality of the inner planes, in which the end times, as this instrument is used to calling them, had already begun. Things occur within the inner planes long before they begin to appear within the physical plane. The roots of physical experience are often figured as a tree which grows in heaven and whose branches only reach the Earth, so that things have already occurred in the root of the tree and in the trunk of the tree of destiny long before they appear as leaf and blossom upon the branches of consensus reality or physical life.

This entity did not precisely see himself as Jesus the Christ, Son of God, that is preached by many, in that he saw himself [as] one who had emptied himself out in order that he might take on a larger persona. He saw it as the taking on of his life mission. He saw it as his acceptance of the return to the Father and his immolation of himself in the Father. He saw himself as that entity whose only desire was to fulfill those plans that he sensed the Father had. And indeed it is notable that at one point he said to his disciples, “I have meat and drink that you know not of,”⁴ and his disciples were

³ This Age is much shorter than that in classic astrology, being one twelfth of the approximate 25,800-year precession of the equinox, or 2,150 years. The cycle to which they are referring is the third-density cycle. The major cycle, or the third-density length, is broken into three 25,000 year “harvests” as the Confederation calls them, and in turn those 25,000-year periods are divided into the twelve signs of the zodiac.

⁴ *Holy Bible*, John:4-31-36: “Meanwhile, the disciples besought Him, saying, “Rabbi, eat.” But He said to them, “I have meat to eat of which you do not know.” So the disciples said to one another, “Has anyone brought Him food?” Jesus said to them, “My meat is to do the will of Him who sent me, and to accomplish His work. Do you not say, ‘There are yet four

puzzled because they had not given him any food. But he said to them, "My food is to do the Will of the Father who sent me." Again the figures of food and drink are used to indicate that which truly nourished this particular entity.

This entity was not one who castigated himself or tried to beat down his human nature. Rather, he was one whose hunger for purity was such that he very much wanted and leapt towards the ability to lose himself, lose that ego structure which would have its desires and wants apart from the will of the Father. To the one known as Jesus all else was as nothing and simply was allowed to fall away. Not that this entity denied his roots, his past, and so forth, but that the entity had embraced a life which he saw truly as his destiny. And that destiny was only defined day by day. He could not know the will of the Father for any day but today. Thus the prayer which he taught focused upon one day and asked certain simple things. Let Earth be like Heaven. Let us bring Heaven to Earth. Let all people take care of each other. Let people judge each other as they wish to be judged and let all praise, glory and power be given only to the Creator.⁵

These are some highlights, some notable parts of this entity's being, that really stand out to us as we gaze at this entity's incarnation. The cloak of Christhood was not always light. The one known as Jesus suffered and indeed laid his arms out upon that tree of which the one known as Dave Matthews sang,⁶ and gave up the life, the cloak, and all. As we gaze at that moment of sacrifice, we offer the words, "Not my will, but Thine," to indicate the strength of this entity's dedication. It was not that he had no ego. It was not that he was not human. He had personality, humor, anger, all of the emotions. He was a normal entity, within the parameters of normalcy, shall we

months, then comes the harvest?' I tell you, lift up your eyes, and see how the fields are already white for harvest."

⁵ And, of course, "Give us this day our daily bread."

⁶ From his song, "Bartender," comes the quote: "Bartender please, fill my glass for me with the wine you gave Jesus that set him free after three days in the ground. I'm on bended knee. I pray Bartender please. Oh when I was young I didn't think about it, But now I can't get it out of my mind. I'm on bended knee, please father please. Oh if all this gold, should steal my soul away! Oh dear mother of mine, please redirect me. If this gold ... Bartender you see, this wine that's drinking me came from the vine that strung Judas from the devil's tree, roots deep, deep in the ground."

say. He was fortunate in his gifts and pure and thorough in his dedication.

This entity informs us that we must move on and so we do, but not without thanks to the one known as G for asking concerning this entity. Indeed, this entity's life is greatly to be admired and gazed upon through the smoky glass of imperfectly written and poorly remembered stories. Even the imperfections and distortions cannot hide that message of oneness, what this instrument would call the Law of One, that he brought. Much has been said within this group and within your culture concerning that which this instrument calls the second coming. And we say to each of you, the cloak of Christhood is each entity's destiny. The walk from Earth to Heaven, from third density to fourth, is a walk that all shall take. Each has ego, each has personality, yet each has gifts and dedication, two feet and a dusty path. Blessings abound.

We would ask at this time if there are any further queries?

G: Q'uo, was Jesus aware of his status of being a wanderer to planet Earth? And how did the one known as Jesus approach his suffering? What did he tell himself when he felt the emotions of anger, or doubt, or frustration, or pain, and so on?

The one known as Jesus was in no way aware of any cosmic past or indeed the possibility of other worlds or other entities upon other worlds. However, this entity was well trained as a mystic and had the sense of limitless space within.

In terms of how this entity dealt with its own ego when facing suffering, this entity moved almost entirely upon what this instrument would call resonance. When faced with suffering, this entity would step into a place within its consciousness in which he was able to drift in silence and wait for resonance. And when that resonance would come, it almost never would come with words but rather with purified emotions, as this instrument would call them, those feelings that move far beyond the surface feelings of anger or pain, those feelings that are of connection and lightness, so that the one known as Jesus was able simply to disconnect from the suffering that it was going through, not denying it or repressing it but allowing it and even leaning into it and dedicating that very suffering to the infinite One in total faith that it was the perfect place to be.

The mantra always was, “What will Thou have me do?” There was one blazing concern that overrode every emotion and every pain and that was the absolute determination to penetrate what the godhead wished and to accomplish it. And to this entity, that meant bringing all of the scattered people together and bringing them into an awareness and a remembrance of who they are and why there were here. The genius of this entity was that his goal was high enough to last a thousand years.

May we answer you further, my brother?

G: No, thank you Q’uo.

Is there a further question at this time?

T: Q’uo, I have a question about music and sound. Can you talk a little bit about how music, sound and vibration can be used as a resource in the spiritual seeking?

We are those of Q’uo, and are aware of your query, my brother. The musical tone is literally a vibration and the range of musical tones is directly connected to the range of the chakras, shall we say, or the energy centers of the energy body. Each being upon your planet and certainly each being and iota of the creation itself, each snowflake sings, each stone has its tone, each flower, each bird, each entity of any kind has a song and the spiritual significance of tone is that it helps to move, by sympathetic vibration, the energy body into a more helpful configuration.

May we answer you further, my brother?

T: No, thank you Q’uo, that was very helpful.

We thank you, my brother. Is there a further query from the group at this time?

S: Yes, I have a question. Recently C had what Carla calls a psychic greeting that she seemed to have dealt with effectively but just before that she had the thought of Q’uo. Were you there to offer support, whether just a thought? Perhaps you can tell me a little about the situation?

We are those of Q’uo, and are aware of your query, my brother. We may say only that it is quite true that whenever there is the thought for us, we are there. We do not intrude but we are tuned to those entities who have been tuned to us, if you may follow our thinking. The one known as C is aware of us, is aware that she may call upon us, and we are there instantly when the thought of us is brought up

with the hope that there is help in that thought. It is our distinct and great privilege to serve during times when sturdy help is needed and we are most pleased that the one known as Cindy had the feeling that we were of aid at that time.

May we answer you further, my brother?

S: I’ve had some insights, intuitions, of work that I would be doing and though it may be much the labor of love, there is a certain lump of fear in me. I know I shouldn’t have that but it’s there and I was wondering if you could give me your insight on a way to get past that?

We are those of Q’uo, and are aware of your query, my brother. The object of fear is to derail progress. The way of fear is to blot out the sun with shadow. We may say simply that there is nothing intrinsically unhealthy or wrong about feeling unsure of the future or [wondering] if one is equipped to serve in the future. However, in terms of dealing with such feeling, we find great virtue in that dealing with [it] one day [at a time] that the one known as Jesus was so good at manifesting in his own experience. The concept is familiar from the many times that Alcoholic’s Anonymous has entered the culture with its motto of, “One day at a time,” and this instrument knows the song, “One Day at a Time, Sweet Jesus,” which is, by the way, a very appropriate prayer.

What we are trying to say, and not very well, is that each day is its own entity and in each day that large knot of fear may show up here or there. When it shows up, it is very local and it is focused and specific and in the context of one day, and the one thought, and the one process. It then becomes possible to take that specific fear and be with it. We would not suggest attempting to solve, repress or overcome any doubts or fears that may occur. Rather, we encourage you to be with them, as a witness to them, to listen to the story they have to tell and to react within as witness to that story. “What do you think? How do you feel?” Always moving deeper, looking for the next layer within, so that fear becomes a springboard to help you remember that you are seeking who you are and why you are here.

The shape of service is wrought in the furnace of roiling, daily purification and attention. The sheer ability to pay attention that you were speaking of earlier, to be aware of the actual nature of motions

that are coming from you and are being offered to you, the energy exchanges that occur between you and yourself, between you and others, between you and the forces of nature that so move you and are so important to you—all of these things are elements of a life that is a kind of blossoming of the self that you may encourage, you may water, you may offer fertilizer to by those things to which you pay attention.

May we answer you further, my brother?

S: I think that's one of those things where, like many of your other words, when I read the transcript over and over, think about, and read it again and again, has offered me great comfort in the past. So for now I'll think about what you said and keep in mind my undying gratitude.

We thank you too, my brother. It is our pleasure and privilege. Is there a final query at this time?

V: Q'uo, I have a ritual that I use internally when I go into what I would call a working meditation, and I wonder if you could speak regarding the efficacy of that ritual? How could it be made more so? What is the function of what I would call the points five and six and seven in my compass?

We are those of Q'uo, and are aware of your query, my sister. The best we may do in terms of not interfering with your process is to encourage the awareness of the silence that shapes the form, the essence that shapes the symbol. Place the feet, metaphysically speaking, and allow with lightness of heart each form to have its jewel-like articulation.

May we answer you further, my sister?

V: Well, since I spoke cryptically I deserved a cryptic response. Thank you. I'll work with that for now.

We thank you, my sister. It is a great joy to be with you and we are sorry that it is time for us to leave this instrument and this group. Know that we are always with you, as we said to the one known as S about the one known as C. At any time, if there is a desire for us to be of aid, we will be aware of it in the manner of your inner planes in what this instrument would call circular time, so we are there the instant that you ask. We assure you, however, that we are not there if you do not ask. Consequently, if there is a presence, especially an annoying repetitive presence, that calls itself by our name, we suggest that you challenge it in the name of Jesus the Christ,

for that will scatter any forces that do not come in unconditional love and service to others.

We leave you, as always, in the love and in the light of the one infinite Creator. We rejoice with you and we bid you adonai. Adonai. ✽



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

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SUNDAY MEDITATION DECEMBER 21, 2003

Group question: Today we are taking pot luck, so, Q'uo, we would be glad to hear anything you'd like to share with us.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you today. We thank you for the great privilege of calling us to your group by your desire to seek the truth. It is always a pleasure to be called to this group. We would ask only one thing of you and that is, as always, that you listen to those things which we have to say with a jaundiced and careful ear, being quick to discard and toss away any idea or thought that does not suit you and keeping only those things which seem to you to have resonance and a personal meaning that speaks to you specifically. We feel that we are no authority figures but rather those companions who walk with you upon the road of the seeker. If you will guard your own thought processes, we shall feel free to share our thoughts with you without being concerned that we infringe upon your free will.

We find that this group does not have any opening question for us and that gives us the opportunity to move into those energies that are unspoken and that may perhaps be addressed in a less than specific and direct way by those things that we might share. We are aware that the energy of the time you call Christmas is very much within this group and within your culture at this time. And it is interesting

to observe the lack of joy with which many entities approach the dark times of winter solstice, for indeed that is the energy of this particular season of the year, that energy of the dark and the sleep of hibernation and winter. It is a time when it is very easy for those entities who are close to passing from the incarnation to have a more than usual opportunity to greet the dark, with its invitation to all to come and be a part of that darkness. It is a seduction that brings many to that passage betwixt incarnation through what is called death to the next stage of consciousness for that entity. The inner planes having received all entities who pass through the gateway of death; it is then the opportunity of each entity, having made that passage, to discover, for himself and herself, what the next step is. Is it a step of healing, a step of review and examination of the life just passed? Or is it, in some cases, that entities who pass through the gates of death are quite conscious of the opportunity being offered to work within the inner planes and so are most eager to move on into new work, new projects, and new service?

For those who are at all drawn to the dark, this is that time during the season of the year when that invitation will seem more seductive than usual. It is, paradoxically, a time when the deepest impulses of entities are to lighten the darkness, to energize that darkness with gaiety and noise and movement, as if such hectic pleasures might distract the souls dwelling within from their preoccupation with the gathering darkness. That invitation, that seduction

of the dark, is often [set] very deeply within the gaiety of your celebrations. It is as though the energies of humankind, not knowing how to cooperate with the darkness, find it necessary to throw up defenses against the darkness and deny the reality of the darkness. For darkness is not simply a physical thing. It is not simply the absence of a sun body within your atmosphere. Certainly that physical darkness is a huge part of the way darkness feels, that experience of the lack of light. Yet, the energies of this season are more than, and other than, physical. In part, the darkness that is physical darkness is complemented or paired with the shadow of self, the darkness of self, that entities such as this instrument would always prefer not to deal with, because it is, while undeniably a part of the personality, not considered a desirable part of the personality. We feel that perhaps this might deserve a good look, this attempt to make all things bright, to lift everything up to the light, and to have a merry and a happy season.

Certainly each within the circle has experienced the hectic nature of this particular season in, as the one known as T said, the cycle of Christmas and Christmas doings. The one known as T was saying that it would seem obvious that entities could wish each other good and send thoughts to each other without the necessity for purchasing items, without the necessity for getting certain items and yet, year upon year, and century upon century, entities faced with the shortest of the days and the longest of the nights of the year turn hungrily towards the festivities that make a brave show in the face of all of that darkness and shadow.

Let us look at the story of Christmas, in that it is a story with darkness within it. The biblical story that this instrument knows from its Sunday school has a beauty to it, the beauty of innocent birth and angelic visitors and wise men of the Earth who also come to honor a tiny child. Yet, it is perhaps not emphasized, but certainly part of the story, that the mother of this entity, the one known as Jesus, was brought to childbed without the convenience or the respect of having been married first. Further, this entity was then asked to marry an older gentlemen who was not particularly amused by the pregnancy that presumably happened by spirit's hand alone. And further, in the very last extremities of pregnancy, this odd couple was forced to travel in the middle of winter, in inclement weather, to a place where there

was no bed waiting for them at the other end, so that when the one known as Mary gave birth, it was in a stable and the infant Jesus slept in a manger that was full of hay. These details speak of the physical and the metaphysical darkness of the season, the inconvenience of spirit, the demands of the spiritual life, the demand of this infant to be born—not waiting for marriage, not waiting for propriety, but insisting upon being born, in the darkness, in the cold, in the stable—without convenience, or planning, or foresight. Simply, “It is time, and now I shall appear.”

Such is the nature of your own spirit. It is nurtured in the darkness of the season and you are brought to childbed with it as the timing of your own process pulls you into new birth; the birth of your own spiritual self, within incarnation. For that is one of the great values of being in incarnation. You are able, when you become conscious of the situation of incarnation and its advantages, to determine within incarnation to awaken that sleeping soul within that has been brought along into incarnation within you but certainly hidden, sometimes fairly deeply, within the stuff of personality, culture and conditioning.

In the darkness within the self lie both the riches of the soul and the less appreciated of the riches of the shadow side of that soul. As you bring this infant that is you as a soul into conscious awareness and begin to nurture that part of yourself as if it were an infant that needed love and tending, you begin to pull that structure within you that is the witness to all that you undergo in incarnation into more clarity. It is that witness that can release thoughts of the darkness and thoughts of the gaiety and simply continue witnessing as that child within begins to express itself, to reach towards the light that it sees, to begin to have the energy and vitality to move upon its own and to begin to grow within incarnation. As you go about nurturing this beautiful portion of the inner self, we would ask you also to look very carefully to find the wolf that bites, to find the murderer, the thief, the adulterer; to find that entity within the self that truly does partake of the darkness of self-good, that part of selfhood that is self-involved, that has the impulse to think first of the self. This is a good time of year to focus into that neglected portion of the self and to invite it into the warm and gently lighted circle of your own heart's hearth.

It is as though there are parts of the self that have been denied because they are too dark, they are too seemingly selfish or evil or harsh or rough. And yet, that whole entity which you are cannot function without all, both the light and the dark, of its nature. Many times entities who polarize towards beauty and truth and purity feel that they must deny and leave behind those shadow portions of self. And yet we would ask you not to leave behind one iota of that 360 degrees of self that you do possess. For all of the voices within you, all of the 180 degrees of “good” and 180 degrees of that which you label “not good,” are necessary to integrate into one peaceful kingdom within.

Many are the times that this instrument has asked the question, “What is peace?” For she meditates on behalf of peace each night.¹ And one of the keys to understanding peace, the concept of peace as a living thing and not as a dead idea, is to realize that peace is the complete and harmonious integration of light and dark, so that all is in balance within the whole entity and all of that entity’s faculties are brought to bear on a situation; not simply those faculties towards the good but those faculties that might be considered towards the negative. For the thief, the coveter, the lazy one, all of those dark voices within, can be charmed into becoming the bedrock of will that puts grit into the expression of love that the “light” part of self has no trouble expressing. Yet when the going becomes rough, it is that dark side of self that is able to take hold in difficult situations and endure. That same darkness that could be the wolf that bites, then, has become the best support possible for the light. And this is the hoped-for result of an incarnation full of both the light and the dark as the seasons revolve and as the seasons of inner life revolve as well.

So we take this opportunity to praise the dark as well as the light and to ask each of you to work on embracing all parts of the self, loving, honoring and respecting each and finding ways each day to come into more conscious harmony of being. As you are able to find your kingdom within becoming peaceable, just to that extent shall you be able to be a force for peace to those about you. No matter how

you strive, if you do not embrace the dark side of self, you shall ever be less of a messenger for peace and more of a voice that has not the force and directness to project into the Earth plane with all of its inner planes of energy.

This instrument’s head is full of angels at this time of year, the angels of heaven, praising God and saying, “Glory to God in the highest and peace to men of good will.” We wish you those angels, we wish you the truth of this precious dark time. May each of you move into that time with quietness and confidence, allowing the great washes of emotion and memory to move through your thoughts and your feelings, washing you and leaving you golden and rested and truly at peace.

We would ask if there are any queries at this time before we leave this instrument.

J: Yeah, Q’uo, I’ve got a question. The veil is very thin at this time and I was wondering what your impression is? I know it’s always a good time to meditate. Are there any suggestions that you could make? Is there a way to connect with the thinness of the veil, right now, today, tomorrow? Is there anything that we can do to share in that thinness?

We are aware of your query, my sister. Certainly there is truth to your concept. It is indeed a time when the energies of the Earth and its inner planes are very transparent to the outer world. The idea of meditation is certainly a good one. (We have difficulty imagining a situation in which we would say anything else than that about meditation!) However, one item that is possible in order to connect with the energy of this time would be that which this instrument would call a solstice declaration. At the solstice, it is a very efficacious time to express those things which you wish to give to the dark: the greed, the world hunger, the illnesses of the world and so forth, all of those things which you may consider to be less than optimal. These can be named and given to the dark and the health of this action is in releasing those energies from the consciousness within your self. It is as though this is a good time to connect with the energies that this instrument knows of as Shiva the Destroyer,² to

¹ These meditations are held each night at 9 PM, Eastern time. People from all over the globe join us, and you can, also. For more information about the daily peace/Gaia meditations, please see the Gaia Meditation page on the L/L Research site.

² “Shiva is the great Yoga ascetic, the Lord of the Dance. He is the universal teacher, the omnipresent and all-knowing. Shiva assumes all forms. Originally known in the Vedas as Rudra, Shiva is also identified with the god of fire, Agni. As the Vedic Rudra, Shiva appears to be a terrible god—the Destroyer—who

hand those things to the Mother, as it were, that you wish to release from your self. "World hunger, I give it to the dark! War and the bestiality of war, I give it to the dark!" It is well to create more of a festive party atmosphere to this energy, so that those who take part in it may feel the joy of the release of these impressions.

May we answer you further, my sister?

J: No thank you, Q'uo, and happy winter solstice to you.

We thank you as well, my sister. Is there another query at this time?

As we seem to have exhausted the queries of this group, we shall take our leave of you, thanking each of you for taking precious time to sit in a circle of seeking and ask. We are with you, whenever you would ask us to be, to help you with your meditation or to be a presence that makes you feel safer. You have only to ask mentally and we shall be with you.

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

✿

always needs to be pacified. When worshipped, however, Shiva/Rudra becomes a beneficent deity." (From www.courses.rochester.edu/muller-ortega/rel249/siva/Shivahome.html)