

# *Table of Contents*

Acknowledgements .....	7
Introduction .....	11

## **DAY 1**

---

### *Part I: Prelude to Ra Contact*

Chapter 1: The Beginning .....	19
Chapter 2: Don Meets Carla.....	31
Chapter 3: Meeting Jim.....	59

### *Part II: The Ra Contact*

Chapter 4: The Start.....	75
Chapter 5: Reactions to the Ra Contact.....	85

## **DAY 2**

---

Chapter 6: Mechanics of the Ra Contact .....	97
Chapter 7: Your Dynamics .....	109

## **DAY 3**

---

Chapter 8: Appurtenances .....	143
Chapter 9: What is Psychic Greeting? .....	151
Chapter 10: Dealing with Psychic Greeting .....	159
Chapter 11: Why You.....	169
Chapter 12: The Brunt of the Greeting.....	175
Chapter 13: Specific Instances (of Psychic Greeting).....	181
Chapter 14: End of the Ra Contact .....	195
Chapter 15: Ra Contact Olio.....	205
Ra Contact Photos.....	225

## **DAY 4**

---

### *Part III: After the Ra Contact*

Chapter 16: Post-Ra Contact to LLResearch.org (1984–1996) .....	231
Chapter 17: LLResearch.org to Spiritual Community (1996–2003) ...	239
Chapter 18: Community to Bring4th.org (2003–2008).....	251
Chapter 19: Bring4th.org to the Present (2008–2014).....	259

### *Part IV: Reflections & The Horizon*

Chapter 20: Vision for L/L's Future .....	269
Chapter 21: Mission Statement-Related .....	275
Chapter 22: About This Philosophy .....	283

#### DAY 5

---

### *Part V: Spiritual Principles & Channeling*

Chapter 23: Spiritual Principles I .....	291
Chapter 24: Spiritual Principles II .....	319
Chapter 25: The Art of Channeling.....	337

#### DAY 6

---

### *Part VI: Personal Biography*

Chapter 26: Don Elkins .....	367
Chapter 27: Don Elkins' Final Two Years .....	401

#### DAY 7

---

Chapter 28: Carla Rueckert.....	439
Chapter 29: Jim McCarty.....	471
Chapter 30: Carla and Jim .....	513

Photo Gallery .....	525
Epilogue.....	539

### *Appendices*

Appendix A: Dancing in the Fields of the Lord: Sacred Sexuality .....	545
Appendix B: Carla's Passing .....	561
Appendix C: Reflection & Carla's Eulogy .....	571
Appendix D: Why the Title "Tilting at Windmills" .....	579
Appendix E: L/L Research Timeline.....	585