

# The Q'uo Transcripts 2006

by Carla L. Rueckert channeling the Q'uo group

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## Sunday Meditation

*January 1, 2006*

**Group question:** The question today, Q'uo, has to do with information that you gave some time ago concerning the end of third density and the beginning of fourth density. We're wondering if there is any reason for us to be afraid of anything that's going to occur then. Everything that we know is going to come to an end, as we know it, in third density. An entirely new fourth-density vibration is coming in, entirely new ways of looking at things, of doing and being. Is there any reason for fear?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. We come in the Creator's service to share our thoughts with you, humble as they are, on the subject of fear. It is our pleasure to join your circle and our privilege to share our thoughts.

As always, we would ask that you guard your thoughts carefully. Listen with some skepticism and a weary ear to what we have to say. If the thoughts seem helpful to you, then by all means work with them. That is why we are sharing them. However, if those thoughts do not seem helpful to you then we would ask you please to drop them without a second thought and leave them behind. It is an important consideration to us, for we do not wish to create a stumbling block for your process. Therefore, if you would guard your thoughts carefully, it would enable us to speak freely. We thank you for your consideration in this regard.

It is with some degree of gratitude and thankfulness that we take up this question of whether there is any reason to have fear at this time in your planetary process. There certainly are great changes taking place, and, indeed, some of the processes of change have completed their pattern to a great extent. The outworking of the forces involved in the planetary shift from third to fourth density, in terms of activation and the interpenetration of third by fourth density, has matured nicely.

We have been pleased to see the degree to which your planet's people as a whole are increasing in their level of awareness of the planetary situation. This new level of awareness among what this instrument would call the grass roots of your globe means that there is more surface area, shall we say, for the light to shine through, which in turn helps the rest of the planetary population if it wishes to join the numbers of those who are awakening, making their choice, and creating for themselves the opportunity to graduate in service to others.

We are pleased, indeed, that groups such as yours all over the planet have enabled the third-density structure they do now enjoy as they have. It is extremely likely at this point that your population shall be able to enjoy uninterrupted and comfortable incarnations at

the end of which lies the opportunity to choose the next classroom which you feel that you would best enjoy working in.

It is a very exciting time for your planet and for those of us who have watched your people through a great deal of difficult learning. We see better rates of awakening, shall we say, than the probability vortices of, say, thirty years in the past would have suggested. And we are humbly grateful to be a small part of that energy that has pressed towards the light, has called to the light, and has anchored that light in relatively undistorted form. We thank each heart that beats, "love, love, love." Thank you for the unimaginable effort that it takes each of you to keep your mind, your thoughts, and your heart on the beam, as this instrument would say. It is easy to be distracted by very many things and we find ourselves applauding the efforts of each of you to stay awake and stay on task.

We can say unequivocally that there is no reason to have fear [while] phasing out the stunning changes that are taking place on your planet at this time.

One reason there is no need to fear these changes is that these changes are largely non-physical. As the questioner expressed the question, it was clear that the questioner was aware that they take place in the unseen realms, the inner planes. Therefore, while these changes are absolutely radical and revolutionary, they are not changes that will affect life as you know it on planet Earth. Consensus reality shall reflect only shadows of these changes.

In terms of your living out your natural life, there is no physical catastrophe that is necessary in order to express the changes that the planet is going through. Humankind is another story in terms of the possibility of planetary disaster. The planet itself does not need to extinguish itself in order for fourth density to emerge. However, there is a troubling tendency within humankind to use violence and the expressions of violence of which your people are capable at this time. The only reason for fear that we would see in the picture that we look at at this time is that tendency among your people to feel that it is possible to create a better situation than the one that is currently had by destroying people, buildings and the environments with your weapons of mass destruction. Enough of those weapons of mass destruction going off at one time could indeed remove life from the planet entirely.

We are without concern as to whether this happens because of our being [unable] to do anything about it. We hope that each of you can take into your prayer life, your meditations, and your interactions with others the awareness of that shadow side which lies within the heart and the makeup of each human being on planet Earth. Where in your energy do you see the desire to destroy rather than communicate, to blow something up rather than take the long and sometimes messy route of discussion and heartfelt reaction that results in creating light where there was darkness, love where there was bitterness, and so forth?

These are matters with which only you who dwell in the flesh on planet Earth have the right and responsibility to deal. We have the right to rescue entities that may have been

blown up in a nuclear explosion. We do not have the right to interfere with such an explosion. As you in your heart live, so does the human tribe as a whole live. And so we put this concern to you: if you have fear, let it be fear of your own human tendency to destroy. And see what you can do to create within yourself a heart that is genuinely, deeply committed to building up rather than destroying.

In terms of what is happening to the planet, the third-density planet Earth on which you live is gradually exhausting its capacity to offer an environment in which third-density entities can incarnate. The energies have been strengthened, especially in the last ten years or so, as we said, by many groups such as yours who gather for reasons larger than themselves, and you have in common a great love for the Creator and a great desire to serve the Creator.

This whole-hearted stretching and reaching for the light and this growing desire to learn the truth among so many of your people have greatly aided the situation as regards the strength of the field of third density at this time. It is very likely—and we are looking only at probability vortices, not actual predictions—that your people will not only be able to live out their current incarnations here but that there will be enough energy within third density to maintain third-density bodies and the energies of evolution, in terms of the spirit, for some of your time, perhaps as many as a hundred or a hundred and fifty of your years. It is difficult but not impossible to predict with any accuracy what shall occur with your people. However, the time of third density for doing third-density work is virtually over.

Those not in incarnation at this time will not have another shot at living on planet Earth, taking flesh, and becoming choice-making, ethical, biological units, as this entity likes to call human beings, from the work of the one known as Dewey. It is not, however, a cause for fear that this is occurring. This is perfectly in order.

And, indeed, that which remains to be done by entities living in third-density bodies on planet Earth is, for the most part, not personal but rather has to do with the energy of so many among your people, which has a kind of group karma to it. This energy is that which those among your people who have destroyed parts of their planet or their entire planet in previous attempts at third-density evolution have carried with them to this point. There is a lot of healing that various entities for various reasons wish to accomplish. In many cases they do not even really know how to accomplish this healing process. More and more entities, we feel, will find a connection between their own health, in terms of their spiritual health, and the health of the planet on which they live.

The key error among your peoples has been to forget that all things are one. It is a very simple truth. There are many, many ways to say this truth. But you are part of the entity sitting next to you, the entity on the other side of the world, the ground that lies closest to your feet at this time, and the ground of the entire planet. All of these energies coalesce within your energy system. You are the Earth, just as you are the creation. The kind of healing that has this karmic tang to it is that healing into the realization that is heart-deep:

that you are part of all that there is and that you are able to interact as a steward with the Earth around you.

The term, Earth, is not necessarily literal—for you may not live on earth. You may live in a high-rise or in a place that for some reason has no actual earth to it. Nevertheless, your feet touch, your hands touch, and your eyes see a physical world. Even if your environment is only one room, you can make that one room a room in which there are green and growing things, there is cleanliness and order, there is a sense of peace, there is an atmosphere of thankfulness, and there is a deep note of joy. You can make a home, not only for yourself but for all of the energies that interpenetrate third-density, consensus reality.

And this kind of opening up of the self to the awareness of the environment around you is that about which we are encouraging you to think. It is a simple thing to turn the mind to more of an awareness of what is around you. And once you become aware of what is around you, it becomes more obvious how exciting, how stunningly beautiful and how entirely original each day is, what a gift it is, and what an adventure it is to experience it.

Eventually, your planet will no longer be able to sustain the evolutionary energy necessary to live a third-density life. Once this has occurred and there are no longer any third-density entities dwelling on the planet, fourth density will indeed become able not only to interpenetrate third density but to appear. At this point in its development, all of fourth density chooses not to appear. It chooses to remain as an unseen energy in order to allow the third-density entities to complete their patterns.

We cannot say that there is no reason to have fear. We can only say that there is no reason that we see to have fear. We see a good deal of fear among your people. We ourselves do not share the point of view that produces that fear. To those such as this instrument, who have experienced physical death, there is less likelihood of a thought concerning the ending of the life creating fear. This instrument is not afraid to pass through the gates of larger life. Having done so, she is aware that there is nothing of which to be afraid. Indeed, there is a great deal to which to look forward.

Therefore, her life is not cluttered with the fearful anticipation of her own death. She is aware that, as she was born, so she will die. She is content to let the Creator take her when her time comes. Whenever that is, her hope is to have completed the patterns that she came here to fulfill. That is indeed her only concern and in passing we would say to this instrument that even that is not something to fear. What is done is what is perfect to have been done. That is a way to look at a life's work. Otherwise you can indeed create concerns for yourself where there is truly no concern.

We would indeed encourage each to take hold of life as the gift that it is, realizing that death is part of life, an outworking and a final stitch in a good pattern that you began in your mother's womb. We do not see this event as being one that needs to be feared at all. We see it as part of a benign and healthy pattern. We hope that any time that we speak of the changes that are occurring in answer to your question, you are able to receive the

information simply as information. It is, in all of its complexity, not that which need cause any fear whatsoever. Certainly, when the time nears midnight, entities will become more focused on that moment when today becomes tomorrow and a new beginning proceeds. We encourage you to enjoy the dawning of this new day.

You cannot become a fourth-density entity within third density. However you would be surprised how deep a change that you can make in the life of your body, as well as your mind and your spirit, by disciplining your thoughts. This instrument has talked many times about trying to live with fourth-density values, seeing what you can do, when you become aware of the thoughts that you are thinking, to examine them for what they may have to offer you. It is very helpful to see what you are thinking about and then to ask yourself if you could perhaps tune that instrument that you are to clearer and more productive thoughts.

There is a fine balance between this kind of work which is helpful and too much of this kind of work which creates a situation in which you really don't know who you are because you're too busy trying to control your thoughts to be a certain way. We do not encourage that.

What we encourage is a living, plastic, yeasty kind of process in which you are able to become aware of your thoughts and to sit with them and let them show you what your inner environment is. In sitting with that environment, you may ask for guidance and help in seeing with more clarity and in being able to have a broader point of view that enables you to see a larger picture.

We hope that this sort of energy will be that to which you turn if you do feel fearful because that over which you have control remains stubbornly inferior to yourself. The kingdom does lie within and the resources and tools for administering your kingdom lie handy to your use. It is a matter of how you choose to think, to act, and to be.

We would at this time ask if there is a follow up to this query or if you have another question at this time?

**P:** My question came up in the last session. It was surrounding Maldek and Mars. Why does it seem like such a current theme for planets to be destroying themselves? Not planets but peoples of the planets, destroying themselves, their cultures! Is it central to this solar system or is it a common theme in third density?

We are those of Q'uo, and are aware of your query, my brother. The pattern, my brother, we would agree is well advanced and is indeed endemic to this region of space controlled by the Logos, or shall we say, sub-Logos that is your sun. The creation that was designed by this entity used a great deal of free will and a heavy veiling so that it takes actual effort for most people to retrieve their memory of the larger picture that moves beyond one incarnation into the grand design of the creation itself and you as citizens of eternity.

We are not saying that the Creator has not gained a rich harvest of new information about Itself from this particular design of creation. However it does seem that the combination of advanced free will and advanced veiling of the actual metaphysical situation have created conditions that are unusually likely to produce the thought pattern of aggression in order to get one's way. Since it is so difficult to see that we are all one in your third-density experience, since the veiling is so complete, it becomes possible for entities to contemplate ending another's life with less discomfort than if they were contemplating ending their own life. This has made it possible for entities to become habituated to the destruction of other selves.

And, indeed, the mental processes of entities who have, in lifetime after lifetime after lifetime, been involved in killing have become infected. It is as if you had taken up smoking: you can see that smoking is a bad idea; you can see the statistics that a certain number of people will get emphysema or lung cancer and will be removed from incarnation because of that habit. However, the smoking becomes a habit and it seems very difficult to change the habit once it has set in.

In just the same way, your tribe on planet Earth is made up of entities who have become habituated to violence. There is a great yearning in the heart of all of those who have so become habituated to lose the habit, to stop the violence that lies within the self. However, in order to change a habit, one must see a viable alternative to the habit.

How can you teach peace? How can you help a planet heal from its easy acceptance of violent acts? We leave this question with you. It is in your hands.

May we answer you further, my brother?

**P:** That's good for now.

We are those of Q'uo. Is there a further query at this time?

**T:** Can you offer any suggestions for a process to help make a seemingly important life decision?

We are those of Q'uo, and are aware of your query, my brother. We wonder for this instrument's sake if you could repeat the question, putting it a slightly different way so that she may see into the question?

**T:** Yes. The question centers around how one can think through and come to a decision about an important life path, of one option or another. Does that help?

We are those of Q'uo, and yes, my brother, that did help this instrument. We are able to respond to your query this time better because you put it a slightly different way and we thank you for that.

There are a couple of things we would share with you, my brother, about making choices. Firstly, we would ask you to be more than usually aware of your guidance and to ask it for help in a very specific way. In other words, my brother, when you pray or converse with your guidance system, rather than saying, "I have some things coming up that I'm concerned about and I would like for your help," we would suggest that you be very specific and try to describe to your guidance system precisely what it is with which you want help. As you describe the specifics of your choice to your guidance system in this inner conversation, you will be opening channels of inspiration and information that will begin to flow instantly.

Secondly, we would suggest to you the virtue of exaggeration. When you are attempting to make a choice it is helpful sometimes to exaggerate the choice, to imagine into how it would be if it went one way and emphasize and exaggerate that projection into one possible future. And then do the same thing with that other path, exaggerating it and imagining into it and seeing how it felt one year down the road, two years down the road, as you project how your life will change because you've made this choice.

(Side one of tape ends.)

(Carla channeling)

We might suggest, for instance, that you could take a period of your time, for instance a week, and for seven days focus entirely on wanting, looking into, imagining and projecting into the future, having made the choice one way. Then take the next week and do the same thing for the other side. There is a point in this process where you will begin to get a resonance on one way of choosing that you do not get on the other way of choosing. This is one way of sharpening your focus as you let yourself drift and dream and imagine what it would be like to live out the implications inherent in making the choice one way or the other.

Thirdly, we would suggest that you be careful to include in each day a time where there is no thought taken about this choice. We do not even want to describe how you would structure this time. But let it be a time that is yours and let your choice for that time be that which opens your heart.

It might be as simple as walking outside in beautiful settings, especially those with trees. It might be any situation in which you choose how you wish to enter the silence. But let this time be free from worldly concerns of any kind. Let this be your gift to yourself. This is important for the balancing of all that is occurring to you at this time.

You might even think of it as a time of invitation and acceptance; an invitation of beauty, truth, justice and peace. Invite them to flow through you as they will, restoring and healing you, for they rest as entities within your energy system and can be called forth and evoked, if you will. And rest, resting from all labor, all thought, all concern; resting into the silence, leaning back into the strength and the power inherent in the ongoing pulse of the Creator's heart.

May we answer you further, my brother?

**T:** No, thank you, Q'uo, that was lovely.

We are those of Q'uo, and we thank you, my brother. Is there another query?

**B:** Yes, I have one. You made reference to the third-density pattern which must be completed. Could you describe what the pattern is?

We are those of Q'uo, and are aware of your query, my brother. We have difficulty using this instrument to answer that particular question and therefore we shall attempt to be somewhat creative, for there are many things this instrument simply does not know in terms of scientific patterns.

The pattern of third density, to use your own discussion of densities with this instrument, is oranges. There is an orange-ness that must be completed and that is a complex thing. It has to do with that particular fruit, shall we say. It has a certain smell, it has a certain texture and firmness, and is of certain size and so forth. Third density has a field and it is full of a certain kind of pattern. When the pattern is completed, then there will be no more need for oranges.

We are sorry but this is the best we can do through this instrument. Can we try to answer you further, my brother?

**B:** Are there specific attributes I could look for in the field?

We are those of Q'uo, and yes, my brother, there are specific attributes. We do not believe we can, at this time, express to you what to look for. We are sorry but we cannot offer you information through this instrument at this time on this question except that we can, through this instrument, affirm that there are indeed characteristics that are available to your observation.

**B:** Where might I find such information? Anything locally in books or print or other features?

We are those of Q'uo, and would suggest through this instrument simply that you follow research concerning the nature of light. You will find hints and inklings along the way in working with this information, although, of course, my brother, there are as many false leads as there are good ones in such research.

**B:** This I know. One more question. How is the fourth-density energy impinging on Earth now affecting the people? Is that increasing the amount of violence, being misinterpreted?

We are the Q'uo, and are aware of your query, my brother. We find this a misleading question in that it is not the interpenetration of fourth density in third that is creating more violence but rather it is that separation of entities into those who are moving forward and

those who are caught in fear. Neither those who are graduating service to self nor those who are graduating service to others are caught in fear. The entities that are caught in fear are those who have not yet chosen how to polarize; that are simply, shall we say, resting in the cultural milieu.

If they have not made that first discovery of the true situation, then they perhaps have a very blunted ability to choose at all. Information such as this group offers and many, many other groups offer can awaken certain people who are ready to awaken to the situation. And when entities get the situation well in mind, they are riveted. They are activated and they realize the gravity of this need to choose.

If entities are not yet at that point where it is necessary for them to wake up, necessary for them to get a grasp of the situation and necessary for them, then, to make the choice, they are simply not ready to leave third density and, therefore, they dwell in a sinkhole of indifference that is like a gravity well. They simply cannot get off the bottom of the swing of, say, the pendulum that they represent by not having chosen.

Those who have not made the choice are those, say, that would be hanging straight down into the gravity well. Just as when one swings on a swing, one has to rock back and forth to get a good start. Then once one is swinging, one is able to swing very high. One has developed power. A person that is simply hanging at the bottom of this gravity well of indifference has no power.

So, you are basically looking at entities who are powerless. They sense that they are powerless without having knowledge of how to claim the very substantial power that they indeed do have but do not know how to get to.

May we answer you further, my brother?

**B:** This is actually describing a pattern. Is this part of a second-density pattern they are trying to complete to move on through the third density? Basically, the great ape motif. Is that what's holding them back and causing the violent reactions?

We are those of Q'uo, and are aware of your query, my brother. We believe that you are reversing cause and effect here and putting the cart before the horse. The repetitive experiences of entities who have experienced destruction have created a group of entities on your planet who are simply resistant to awakening.

They have successfully avoided [awakening] for a long enough period of time and a significant enough amount of incarnational experiences that there is a continuing resistance to awakening that is expressed very well in some of the outer forms of your culture at this time, with its ways of distracting and amusing entities' thoughts and occupying their thoughts to an extent that keeps them asleep in terms of thinking ethically or morally about who they are or why they are here.

The situation with such entities is simply that they shall need to go through another third-density cycle elsewhere. It was hoped, naturally, by those who created this planetary experience that this would be the best possible environment to take entities that had this pattern and to give them the maximum opportunity for healing and for growth. But there is no guarantee when such a pattern is made that it will succeed. However, each time a new cycle begins, the sub-Logos responsible for that cycle does its very, very best to create that maximally efficient structure for evolution, and if they did not succeed in clearing third-density lessons this time, they shall receive another chance and another opportunity with perhaps an even better creation to play in.

May we answer you further, my brother?

**B:** Yes. Would there be one particular thing this planetary experience went wrong on that managed to get all these people stuck having to repeat third density?

We are those of Q'uo, and are aware of your query, my brother. There is indeed one thing that entities become stuck on, in general, and that is that illusion that all are not one. It is the saving awareness of all entities who undertake spiritual evolution to realize, in the way that is meaningful to you, that the picture is indeed larger than one person, one nuclear family, and one lifetime, and that, in that picture, everyone belongs. All is one. The lack of awareness of oneness is the key to the clinging to patterns of violence.

It is important to realize, though, my brother, that simply because a group of entities did not make graduation at this time does not mean that there has been a failure. There is no concept of success or failure as such in the outworking of the pattern for a planetary density. Those who are able to be harvested are harvested. Those who are not able to be harvested are given further opportunities to work through the lessons that they were unable to learn so far. There is no reason to be concerned. It is simply a point of information that the particular planet on which you now enjoy living is soon to become unavailable for third-density work. Therefore, [those of] third density shall need to take up their studies elsewhere.

We find that this instrument's energy is waning and we would at this time leave this group, this instrument, and the environment that you have created by the beauty of your vibrations, leaving you in the love and in the light of the infinite Creator. We are known to you as the principle of Q'uo, and we thank you for the privilege of being with you this day.

**Group:** Thank you.

Adonai. Adonai.

## **Special Meditation, Palm Springs, California**

*January 9, 2006*

**Group question:** We've been gathering here this weekend to get information and inspiration to help the harvest on this planet. Specifically we would like to know how this group can be most helpful to direct the harvest and to increase the harvest as much as possible. Could you get some information to us 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 come to you this day. May we say what a pleasure and a privilege it is to be called to this group. We thank you. The beauty of your vibrations, individually and also commingled, is a source of emotion for us. We are stunned by your courage and your desire to serve.

We consider the experience that you go through in third density at this time as a harsh one and we want to thank each of you for the incredible amount of work that it has taken you to get to this point. Each of you has a different story. Each story is honorable, valuable and worthy. Thank you for this opportunity to share our humble thoughts with you.

As always, my friends, we would ask for you to take full responsibility for discriminating between the thoughts that you will work with and the thoughts that you will leave behind, in terms of what we have to say. We are error-prone just as are you. Some of the things that we share may really help you to work and if so we are thrilled. Many times, however, we may miss the mark for you and it may not be your truth. If you do not feel resonance with our thoughts, please cast them aside without a second thought, for we would not be a stumbling block before any. If you will take responsibility for guarding your own temple, then we will feel free to share our opinions. We thank you for this consideration.

Your free will is paramount. It is far more important to us that you maintain the freedom of your own thoughts than that we be here or that we say anything in particular. We are here to support you and we know that each of you has guidance not only from entities such as we but from your own guidance system. Please lean into that and depend upon it and do not take the authority of anyone else as being something to which you must bend your will. Retain your orneriness, my friends. Retain your maverick nature.

Be independent of any outside authority, for you are the person who creates your universe. For each of you it is truly your world. That which you forgive is forgiven. That which you do not forgive is not forgiven. This power of which you are becoming more and more aware in your daily lives is that power which is part of the makeup of all of those upon planet Earth at this time. We encourage you to become more and more aware of the truth and power of your being and to look for ways to use that power well.

You asked this day what you as a group could do to help to anchor and further the harvest that is now taking place upon planet Earth. We realize that each of you has more of a tendency to think about what to do than to focus in on being. And yet we would say to each of you that the heart and the seed of each of your service at this time as part of this group is the work that you do in seeking the truth of your own nature and becoming more and more deeply aware of who you are, why you are here, and what you are doing.

There are many, many layers to this question. The conversation earlier ran into the discussion of an onion at one point, and we use this humble and yet wonderful little vegetable that this instrument is so fond of using in her cooking as an example. Take a look, my friends, at the nature that each of you exhibits, for you have many layers to yourself and each layer is distinct. There is that little onion-skin layer in between each bit of onion as it moves into the center. You are trying to move through the resistance, shall we say, or the meniscus that that onion skin represents in our image.

And each time you break through into a more interior portion of your onion-ness, you discover a lot of new information about yourself. You meet those synchronicities that you have called forth by creating a realization, a moment of epiphany. And then you work again to move through to another layer and do the work again, to break through into a more inner awareness.

The analogy falls apart when we come to the center of the onion, because the center of each of you is nothing that has ever taken flesh. It is your very spirit, your very soul. That is your heart, my friends, that experience of feeling the presence of the Creator within is often difficult to come to at first. For you desire to know yourself and at the same time the desire to know the truth always creates a climate that encourages change and, as you know, change can be very uncomfortable.

So we ask you simply to look at, as J has said, each thought and each impulse, and begin to see into the patterns of your being. Who you are is not obvious. The package, as this instrument would say, that you are as a soul contained within is made up of a suitcase full of gifts and limitations, things you are good at, and things that you are bad at. It is what this instrument would call a personality shell.

It seems, perhaps, at times to be overwhelmingly real, integrated and whole. And this is, of course, the goal of psychology and psychiatry: to reintegrate and bring together the scattered portions of self. But we would go further than that. We would ask you to realize that your personality shell is indeed a collection of things that you have packed in your suitcase to go on this trip, this incarnational trip on Earth. As you spin around the sun and as the galaxy spins around, there is this precious time of opportunity for you, cut off from all possible means of proof, moving towards the situation of embracing the faith that all is well, that all is one, that you are in perfect harmony and accord with your guidance.

In essence, this is the truth of each of you. However, within the veil of forgetting it is not at all simple, usually, to see the pattern except by hindsight. And that developing pattern

is, with the yeast of spirit, beginning to create its own thought, its own energies, and its own patterns.

So we would say that the first work that each of you has to do, as part of this group and at this moment of focusing on things to do, is to be yourself and to work daily on the ongoing construction project that this instrument likes to visualize herself as being. Each entity is indeed the Creator. This instrument responded to someone saying that she was part of the Creator earlier today by saying that she acknowledged her godliness but noted that she was a very young god.

We would say that this is a good way to balance your realization. Know who you are but also realize that when you are moving from creatorship, as part of the creative principle, you truly do have the power of a god. See what you can do, my friends, to use that power well, lovingly, compassionately and wisely. Be persistent in your search for who you are beneath the personality shell, beneath the layers, at the interior of the heart which is the precinct of the Creator.

There is a hymn that this instrument often sings. It starts out, "Oh Jesus, thou art standing outside the fast-closed door." [1] It is a hymn about our reluctance to open the door to the deepest truth of ourselves. We would turn this figure around, my friends, and suggest to you that the Christ is within your heart, at the very center of the holy of holies and waiting for you to knock.

Enter your own inner sanctum daily, if possible. Work with that muscular strength of silence. Allow all of those things at which you have not wanted to look, that rise up when you are silent, to arise. Gaze at them with affection and yet detachment, seeing them, noting them, sitting with them and allowing them to fall away.

This process may seem to be very unlike the ideal of that entity who goes into a deep meditative state and truly transcends thought. When that happens to you, my friends, it is a wonderful gift. But do not sneer or look down upon your efforts when they seem to have failed, when you seem to be full of junk thoughts that keep going and going like a broken record. When you are silent, your subconscious brings you gifts much like the kitty cats that bring unwanted rodents that they have killed to your feet and say, "Didn't I do well? Pet me now for I have killed this for you."

Such is the experience of many who enter the silence and they wonder why they are not experiencing that wonderful peace that work in silence supposedly brings one. For some entities, that is the experience. If it is not yet your experience, then please be patient with yourself and simply enter that silence daily without judging how well you are doing. We find that this instrument considers herself a terribly poor meditator and yet she also considers the work done in meditation to be the linchpin of her process.

How is it possible that the silence can work with such imperfect entities? My friends, it was intended that you be imperfect. You and your guidance system, before incarnation, selected not only your gifts and talents but your limitations and perceived faults. You

wanted this opportunity to come and serve and yet also you wanted to do work in consciousness in the fiery furnace of planet Earth and consensus reality. You risked so much to come to planet Earth as an incarnated being because all that you knew before incarnation had a gentle but firm cover laid over it.

The one known as W was saying earlier that perhaps it is not always a good idea to look too deeply or too far past the incarnation at hand, and we would agree with this entity. Information about other places and other times, other lives and other work, is very interesting but as your knowledge base about what you have physically been through in other incarnations grows, we ask that you continue to identify yourself not with the stream of experiences that lead you here but with the present moment and all that that moment offers.

Secondly, we look through this instrument's mind to find the concept that will help you see what you are as a group entity. Firstly, the power of your own awareness of yourself as a spiritual entity and a spark of the godhead principle makes it possible for you to begin to be a powerful person, metaphysically speaking. Our encouragement to you to begin any process with work on yourself goes back to the simple truth, that you have heard in so many different ways and from so many different sources, that you are all one being. You as a group are a hall of mirrors. You will see within this group, as within any group that attempts to move below the surface of polite conversation, projections coming to you, telling you about yourself. For each entity in the group, that mirroring effect will be very personal and intimate and we would not wish to interfere with your process. We would simply say that it is well to be aware, when you have so many kind, compassionate, honest and loving mirrors about you, of the gifts that you are given by those about you in this group as you interact.

Whatever your experiences in interacting, ponder them in your heart. See what they have to say to you and do that rebalancing that you came here to do bit by bit. Perhaps at the end of the day you might even sit down and take thought for the day. What were you thinking? What were the themes and the patterns of your process this day? What totem spoke to you? What messenger came your way? Use the guidance that your seeking for the truth has brought to you and know that the instant that you ask for help, help is being given.

It is not our part to make suggestions as to how you shall create projects or environments that will help to awaken the planet of which you are a part. It is only known that this is your time, your moment, and your opportunity. Be aware, in the times to come, when you are attempting to manifest what you have begun in these two days, that each entity within this group wishes to be part of your physical support system. Communicate with each other as you find it possible to do so, moving always deeper, as the one known as J would say, coming to more simplicity and clarity.

This instrument was speaking earlier of unseen help and we would encourage you to lean into that unseen help, for each of you has attracted to yourself not only the entities that each soul has, not only the entity of the higher self or the holy spirit, as this instrument

calls it, but also the wanderers among this group have an extended family from their home planet that also have, if they can lean into it and believe it, the support and the encouragement even of those wanderers who are still asleep. For you are connected in other densities.

Can you wake them up? It is your not your place. Can you offer seeds? It is your place. Offering seeds does not infringe upon free will. You may scatter the seeds of thought freely without being concerned that you are infringing upon free will. The essence of sowing the seed is to cast it to the wind, not being concerned at all about where it lands or how it grows.

Realize that, as you lean into this unseen help and as each within this circle does the same thing, there will be activated a tremendous amount of consciousness in the unseen realms. This help is powerful to [have.] Indeed, as this instrument was saying earlier, you are already living on borrowed time and doing so very effectively. Each of you has done much to anchor light. Each of you is a light worker. And that energy that each of you has put out in simple and unconditional love and support for the planet and its people has enabled the energies of fourth density to interpenetrate third density without kicking off the polar shift that at some point is inevitable.

Instead, the shift has been occurring little by little by little, because of your love, because of your work.

Please realize that it is rather like matching funds, if you will, when you donate and your company also donates and so forth. When you work, when you give, when you stop the analyzing and the worrying and rest in knowing that all is well and that you are alive and present at this moment, you are helping not only yourself but the global community. Unknown [to each other,] groups such as yours are forming all over the globe at this time. So lean into that as well, identifying yourself not as the saviors of Earth but as those who have been touched with the flame of the spirit.

Each of you has had a different tongue of fire touch their heads and bring them alive and awake to spirit. Each of you has a different story to tell and each of your stories is valuable and will open up the consciousness of those to whom you tell your story. Know that about yourself and if entities ask you, bear witness, not to a dogma or an “ism” or even your favorite philosophical *Law of One*, as this instrument calls it. But simply wait for entities to ask you. And when they ask you, share that which it comes to you to share, knowing that the right words will come to you in that moment.

We would at this time ask if there are follow-up questions. We are those of Q’uo. Is there a query at this time?

**J:** [You seem] reluctant to give us any specific guidance as to the various possibilities that we’ve been looking at. The one that comes most prominently to mind are the rights to the writings that are currently mired with the Schiffer Publishing Company. Can you

speak to that at all, as to the steps that might be taken if necessary for that to be reacquired by L/L Research?

We are those of Q'uo, and are aware of your query, my brother. We cannot speak directly to that query as it is a portion of the active process of several within this room at this time. There are ethical considerations here which far outweigh our desire to share information. We very much feel that part of this group's story is the opportunity to craft a creation that speaks to each of you or to craft creations that together make a pattern that satisfies the larger needs of the group. We would not interfere with your free will choices in this. We have the ability to look at probability/possibility vortices. We can predict, to some extent, what may happen in the future. But it does not interest us to do so on this point. We wish greatly to preserve entirely the range of your free will as individuals and also as a group working within third density.

We ask [you] to realize what you are basically attempting to do. As a spiritually-oriented group, and one whose dedication to the polarity of service to others is absolute, as a group you are a crystal. And when a crystal is composite and made up of more than one element, it becomes a very interesting structure. See yourself individually as a lighthouse or that which radiates light, but as well see the group of which you are a part this day as a composite crystal that accumulates power and allows it [to] shine forth as it will.

It is very difficult to walk that razor's edge between using your will from the yellow-ray position and making things happen, and allowing the energy to move up into the heart and from that heart into the blue-ray chakra and so forth. For you are attempting to work with blue, green and indigo in your chakra system in bringing forth and manifesting spiritually oriented information without significant distortion.

We would simply suggest that you have confidence in yourselves. Know that everything that has gone into bringing you here today is going to be useful. It is not clear yet, obviously, how entities shall combine for the larger good and yet we feel that your attempt to do this creates for you a vortex of fourth-density energy that is substantial. You are attempting to live and to move by higher principles. This, as this instrument said earlier, is protected work.

Resting in that protection, then, fearless as far as what you shall do next, you have only to relax into the conversation and the ideas, always working for a focus that simplifies and simplifies again that which the one known as B called a mission statement. Be aware that it is very powerful to create an intention.

Also, we would suggest to you a concept that is somewhat difficult to grasp but is perhaps helpful to consider. There is, globally speaking, among your people at this time, the rising of a concept that is a new paradigm. It cannot be developed by one group. It must be developed by groups of groups such as this one. Do not push it or pull it! But know that it is growing and see what you can do to tune into the melody not yet heard, the poem not yet written.

May we answer you further, my brother?

**J:** I would ask that you be with each of us, to assist us in the process of self-discovery. Redouble your presence in our lives so that each of us can increase the level of perception from which we view.

We are those of Q'uo, and are aware of your request, my brother. May we say what a privilege it is to be asked to do so! We are most happy to be with any of you if you will ask for us mentally as you go into meditation. We have found ourselves to be fairly good at being an undertone that helps to stabilize your own meditative state. We do not attempt to communicate with you individually, usually, for we do not want to break into that personality shell of yours with our somewhat powerful energy. But undergirding your own efforts is something that we can do without any fear of infringement upon free will and it is our delight and our privilege to be with each of you if you call upon us.

Indeed, if you call upon guidance in general, you will be surprised what a number of witnesses form around you to support you, lift you up, and bring you to clarity. We thank you, my brother, for that request and would be happy to do so.

Is there another query at this time?

**D1:** Is it appropriate to use the traditional media of television and radio and internet to achieve our goals of broadcasting the information, of planting the seeds, as you said earlier?

We are those of Q'uo, my brother, and believe we understand your query. It seems to us a fair and lovely thing for each of you to use the tools which you know to craft that which is your very best effort at sharing the light and the awareness that lie within you. We find all that this group has discussed this day to be appropriate. We do not have any desire to limit you in how you wish to present the information. We would only say to you that to balance the intensive dedication of each of you to manifesting, it is a good idea to spend a significant amount of your time becoming aware of the present moment, relaxing all tension or worry, and simply spending time knowing that all is well and that all will be well. Lighten up and find the light touch, the laughter, the bliss, and the joy that are only available when you are focusing on the present moment. Have fun with this, my friends, just as we are having the time of our lives working with you.

May we answer you further, my brother?

**D1:** Is there any way that we can help you?

We are those of Q'uo, and we thank you, my brother, for that query. You are already helping us tremendously. We offer our service at this time, speaking through instruments such as this, or simply being with those who are awakening if they ask for our presence, if their asking for guidance is coming in on an energy which is compatible with our own. Consequently, moments such as this when we are able to share our thoughts with you are

precisely what we hope to be able to do. So you are giving us our hearts' desire in helping us to serve the Creator. And for this we deeply thank you and honor you.

Is there a final query at this time?

**D2:** Is there anything else that we can do to increase our awareness and focus?

We are those of Q'uo, and are aware of your query, my sister. There is an endless supply of things that you can do to purify and refine your consciousness.

For each of you there is unique path. There are some key things you have in common. Silence is one of them. The structure of the human organism is such that you are basically dealing with a hybrid, in terms of mental activity. There is a portion of your mental makeup that is the great-ape biocomputer which comes with your body. It came from the factory that way, shall we say. You have a perfectly good decision-making brain and it follows instinctual pathways that are as clear as the pathways of deer or other large mammals as they walk to water and have their routines for finding food.

See what you can do to become more and more aware of your own patterns, your own territories, and your own geography within. It really boils down to becoming more and more aware of who you are. The truth lies within you already, undistorted, whole and perfect. This instrument, because of her mystical nature, has spent a good bit of time in states in which she is completely aware of the perfection of the pattern. She has often expressed that it is almost irritating to have those time of absolute clarity because, like all mountaintop experiences, they cannot be brought back as a gift to those who live in the valley. Just like speaking in tongues, the experience of alternate states is, while a wonderful gift, not that which you can manifest for others' use.

But when those times come for you, when you have moments of clarity, find the discipline and remember to dwell in thankfulness for the gifts that you have received. As you dwell in gratitude and thankfulness, you create an atmosphere or an environment within your electrical body, within your chakra system, as this instrument would say, that encourages further awareness. And just like your Earth, you are an ever-expanding organism. However, you are expanding into the metaphysical realm, rather than into the physical realm.

As your life moves towards its appropriate and condign end, [as] you continue working and creating more awareness within yourself, you are tending your garden. You are nurturing your own seeds so that you can pick an apple out of your own tree of shared experience and storytelling. Eat it with relish and drop the seeds as you go.

(Side one of tape ends.)

**J:** If I may ask one more question: it would seem to me that in addition to the information that you share with us, there is an unspoken invitation, almost as if it was an induction,

inviting us to rise to the vibration, to the point, from which you view so that we may feel and see what you feel and see. Could you speak to that?

We are those of Q'uo, and are aware of your query, my brother. You offer an interesting question, my brother, because, in order to balance our response, we must say two things that are self-contradictory. We ourselves are not afraid of paradox, for we find that paradox is the natural environment of spiritual growth.

It is very well for you to enter into our state of mind and we share it with you freely, wholly and entirely, although not by words as much as simply by our presence, and we believe that was what you had in mind. That which you feel, as this group pulls in the energy of our social memory complexes, is that which can be taken away, examined, and contemplated. You are most welcome to do so.

At the same time, as this instrument was saying earlier, especially for wanderers, it is very important that each entity come down into the planetary miasma and plant the feet firmly on the soil and the earth of Earth.

Take the outer looks of the political, economic and social systems of your culture lightly when doing this grounding work. For you did not come necessarily to change the outer picture. You came to assist with the harvest of planet Earth. That harvest is moving merrily along on its own and, as you do whatever you do to serve with a clarity of intention and a passionate engagement, you are moving ahead with your own program and your own process.

Thusly, be, as this instrument remembers from her Bible studies, innocent and wise.[2] We believe that the combination is not foreign to your nature, my brother. Nor is it foreign to the nature of any here. Be the dove and at the same time use your wisdom.

We are going to leave this instrument at this time for we perceive that there may well be more queries later and we would preserve her somewhat fragile balance of health, which is at this time excellent. Therefore, with many thanks and humblest gratitude to each of you, we would leave you, as we found you, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

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[1] Carla: This song was written by W. W. Howe in 1867. The message of the song can be taken better by people who do not enjoy working with the concept of a person named Jesus if they substitute “unconditional love” for “Jesus” and “lightworkers” for “Christians.” I also apologize for the 19th-century, politically incorrect use of “brothers,” where clearly the plea goes out to brethren and sisteren both! This is the first verse:

O Jesus, thou art standing outside the fast-closed door,  
In lowly patience waiting to pass the threshold o'er.  
Shame on us, Christian brothers, his name and sign who bear,  
O shame, thrice shame, upon us who keep him standing there.

[2] *Holy Bible*, Gospel of Matthew 10:16: "Behold, I send you out as sheep in the midst of wolves; so be wise as serpents and innocent as doves."

## Sunday Meditation

*January 15, 2006*

**Group question:** The question today, Q'uo, has to do with letting go. Most of the folks talking around the circle today seem to be in a rather harmonious place on their journey. Things are relatively solid and moving forward in a positive manner. But we know that change is always on the horizon. The spiritual seeker can depend upon change. And what we have learned over the years is that letting go is the way for change to happen most easily within us. We've discovered a couple of ways of letting go. If we're a little hesitant of letting go, if we hold on for a while, we finally come to the point where we have to let go. "Let go or die!" That works but it is hard to do it that way. It seems to be much more easily accomplished if we can let go in a conscious fashion and do it at our own pace. We were wondering if you could talk to us about these two types of letting go as a part of the spiritual seeker's journey. Is one more helpful or efficient than the other?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We want to thank each of you for creating the time and space in the midst of your busy lives to form this circle of seeking. We realize that there are many times that we say this to you and you must feel that we are repeating ourselves, those of you who have made a practice of coming to these meditations. We assure you that there is no degree whatsoever of repetition to our observations. We are always stunned at the beauty of each of you and encouraged beyond words by your stubbornness and your dedication to seeking the truth as you know it. With energies that are so impossible to extinguish amongst each of your fragile lives and processes, how can we fail to have hope for your planet and its tribe? It is greatly encouraging for us to be amongst such a circle of souls and we thank you for calling us to you.

We would request that you guard your thoughts and your reactions to what we have to say with exquisite care. We would not be a stumbling block in your process. So please, before you pick up and use any of our ideas, run it past your own discrimination and make sure that it is your truth. Make sure that it feels very resonant and lively to you, as if it were something that wanted to grow, something that you remembered rather than having learned it for the first time, something you want to look at more closely. These are the signs of its being that which may be a helpful resource for you. If it does not act like this, if it just sits there and is a thought for you that doesn't resonate, then please let it go. It is not for you at this time.

Your question this day is an interesting one, for it moves into the whole question of process. That is what you are truly asking about when you ask about how to let go as a part of growing and changing. For us to respond adequately to this question, we need to take a step back and try to seat our comments in an environment of thoughts and ideas

that form a structure in which this process is seen for that which it is. Our challenge is to find the appropriate starting place.

We would simply move back to that starting place that is our beginning and our ending, that with which we greet you and that with which we say goodbye. We greet you in the love and in the light of the one infinite Creator. The love of which we speak is that unconditional love that is the Logos. We greet you in the Thought that created all that there is and we greet you in light. That light is that which the idea of unconditional love used to impress upon that light the distortions necessary to create the illusions that you see as all the densities, your creation, all your planetary bodies, and all of you—shafts of the sunlight of the infinite Creator, sparkles in the Creator's eye, and holographic portions of the creative principle.

We greet you as creators. We realize that you are very young creators and that you have many distortions and colors in the way you see things. Indeed, the whole point of sending forth each of you from the creative whole at the moment of a new creation was so that you could accumulate experiences and develop these distortions and colors. Each of you has within you the experiences of many lifetimes. Within you, you have your reactions and responses to things of unimaginable joy and things of the most intense and unrelieved suffering, and everything in between. And you have had this panoply of experiences and created, worked through, and finished patterns of learning and service not just once but many, many times have you gone through this creative and energetic process of casting yourself forth into the sea of experience that an incarnation represents, finding your directions by looking at the [stars.]

And once you have set your intention and set your goal, [you] find the rudder and the steering mechanism and start to take control of your boat, that tiny person-sized craft that you navigate through the infinite waters of the unknown and mysterious seas of a lifetime.

What is the correct way to find your stars, to set your intention, to learn your boat and how it works so that you can steer it and set your course? These are questions for you to answer, not for us. But we can share thoughts with you about this process and this we are glad to do.

We realize that your life has not come clear to you and then retained its clarity. Indeed, we would be somewhat distressed were we to discover that the people of your planet were experiencing no confusion, doubt or distress, for incarnations are created specifically to offer you these gifts. It may not seem like a gift to be confused or to be suffering. Yet this is the dearest of gifts in the sense that you, before incarnation, designed into the specifications of your life ample opportunities to discover within yourself those imbalances which you hoped before incarnation you would notice.

You hoped that you would not only notice them but that you would want to work on them. You provided yourself with difficult people, unfair situations, and repeated cycles of inner storm where you were unclear to yourself. And in all of these gifts to yourself you were not thinking about your comfort but about your growth. You were hoping that your

response to confusion would be not only to express the pain of that confusion but also to enter into it, to embrace confusion, to live with it, speak with it, and accept confusion without attempting to make confusion wrong or to get yourself out of confusion as that being your only goal.

When things are in confusion, it does not mean that you have become mistaken in your way. It means that you have entered a pattern within your process whose end you cannot see. In some cases, the pattern is other than it seems. These are usually cases where the confusion is local, or localized and small. Yet, the way you are looking at it, the angle from which you are viewing it, is casting shadows that are not helpful. Consequently, there are some times when confusion is a signal for you simply to rotate your point of view, stepping back if you can to a larger point of view, or simply rotating that point of view so that other ways of understanding the situation might come into view.

There are other points of confusion which bespeak having come into a larger pattern, a pattern that is incarnational rather than local. Indeed, it could be a pattern that moves entirely beyond the limitations of incarnation. It could be, for instance, that you are creating a better balance within yourself as part of the work of wanderers within a social-memory-complex group.

The wanderers themselves do not know about the other wanderers upon the planet that are doing this work, but as each of you wakes up and begins to study the patterns of confusion that you experience, you are helping many unseen friends who do not know that they are being helped by you, any more than you know that you are helping them. Yet, as part of this unseen, and for the most part, undiscovered group, as you do the work on yourself you do the work for the group as well so that your achievements in finding bits of clarity amidst the confusion redound to the understanding of the entire group.

And in a larger and more general sense, all of you are part of the tribe of planet Earth. Therefore, each time that you achieve more clarity for yourself you achieve it also for the tribe of the peoples of Earth. Realize, then, that your process, your confusion, your changes, your choices, and your decisions are not simply for you. As you do the work that opens up your incarnation to receive more and more light from the Creator, you are receiving more and more light not only for yourself [but also] for planet Earth. As you do the work to lay aside those stumbling blocks that would keep you from service, you are laying aside stumbling blocks that lie before each and every soul of your tribe. You do not have to say a word or share any concepts in order to do this work. You have simply to do the work.

The collection agency, shall we say, for the gifts that your clarity offers lies completely beyond your control and is part of the natural and instinctual action of the outworking of the pattern of third density upon your planet at this time. You do not have to be concerned about anything except moving into your process with faith in yourself and in the process.

Your query was about how to let go. There are, indeed, many times in the recurring and cyclical patterns of your spiraling process where you shall, indeed, as the one known as J said, find that there is undergrowth, brush, brambles and fallen limbs that have come down so that you are unable to walk where you had walked before. You must let go of the old route. You must find a new one. These points within your process seem fairly simple and yet the underbrush on a moor or heath [1] can come from many different sources. It might come because of an elemental storm; it might come because an animal has destroyed a tree in its efforts to get to the food that it holds; it might come because there is another third-density entity with whom you are interacting that has seemingly created this impenetrable underbrush where you can no longer find your path.

It could come from that which calls you from beyond, from the realms of love, from the realms of wisdom, or from the realms of unity. There are ideas that, once found, become the center of your life and these ideas can call you forward, as we said, beyond the veil of third density.

If you are excited and passionately energized by devotion to the one Creator and wish to sacrifice yourself and serve to the exclusion of all else, you are probably being called by love itself, that energy that this instrument knows as Jesus the Christ. There is much to learn from that energy of pure and unconditional love and, indeed, it is that central theme that calls everyone forward who wishes to graduate in service to others from third density to fourth density.

If you are passionately and actively involved in justice and fairness issues, it is likely that you are being called from the density of wisdom and being asked to examine the balance of these energies of wisdom within your own life. This energy is most positive, and yet, upon third-density Earth, the energies of fairness, equality and justice have been trammled and mired in those lacks within entities to be able to see their own issues of unfairness and injustice.

If you are being called to examine the balance between love and wisdom, you are probably being called from sixth-density ideals.

It is not necessarily that you are a wanderer from fourth, fifth or sixth density, depending upon what excites you and makes you passionate. It is much more likely that there are energies within your plan for incarnation that are calling to you to focus on either pure love, pure wisdom, or achieving a better balance between love and wisdom in your decision-making.

It sometimes helps, in terms of seeing into your incarnational pattern and the lessons that you have set for yourself, to identify where your ruling passions lie. You gave yourself these passions and these concerns as a gift. They will tend to drive your experience. But also be aware, my friends, that if you have a love pattern, a wisdom pattern, or a unity pattern, you will have distortions which are offshoots of this basic bias in your studies and in your learning.

Another part of the process that is, very much, something that you offered to yourself as a gift is the very challenging question of how to serve, given your gifts and your passions as well as your limitations. This is where you begin receiving contradictory and paradoxical impulses because of the various portions of your pattern not being, shall we say, in synch with each other. Sometimes, when a passion is too dearly or closely held, it can pull to you experiences for which you are not ready.

Much of what we have said to this group in times past about moving into meditation daily is based on our realization of your blindness in this regard. With the veil of forgetting laid carefully upon you, you have no way of seeing into your own subconscious thoughts. You have a limited ability to communicate with your subconscious through the medium of dreams and occasionally you may well get a waking vision, an image, or a quick sequence of visualized events that speaks to you with the authority that you can feel when deeper portions of yourself surface. And those pieces of information are very helpful. But for the most part you must move through this water dance that you do, and we use that term advisably, without full knowledge of what the patterns with which you are working are. Consequently, we cannot say to you that such and such a time is the time to let go. We can only say to you that, indeed, it is part of the art of seeing into your process to trust your hunches and to follow them.

Say that you are coming to a time of cusp. There are many ways to discover this time of cusp. The easiest way is to allow it to come fully to cusp and then to decide spontaneously what to do next. This is a tried and true method of going through life and it works well. It is not, however, the most skillful way to approach a time of cusp.

Now, we use this term, "time of cusp," because this instrument understands that there are times in the astrological year when any given spirit, having been born at a certain time, comes into various cusps. This is a technical term which she does not understand. We are using this term in the general sense which this instrument understands rather than in the specialized astrological sense.[2] However, for those who work with this material, who grasp by what is meant by this term, astrologically, it may actually be helpful for you to think in terms of the astrological cusps into which you enter.

When you are coming to an internally felt time of cusp, various characteristics emerge. You become focused on one particular portion of your experience at the expense of other portions of your experience. You become engaged and have an internal dialogue about this time of choice. You are aware of the intensification of the energies around you and it is often characteristic of such a time that you feel a sense of urgency.

When you experience the concatenation [3] of these various characteristics, you know that something is afoot. As we have said to the one known as T before, it is important to be sensitive to these times, to recognize them, to acknowledge them and to thank the Creator for giving you this time of choice. It is a time when it is well to invoke gratitude. Be thankful that such a time has come to you, for there are many, many times when you simply must wait. When a time of choice begins to crystallize in your spiral dance, this is actually a time of rejoicing. Much that you have done is now coming to fruition.

Indeed, much that others have done that you have harvested in your experience you now have the opportunity to recreate as the gift that you give to those who come after you. Such is the nature of spiritual decision making. As you choose, as you polarize, as you seek and find the very best and highest path that you know, you are creating seeds of light that others shall be able to see by the roadside, help to bloom, and harvest the fruit of, in their turn.

Again, we pull you back from the intensely personal nature of times of choice to the realization that you are always doing impersonal work. Because a portion—and hopefully a growing portion—of who you are is the impersonal “I” that is the one infinite Creator’s love and light flowing through you, not from you. The true letting go is the realization that it is not your choice entirely. It is the choice of the Creator and you are the Creator, choosing your universe and your creation. Allow that impersonal “I” to have its voice within you.

The one known as R was speaking earlier of experiencing a moment when she was at a retreat weekend which was designed to help entities meet the Christ, meet unconditional love, fully. She remembered something that this instrument had said, and, indeed, it was in actuality the quotation of part of a verse of a hymn that this instrument is very fond of singing. The words are those words which challenge entities to meet the Christ. They are, “Oh Jesus, thou art standing outside the fast closed door in lowly silence, waiting to cross the threshold o’er.”

The song challenges people to open the door to their hearts. As we have said before, we say it again: we turn that image around and say to you that the Christ, unconditional love Itself, is waiting for you in the heart of your heart, in the holy of holies that is your inner sanctum. It is you who are knocking at the door. The Christ will always open that door to you. Knock, and you shall enter.

This is the basic letting go that we would recommend to you this day. Release the thought of fear for making a wrong decision. For your choices will follow you. You may make a decision that in hindsight you simply say was not a decision of the most service to you. However, it does not stop your forward progress to make what you might consider later to be an incorrect choice. It simply moves you into a pattern which is novel to you.

That is another thing to let go of: that judgment of self that would condemn you for making a wrong choice. Please realize, my friends, that when you are working in the dark, it is very, very easy to mis-see. It is standard operating procedure for entities within incarnation to make choices based on less than a full amount of information and therefore to move out of the most efficient pattern, shall we say, into a pattern that has more detail to it, more color, and certainly, to some extent, less clarity. If you are in one of those many-colored stained glass life situations, relax and cease all judgment of yourself.

You have created this pattern because there were things about it that appealed to you for one reason or another. Do not judge yourself in any way for having made those choices but rather start with the assumption that you have done a perfect job and that that which

looks like a great big mess is actually a pattern that is too big for you to see at this time. Resolve to continue to gather information and meanwhile lean heavily into your knowledge that you have done a perfect job and that all is well. Your guidance is right there with you, waiting to be asked for help. But first rest in the unconditional love of your own heart. Become healed. Allow love to be you and you will find that you are ever more healed and ever more balanced.

Then, when you have rested and feel that energy within you, that energy that comes through you, springing forth and you know that you have the strength to examine ideas and to do analysis of the situation, use your mind and your intuition. Analyze your situation as many different ways as you can and begin to get a real resonance and an honest, authentic feeling or intuition about the deeper nature of your situation. Avail yourself of the guidance that is with you. And when you do see that it is good to release something from you, from your patterns of habit and usage, by all means do so.

What we think that you will find is that, for the most part, you will notice what you have let go of in hindsight because you are no longer grabbing for whatever it was that has now fallen away from you.

This instrument, for instance, was at one time extremely fond of chocolate and sweets in general and, indeed, had eaten so many sweets for so much of her life that her entire body chemistry was oriented to using sugar for carbohydrates. She was not doing her body any favors by eating in this manner. And at one point in her life she discovered herself putting into effect many changes in diet.

She missed her sweets up until one day when she noticed that she was not craving them any more. She was not looking at the menu in restaurants to see what desserts that they had first. She was actually looking at the food, the entrees, the salads: items which never appealed to her in her younger years when there were so many difficulties with eating because her body [failed to accept many foods.]

(Side one of tape ends.)

(Carla channeling)

Had she taken thought to give up sweets, she would have found herself in a terrible struggle. Instead she allowed the natural force of her body's reaction to the changes that she was making comfortably to carry her over some completely unseen precipice and into an entirely new area of her experience where she simply did not crave sweets.

Perhaps that is the thought with which we would leave you as we end this time of musing and pondering that we have shared with you. Perhaps it is not as necessary as you may think to make grand gestures, large decisions, and abstract choices. Perhaps it is well to be aware of times of crux, to be aware of the point of the cusp, and yet to allow the maximum amount of guidance to surround you in that environment of choice so that the choice almost makes itself in an organic and living way.

We realize that we have but scratched the surface of this question and we apologize for not finding ways to move deeper within the time limits of this instrument's energy. She is telling us at this time that we need to move into further questions that you might have at this time. Is there a query at this time? We are those of Q'uo.

**J:** I would like to ask Q'uo is it helpful to consider that positive thought, positive thinking, is a choice that helps to clear a path to the sort of purity of emotion that assists one in serving deeply and truly in a way that is harmonious with one's own truth of beingness as well as the truth of beingness with others, in a way that is non-invasive of others?

We are those of Q'uo, and are aware of your query, my sister. We would agree with you that the habit of positive thinking is a tremendous resource to the spiritual seeker and, indeed, a resource that shines not only, as the one known as J has said, on the self but on all whom that self touches.

What is it to choose positive thinking? Literally, it is to choose to think only positive thoughts. However, the choice goes beyond the surface, for to ask the mind to think only positive thoughts is to ask the mind to play itself false. For the mind creates many thoughts, some of which are positive and some of which are negative.

We are not suggesting that you edit out [those of] your thoughts which you consider less than positive. The one known as J was suggesting and we are suggesting something else entirely. We are suggesting that there are strains of truth that are deeper than circumstance. These strains of truth involve dynamics which—we correct this instrument—each of which are choices. The prayer of Saint Francis says it so clearly, that we will use this instrument's version of that prayer to demonstrate that which we mean.

The prayer goes like this,

“Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is discord, union;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy.  
Oh divine master, teach us to seek not so much to be loved as to love;  
To be understood as to understand;  
To be consoled as to console;  
For it is in pardoning that we are pardoned,  
It is in giving that we receive,  
And it is in dying that we rise to eternal life.”[4]

Each of you knows what it is to be distressed but you also know what it is to be an instrument of peace, for you have done so. And you have done so by choice. All of you have had the experience of receiving disharmony from others and you have made that choice to give back love for discord.

All of you have taken sacrificial choices to give instead of ask, to love instead of seeking to be loved, and so forth.

You know from personal experience what it is like to invoke positive qualities that lie deep within your character. The one known as J is simply saying, and we would agree with her, that there is always within you an awareness, in any difficult situation, of some positive aspects on which you could call if you remembered to call.

You can, for instance, choose to take a difficult situation head on and simply offer thanks for receiving the situation. Thanksgiving and gratitude are like an inhalant to someone who has asthma. If you can breathe in gratitude, your lungs begin to hold more air, more love, more light, more energy and more life.

Remembering to give thanksgiving for the breath that you take and the room that you take up on the planetary surface is most helpful in reorienting your thoughts.

What the process is all about is bringing yourself into a situation in which you have more control over the mechanisms of your being. If left to yourself, your personality shell, which is more or less integrated, will go off on a clumsy gallop, taking you and the cart and everything that you want to learn and have to offer in service with it. A great part of the spiritual process is becoming slowly more and more aware of the lightness and the looseness of the situation. It is not a heavy, crushing situation, even though it may seem so. Metaphysically speaking, it is very plastic, pliable situation with which you can work quite a bit, not in terms of how things are playing out in the physical illusion but in terms of how you are processing them and using them in your mind, in your emotions, and in your heart.

It is possible for an unexamined, confused situation to crush you so that you have almost no hope, no power to go on, and so forth. It is also possible with that same situation to do what little you can in your mind at any given time to remember who you are and take back your power from that which is crushing you. It does not matter when you are taking back your power whether or not you have the ability to affect the physical situation at that moment. Taking back your power as a soul or spirit is involved in remembering that you are not limited by life and death: you are a citizen of eternity. You are a creator and you have a creation that you can populate with the ideals and the beauties that you love. You can forgive the people or the situations that are crushing you.

The power to forgive is tremendous. You have the power to declare that a situation is as you see it and not as the world sees it. And by serenely sticking to your story you can save your mind, your emotions, and your heart of undergoing the crushing action of

physical circumstance. This is not something that the world can understand easily. It is something for you to take within yourself and with [which you can] experiment.

We would ask you to experiment with taking your power back whenever you feel helpless and hopeless. Remember who you are and why you're here. Take courage and feel the dignity of your reality. You did not come here for casual purposes. You came here as a sacred journey and you are doing very well with it. Take pride in yourself. Have faith in your process. And know that your guidance is closer than your hands and feet and nearer to you than your next breath.

Is there a further query at this time, my sister?

**J:** No, thank you. Thank you, Q'uo.

We thank you, my sister. Is there another query at this time?

(Pause)

We find that we have used up your questioning for this time of seeking and so we shall leave this instrument and this group, thanking you all for the experience and for being able to serve. It has been a pleasure and a privilege. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai.

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[1] moor: a broad area of open land, often high but poorly drained, with patches of heath and peat bogs. And heath: an extensive tract of uncultivated open land covered with herbage and low shrubs; a moor.

[2] cusp: This definition matches the instrument's understanding of the term: the point formed by two intersecting arcs (as from the intrados of a Gothic arch). The astrological use of this word: a transitional point or time, as between two astrological signs.

[3] concatenation: the state of being linked together as in a chain; union in a linked series 2: the linking together of a consecutive series of symbols or events or ideas etc; "it was caused by an improbable concatenation of circumstances" 3: a series of things depending on each other as if linked together; "the chain of command"; "a complicated concatenation of circumstances" [syn: chain] 4: the act of linking together as in a series or chain.

[4] There are many variations of this prayer. This is the one which the instrument uses.

## Special Meditation

*January 16, 2006*

**Question from K:** I would like to thank you for your presence and assistance. I would appreciate it if you would comment on the intentions my soul chose in coming into this incarnation. At this point in my life I wonder what I'm doing here. I feel I may be a sixth-density wanderer, but whether I am or not, I would appreciate any comments you might have, looking at my situation and offering me any information that might be right or helpful to me.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day.

(Pause)

We are again with this instrument, having paused while this instrument pushed the buttons that create more volume in her speaker-phone. We hope that this change has enabled the one known as K to hear better.

We are with this instrument. We are those known to you as Q'uo. My sister, it is a great privilege and pleasure to be asked to join your circle of seeking at this time, and as well, we thank the ones known as Jim and Carla for being part of this beautiful, blended, sacred space of intention and energy. It is very good to share energy with you at this time and to join with you as we attempt to weave some thoughts that may respond in a helpful way to your query.

Parenthetically, we would like to thank the one known as Carla for attempting to word questions in such a way that we are most effectively able to respond in a way that is perceived by the questioner to be helpful and to create a good resource for further exploration and study.[1] We are indeed very sensitive, as this instrument has said, to the wording of questions as well as to the energy behind that wording. Because of our sincere and deeply rooted interest in preserving the integrity of your own process, my sister, we are careful not to respond to active questions in such a way as to remove their activity within your process.

The one known as Carla had received a statement from the one known as K that she felt that she may be a sixth-density wanderer. The one known as Carla had written back to the one known as K that it might be better to state, "I am a sixth density wanderer. Can you confirm this?"

We would like to take the opportunity to express our appreciation of these differences in the wording. The one known as Carla is indeed correct, that we would have been unable to confirm a question about being a wanderer in which there was any lack of certainty of

that status expressed or inferred. However, we find that the solution that the one known as Carla and the one known as K reached is far better than either of the first two statements. For the one known as K has taken the opportunity to release that question from the stricture of depending upon her wanderer status. Therefore, we are free to respond in the fullest way possible, given the contents of the particular area of concern for the one known as K.

We hope that this excursion into parenthetical information such as this is helpful not only to the one known as K but to others who are attempting to form questions for the discernment of a channeling source such as ours. Little things are indeed important and every word needs to be considered before you place a question into the consciousness of one such as we who is not overly familiar with words and therefore must be very literal and [use] every caution when it comes to interpreting questions.

In gazing at the agenda, shall we say, of your higher self and your soul, as you, together, prepared for your insertion into incarnation upon planet Earth, we find that you and your guidance system created an exquisitely balanced and effectual plan for your incarnation.

It is often the case, when an entity asks us concerning the progress of an incarnational plan, that there is a certain amount of expectation, on the part of the soul asking the question, that there will be a fairly steady rhythm of activity throughout the incarnation, which has a fairly single, simple, unitary direction.

When a period of significant length occurs within an incarnation where there is no perceived activity or forward motion, we find that it is quite normal and quite understandable, in fact, for the entity to question whether the incarnational plan is still on track.

We can confirm to the one known as K that her energies, her agenda, and the structure that she has prepared for herself for what she and those present would call your future are on task, on target, and resting in the loving and compassionate hands that hold you, together with your guidance system, in an embrace of creative love, light and thought.

The challenges of the first portion of the lifetime have been addressed. There is ongoing to this entity a series of excursions exploring avenues of learning as well as avenues of further service to the one infinite Creator as well as [to the] entities which surround the one known as K.

There are times in any entity's incarnation when there is perceived to be a time of waiting. We find in this instrument's mind that her opinion is that waiting times are the hardest times of all. Even when one is fighting for one's life, if one is active, one does not have the concern and the worry which is present when one is unable to do anything. The culture of which you are a part is most fond of doing things. It is used to activity. When there is energy being expended in the doing, it is easier for entities such as this instrument to rest in the knowledge that all that can be done is being done. This is very comforting to this instrument.

Conversely, when there does not seem to be anything to do in a certain situation and it seems as if the only reasonable response is simply to wait for further information or inspiration, time hangs heavy. It is easy to begin to doubt the self and to wonder whether one is still pursuing with all possible speed and urgency the good work that [one] has been given during the incarnation to do.

We would ask the one known as K to look beneath the surface of times of waiting such as the one through which she is now going. Encourage within yourself, my sister, the faith that you are on target and on task. Fortifying your own self-confidence and faith within yourself will create a freedom within you that releases you from concern and worry. We believe this shift in your frame of mind will, in and of itself, be very helpful in recreating the atmosphere and environment in which you live and move, in terms of your mental and emotional processes, and make it far more easy for you to rest, spiritually and metaphysically speaking, within the structure of safety and guidance that your open and loving heart offers to you.

Become more aware, as you are given the light to do so, of the several different energies moving into and through your life at this time. There are threads of thought that you may helpfully pursue in terms of your own spiritual evolution. As well, there are energies within your life that are concluding the bulk of their relevance to your service at this time. And, as is to be expected, at the same time there are threads of thoughts and ideas concerning possible directions which are new to you or somewhat novel to you, in terms of service to others, that are opening and coming into your life at this time for you to consider as possible ways for you to create and re-create your own unique and special brand of love and service to the Creator and to the people around you.

Please be aware, my sister, that it is misleading, when thinking of your planetary agenda, to overemphasize the work of that agenda. To put it another way, some of the activities of your agenda are not activities involved in doing. They are activities increasingly involved, as you mature spiritually within incarnation, in being.

There are qualities to the essence of your nature that are clear, clarion and of the utmost beauty. You have, as one of your goals within incarnation, hoped increasingly to refine that beauty. Your criticism of yourself has been that you have too highly colored your soul nature through subtle biases which are extremely attractive and aesthetically lovely. However, your own suggestion to yourself before incarnation involved reexamining the coloration of some of these beautiful energies which you possess.

You wished to find within yourself the very heart and center of these beautiful aspects, cleansing from them excessive coloration and instead welcoming into these aspects of yourself an increasing amount of transparency that is able to carry the full energy of the love and the light of the one infinite Creator. You were, in other words, hoping to refine your signal and to increase its power.

We are speaking of you as if you were a radio station or some sort of signal attempting to beam out into the surrounding space. This is, in fact, the case except that you are working

in time/space, or the metaphysical universe, as you work with the qualities of your being. Therefore, we would suggest not that you reject or criticize any part of yourself but that you look at and evaluate each aspect of yourself in an ongoing and fairly light-hearted matter, gathering information, observing patterns in your thinking and slowly becoming aware at an ever deeper level of the overarching and undergirding aspects of self that reflect up into your everyday expression but have their roots in soul and spirit energies that redound into the invisible realms which shake off space and time and dwell, rather, in eternity.

In sum, we would simply ask you to have full faith in yourself. You are exactly correct in saying that whether or not you are a wanderer you still request the same information. And that is something that we would share with all who are aware of their wanderer nature. Please be aware that there are very special aspects of your being that you carry because of your previous experience in higher densities. However, please also be aware that in accepting the challenge of incarnation on planet Earth in third density at this time, you have localized and grounded your soul energies into a very specific place, time and structure. You now are part of the tribe of planet Earth. Its destiny is your own. Its lessons are yours to express.

You may well have an enhanced ability to understand, mentally and abstractly, the gist of the challenge of choice that is the work of all who are in third density at this time. No matter what your prior status, however, you now have the common task of responding to the challenge of choice. What shall your choice be: the radiance of service to others or the magnetism of service to self?

We know that the one known as K has chosen, and chosen with a great purity of dedication. Therefore, it only remains to awaken each day with the realization that this is the day for expressing that choice. This is the opportunity to live the love and the light of the one infinite Creator in every breath, thought and action that shall never come again.

Coming into the present moment and remembering who you are and why you are here are the two key concepts that we feel we may leave with you at this time. They are simple. They are not new. And yet to come into the present moment and to know who you are are two keys of remembering and affirming that ground you into reality. That is the best possible environment for your spiritual growth.

Is there another query at this time?

**K:** Q'uo, you often comment that a major lesson for many wanderers who are incarnated right now in third density is to balance love and wisdom. You have often referred to Jehoshua, the Christ, as demonstrating the highest expression of love but perhaps not [of] wisdom. Is there any example of someone known to us in third density who has balanced love and wisdom?

We are those known to you as the principle of Q'uo, and are aware of your query, my sister. You will pardon us if we spend some time working with this instrument's breath

and swallowing as she is dealing with a sinus infection at this time and we must take pains to clear her air passages at times.

(Pause)

Sorting through this instrument's mind to see the characters on the world stage of whom she is aware, we would choose two entities about whom to speak with you this day. The first is the [one known as] Lao-Tzu. In terms of personal details, this entity is lost in the fabric of pre-history, having been a part of an ancient culture at a time when that culture was far closer to its heyday. The writings of this teacher were cryptic and brief and yet we would recommend them to one who wishes to look for the twin strains of love and wisdom appearing in a balanced manner.[2] The characteristic of such energy reflected into third density is that characteristic known as paradox or self-contradiction. You may fruitfully see those characteristics played out in this entity's writing.

In the balance between love and wisdom, there is always the quality of paradox. The key to understanding such writings within third density is to focus on the common ground that is held by both self-contradictory ways of thinking that are the dynamics of a particular bit of writing. When you look for the commonality in such dynamics, you can begin to see the direction of thinking which is the special province of one who is working with the concept of the unifying principle undergirding both love and wisdom.

The other character whose name we would mention at this time is that of Mahatma Gandhi.[3] This entity was an entity which came into incarnation to work upon that balance between love and wisdom as a sixth-density wanderer. This entity worked substantially in his early life in areas of fairness and justice. At a later point in this entity's life he founded a spiritual community. And in the third phase of this entity's life he worked to ground an entire nation of diverse people in that sweet spot or common area that is indwelt both by love and wisdom.

He found ways to encourage fairness and justice while never releasing concerns for love itself. In the writings and actions of this entity also lie valuable lessons in the keys to combining love and wisdom in creative and sustainable ways.

Is there another query at this time?

**K:** In our last session, you gave very detailed information on how to contact my guidance system and I do thank you. However, these instructions rely heavily on the capacity to visualize and this is an ability that is very difficult for me. I most frequently cannot accomplish it. Could you please comment on whether you perceive any difficulty or malfunction in my capacity to visualize? And could you please offer any guidance on how to increase this ability? I've tried over many years to cultivate this ability because intuition and higher psychic ability seem to rely heavily on visualization skills. I feel very frustrated in this quest and I feel this lack of skill really impedes my growth.

We are those known to you as the principle of Q'uo, and are aware of your query, my sister. Our first concern is to assure you that you are not impeded in your growth because of a perceived difficulty in visualization ability. If that were so, my sister, this instrument would have joined you as she herself has almost no native ability to visualize.

We realize that this statement may seem less than clear to you since it is this instrument's experience in visualizing her working place that we used in speaking to you about creating your own place of working. However, it is true that this instrument does not have a native capacity to achieve a three-dimensional visualization. If she attempts to visualize, for instance, a map of how to get somewhere, she is almost certain to be 90 degrees wrong. Not completely [i.e. 180 degrees] wrong but more confusedly than that, only 90 degrees wrong. She has demonstrated this again and again in her driving skills.

Similarly, she is not able to visualize, mentally, a three-dimensional structure such as a cube or circle and then rotate or work with it visually as do those who work with solid geometry. As well, she is not able, when shown the blueprint of a machine or of a house, to be able to use that information. There is, in fact, a block that she set in place before incarnation concerning doing these things. She has never questioned the block because she works around it. It has not seemed to her to be worthy of question. Indeed, we would agree with her. On the level at which she is working, there is no need for her to understand anything about why she would have placed these limitations within her mind.

We do not suggest that you begin a search for why this is true of you as well. We would rather suggest that you, like this instrument, find ways to work around the limitations of your mental abilities.

Now, how does one work around the inability to visualize in any linear or literal way? What we have suggested to this instrument before and what we suggest to you now is that you retain confidence in yourself when you receive a very small piece of information. When, for instance, you are attempting to visualize your favorite place, it is not necessary for you to make up a place, it is only necessary for you to choose your favorite place and then to accept that place as you know it and as you can see it, as an acceptable version or vision of that about which you are working.

When you are attempting to see your guidance system, you may take a very small impression or hunch about the nature of your guidance system. Trust that much and speak it out to yourself, either mentally or by writing the information down. Say you have simply received the impression that this is a male entity. Given that you were asking to see the male aspect of your guidance system, this may not seem to be a very important piece of information. But it is what has been able to come through the veil to your consciousness. It is a gift. Accept it. You have a male. You can sketch in your mind the clothing and appearance of a male of uncertain age. You have that much.

Use that much, not asking for more but being open to more. Each time that you invoke that male portion of your guidance system, you shall perhaps receive just a bit more of an impression. Whatever you receive, ground it by repeating it, writing it, or otherwise

becoming familiar with it. Trust it, accept it, and act on it. By repetition you will gradually be awakening and sharpening your ability to see in ways that you have not seen before.

This instrument almost never receives a clear, inner, visual picture of what she is doing or to whom she is talking. She accepts the impressions that she is given, and as we have said, by repetition she has begun to become able to accept the basic images that are a part of her visualization process as given and then to make note of anything new that she may see in the visualization process. And, indeed, we use the term “see” in a non-literal sense.

For instance, this instrument had the impression [during tuning for the session today,] when she called forth her male and female guidance—those aspects of the Holy Spirit, in other words, that have to do with love and with wisdom—that both the male and the female figures were wearing white. And, indeed, they were not wearing dresses and pants, they were both wearing robes. This instrument did not question this impression but spoke to herself, saying that she felt that this probably indicated that the entity that was connected with the channeling—that is, the one known as K—was in essence a priest or a spiritually mature, magical being that was calling for information on the level of a priest or a ceremonial magician. This created a feeling of great comfort and sympathy within this instrument because she herself is of a priestly and magical nature although she is not a practicing priest nor does she practice ceremonial magic. Her basic nature, however, is one which is comfortable with the specifically spiritual or monastic in energy, in service, and in learning.

It is this kind of patient, slow working, depending heavily on repetition, that we believe will open up to you the skill and the art of interior impressions and how to record them within your conscious mind. You might perhaps be helped in this regard by an experience this instrument has had recently with Rudolph Steiner’s Eurhythmic Dance.[4] Part of the system of dance that is called Eurhythmy is a practice of moving rhythmically across a large space, going forward, focusing on making certain motions and sounds. At the end of doing that particular exercise, the end of that exercise is involved in moving backwards without looking over one’s shoulder. One walks backward to the place from which one began, which is a chair, and one then sits without looking for that chair. The first time this instrument did this, she sat down rather abruptly on the floor. The second time this instrument did this, she knew enough to feel with her legs when she got to the place where she thought the chair was for where the chair was.

Indeed, it turned out that this instrument has a tendency to sway off to the left of a chair when she is moving backwards. This instrument realized that, having two stress fractures in her right foot, she was limping a bit and therefore moving away from a straight line backwards.

(Side one of tape ends.)

(Carla channeling)

Telling herself please to compensate for this out-of-balance condition of the physical body, she was able on her third try to touch the edge of the chair with the back of her knees and was able therefore to sit down safely to begin the next part of this dancing exercise. Through repetition this instrument has begun to feel as though she can see the chair that is behind her. It is as though this aspect of the Steiner exercises has awakened the vision in her back.

Logically, linearly speaking, there is no vision in the back of the head or in the back. Nevertheless, the Steiner exercise is slowly working to increase her ability and the ability of her very human body to be aware of the environment about it.

We hope that this discussion has provided the one known as K with sufficient inklings and ideas that she may follow through with that so that she is able to become more comfortable and to make more progress with this way of seeing. It is indeed a kind of seeing that your culture does not recognize at all. There is nothing in the life experience of your culture that would help you to awaken the visualization ability. The things within your culture that are more able than others to awaken the ability to visualize are the reading of stories and the imagination that creates the seeing of those stories coming alive in one's head. Telling oneself one's own stories is a very helpful exercise in awakening the visualizing ability.

Most of all, it is well simply to trust the self and to trust the impressions of information which are given by the self to the self when in a focused state.

May we ask if there are any follow-up queries at this time? We are those of Q'uo.

**K:** Thank you again, as always. And no, I don't have any follow ups. You have been very helpful.

We are those of Q'uo, and are aware that you were speaking, my sister, but this instrument's ears were not able to pick up that which you said. May we ask if you could repeat that which you said before? We are those of Q'uo.

**K:** Yes, of course. I was saying, thank you, the answers that you gave were very helpful and complete and I appreciate your service very much. And everybody else who is present, especially Carla and Jim. And no, I have no further follow-ups at this time.

We are those of Q'uo, and are aware that you do not have any follow-up queries at this time. In that case, my sister, may we let our hearts overflow with our thanks to you. It has been such a pleasure to be with you, to share the energies of this group, and to rest in your sacred space that you have created together in this circle of seeking.

Thank you for allowing us to share our humble opinions with you. As always, we would ask that you guard your own thoughts carefully and not listen to any of our thoughts if they do not seem to you very resonant, lively and useful. If you will guard your own perceptions and discriminate carefully between thoughts that are helpful and those which

need to be left behind, we cannot express our appreciation enough, for that clears us of our concern that we might infringe upon your free will.

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.

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[1] Carla had worked carefully with K to get the best possible wording of her main question. The final version was accepted fairly close to the start of the session.

[2] Two web sites that seem useful are these. For information about Lao-Tzu, use this site, [www.yakrider.com/Tao/laotzu.htm](http://www.yakrider.com/Tao/laotzu.htm). When you are ready to dip into the text, use this site, [www.nokama.com/tao/](http://www.nokama.com/tao/).

[3] Two web sites on Gandhi that seem good to me (Carla) are [www.mkgandhi.org/](http://www.mkgandhi.org/) and [www.mahatma.org.in/index.jsp](http://www.mahatma.org.in/index.jsp).

[4] A good web site for becoming familiar with Rudolph Steiner's Eurhythmy is [www.rsarchive.org/Eurhythmy/](http://www.rsarchive.org/Eurhythmy/).

## **Special Meditation**

*January 20, 2006*

**Question chosen by PLW [1] poll:** Q'uo, so much of the new age rhetoric that I've been hearing on the internet the past few months is very similar to dialog we shared ten years ago on our on-line spiritual study groups. They talk of ascension, dimensional shifts, earth awakening, the arrival of the Aquarian Age, and so forth. There is clearly a cycle to all this and different waves of people appear to be initiated into the ideas annually. I can remember a decade when spiritual brothers and sisters were "ascending" and leaving our study groups to go back into the world and take on new tasks. Please talk about the different waves of ascension and the why and how of the way it affects us all so differently. I am fascinated at the different time-lines to this. I have a sense that ascension of some kind has been taking place since the beginning of time. Please offer any comments that you might have about this.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and the light of the one infinite Creator, in Whose service we come to you this day. We thank the ones known as S1, S2 and Carla for forming this circle of seeking today. It is a great privilege to be asked to join your circle and to speak with you about these buzzwords of the New Age: ascension, dimensional shift, and the Aquarian Age. We are most happy to do so.

We ask, as always, that each use their discrimination in listening to our thoughts. If the thoughts seem good to you, please use them. If they do not, please drop them and move on without looking back. We would not wish to create a stumbling block in your own experience. If you will guard your discrimination carefully then we will feel free to share our opinions without being concerned that we might infringe upon your free will. We thank you for this consideration.

It is an interesting thing to speak concerning this topic, because the surface aspect of the topic is indeed full of clichés and buzzwords. If one moves beneath the surface of this topic, however, one finds an authentic thread of information that is part of what this instrument would call the eternal wisdom.

There are indeed cycles upon your sphere, within your solar system, and within your galaxy that are impinging upon your Earth at this time. It is an amazing time of the collection of the old and its eventual disposal and the dawning of a new heaven and a new earth. It is, indeed, that time that has been predicted and discussed for many of your centuries and even millennia. It has been a part of the indigenous culture of several of your religious and cultural systems.

Depending upon the source who is studying these systems, they are [classified as] either religious or mythical. However, the basic concept, of there being cycles of time that cover thousands of your years and that have to do with the perception of the stars and

their courses, is a part of the very fabric of all of the cultures of your planet. There are very few of your peoples that do not have, in one way or another, the stories of large portions of time within which entities proceed until they come to the end of the perceived time of things being as they are. There is at that time a sea change. One tide goes out and another comes in. And there is a new way of experiencing time and space, as we have discussed with this particular group.

The cycle that is now ending is marked as ending approximately at the end of the year 2012. It is indeed, among other things, a cycle that is astrological in nature, where there is a shift in the energy that is at the heart or the womb of the space/time continuum, as this instrument would call it. The energy has shifted almost entirely as we now speak.

The departing energy is an energy that has the nature of water, which is the nature of your body and the nature of so much of your planet. It is shifting over to an energy that has to do with air and fire, and these energies are interpenetrating the basic third-density energy, shall we say, of water. This is causing tremendous changes in your planet and in your body systems as that very watery medium, that is the interior of your body, experiences the tremendous interpenetration of the new energies.

This is, in general, the larger cycle about which we would talk at this time. It is, as we said, an authentic change of the way the core of your experience comes to you. You are one of the last generations of those who experience third density in a third-density activated body. There are upon your planet at this time many entities that have a dual activated body, their energy bodies being activated in third density and fourth density.

And this brings us to the discussion of a whole different set of cyclic patterns that the questioner has observed, quite accurately we feel. Let us talk about some of these cycles of those who are approaching the information for the first time. This instrument, being in her sixties, is one of the early type of wanderers that no longer are coming among you. This instrument and many, indeed, millions of those who were called to the travail of your planet, came among you as pioneers of a kind. They choose to incarnate in third-density bodies, but they also chose to come into third density with a certain degree of awareness of their home densities, which were mostly of those of fifth-density and sixth-density social memory complexes.

There are a few fourth-density positively-oriented wanderers among you at this time, but, for the most part, if you are a wanderer you are probably from the density of wisdom or from the density of unity, that density in which wisdom and love are balanced.

Indeed, the majority of those who are among you at this time as positively-oriented wanderers are those from the sixth density. And your interest in coming to the Earth at this time was to improve the balance of love and wisdom in your active, conscious personality.

The reason this was so attractive to you is that within the boot camp atmosphere of third density you can get a lot done in a short time if you have the dedication of your will to a

chosen and carefully manicured or articulated goal. The key is continually to review your goal and dedication so that you maintain a focus over time.

The great difficulty with wanderers of this type is that they may fail to wake up to who they are. Many of those among your wanderer population on this planet have indeed not awakened. However, under the pressure of the increasing dynamic between the new fourth-density energy and the old third-density energy, the polarity that is native to each of your systems is being tweaked and prodded by the dynamic energies so that it becomes more and more obvious to entities that there is something going on to which they need to wake up. That is one large generation of those to whom this information is especially important and attractive.

The next wave of entities which came upon your planet is of those which arrived in births during the 60s and 70s. These were an intermediate type of wanderer whose goals were not so much oriented to work in consciousness within their own personalities. These were personalities who were still hearing the travail of planet Earth as the planet itself became more and more reactive to the energies of hostility and aggression that have been increasing among your global population in response to the increasing dynamic betwixt the light and the dark, that is which is to come and that which is ending.

These entities were less concerned with their own studies in learning and more concerned, in a more urgent fashion or more of a feeling of urgency to wake up and create a shift in consciousness among the tribes of Earth. Among these wanderers, there is a tendency to be overly concerned with the urgency of the situation. In so many cases the problem is not waking them up but rather moving them to a more balanced and calm point of view where their very real skills can be used more fully. And so, to this very large bunch of wanderers, we find the challenges of awakening being very slight but the challenges of spiritual maturity to be much larger.

The third generation of those who have moved into the energies of planet Earth at this time from other places in space and time are those pioneers of fourth density who have wandered here with the firm intention of helping not only the planet's people, but the planet itself. These entities are equipped with the ability to withstand a tremendous amount of disharmony and chaos. They do not do this with a great deal of native joy, but their makeup is such that they are capable of independent action and have little use for the traditional kind of authority which expresses itself in your established religions and those cultural icons such as the classical philosophies and so forth. To these entities, the Earth itself is speaking.

These entities are often called the Indigo Children or the Crystal Children. There are many words that try to describe the difference betwixt this generation of wanderers and previous ones. The hallmark of this breed is an insensitivity to traditional modes of expressing religious dedication while maintaining a great sensitivity and an authentic feeling for the most intensive kind of work in consciousness that is chosen by the self for the self and created as an individual expression rather than there being a great desire to become a part of an already established religion.

Nevertheless, in this last generation of wanderers there remains a feeling for the group. So you will find entities in all three generations whose interest includes the desire to reconnect with their families.

This group of large groups constitutes the wanderer population of planet Earth.

We naturally encourage all wanderers to awaken and to be aware that entities that they meet may well be entities [of] their larger group, since there are millions of wanderers upon Earth. They have in common a tremendous love for the planet, for its people and for the Creator and a serene and undisturbed belief and faith, in an unconscious and carefully protected part of the personality shell, that they are in the Creator's service and part of the godhead principle.

There is a small group of entities who are native to the planet Earth. These entities have won through, in some cases, to graduation and have indeed graduated but have decided to move back into third-density incarnation to see what they can do to bring the rest of the people of the planet along with them in embracing the light.

Then there are people who come from many different places, who have entered your planetary system as souls from other third-density planets that have failed to complete their third density. These include entities from the planet you know as Mars, where they were unable to finish out third density because of creating conditions that made their third-density planet uninhabitable. These entities have in common with the Indigo wanderers a great desire to be stewards of planet Earth, to stop the destruction of the planet that your people have thoughtlessly promulgated over the last 200 or so of your years and to restore and constitute a healthy third density to leave behind as third-density [as] planet Earth closes itself out.

This will not occur suddenly in terms of there being a necessity for a sudden change of third to fourth density. Rather, there will be a time of between one and three hundred of your years, from the probability/possibility vortices at which we now look, where your peoples will be able to continue to incarnate in third density to continue to heal the planet and to harvest those entities who are ready now to choose light over darkness, love over fear, and the lessons of the compassionate heart over the lessons of self interest. These are the cycles that we see at this time.

The great cycle is that cycle of almost 76,000 years that coincides with your astrological periods. During this 76,000-year period, your Earth has had three harvests, what this instrument would call three minor cycles. Third density is made up of three of these minor cycles. Your third cycle has now matured. Its patterns are being seamlessly finished. Each of your entities is choosing, at a soul level, their choice of polarity, their choice of service, and their choice of learning.

We are here to speak with those who have chosen at this time to polarize to service to others, to attempt to find out how [to] open the heart and to seek the truth of that heart.

We are here to help you in any way that we can with that task. It is a formidable one. It has been a pleasure to work with groups such as this one for some of your years now.

We have seen a tremendous dawn break upon your planet. We realize that the outer picture remains grim. We ask you to look beyond the surface. Those who are in power upon your planet have a great tendency to be oriented to service to self. It is natural for this to be so at this time, as the dynamic between service to others and service to self becomes more and more obvious. However, this does not have much to do with life as lived by the majority of those upon your planet.

In general we see the peoples of your planet awakening in record numbers all over the globe. It is very exciting to see and feel the energies of the people stir and to become aware of the fact that there is something happening of which they can be a part, that it is truly positive, and that it will truly change the face of the Earth. It is a dim awareness but there is a stirring that cannot now be put back to bed.

And those among your people who are indeed service to self are most troubled to feel the muscularity and the power of the awakening of the tribes of Earth. It is occurring. Groups small and large have begun banding together for positive purposes, not to gain power or to maintain power, but to share power with those who are powerless. That time is now arriving when the last shall be first, the hungry shall be fed, and the rich shall be sent empty away.[2]

It is a time of rejoicing, for it is the herald of a new day. There is a great deal of difficulty that is inherent in the changing of the guard. Your planet will continue to go through difficulties. The weather will be disturbed as the natural processes of your planetary change are pursued in an inevitable and appropriate manner. Do not be dismayed.

This is a time that may try you physically. You may be caught in difficult weather or in times of trouble where people are without [electrical] power and have to respond to the trauma through which the planet itself is going as it releases a good deal of what this instrument would describe as hot air.

There is a tremendous amount of heat that has been stored in the planet through its natural process of cooling. As the planet expands, there are bands of points of heating that must come up through the crust of the planet and express the extraneous heat, so that the planet itself does not break apart. This has changed your weather patterns.

The tendencies of your more developed cultures to misuse high technology and create further difficulties with the air, the water, and the earth in terms of its organic balance have accentuated these natural processes of planetary change.

So for you who are in incarnation at this time, these cycles have created an interesting and challenging environment in which you can guarantee that things will not stay the same. There is a feeling of planetary change in the climate as well as in the climate of the emotions of the heart of the people.

We would encourage you at this time to realize that you are here, not to be concerned with these changes, not to react in fear of them but rather to lend to this environment, which could be distressing for many, the comfort of your faith. Many are listening and looking for some indication that there is hope and a positive expectation possible for those upon planet Earth at this time. And so we would say to you that if you are awake and if you wish to serve, you are in an excellent position to do so, simply by being who you are.

Please see yourself as magical, powerful parts of the godhead principle. You are spiritual entities who have chosen to take flesh for very laudable purposes at this time, and we do praise you for having the courage to come into incarnation at a time that is very challenging to the senses.

For those who would wish to remain safe and unchallenged, this is a difficult time. We ask you to respond to these waves of intense energy that you are feeling not with fear but with faith. Take this opportunity to stand on your own two feet and remember who you are and why you are here. As you breathe in and as you breathe out you are little lighthouses, able to take that breath and that energy of life and bless it with your firm intention to serve. The glow and the radiance of your beings shall be a beacon for many. You do not have to explain, or discuss, or *do* anything to be light workers at this time. You have only to be yourselves and to know yourselves. So we would ask you to investigate and explore who you are and why you are here. We thank you for this question and at this time we would ask if there are any questions with which you would [wish] to follow up. We are those of Q'uo.

(Pause)

We find that there are no more questions at this time. We thank you for calling this circle. It has been our pleasure to be a part of your meditation and we have greatly enjoyed the beauty of your vibrations. We are known to you as the principle of Q'uo. We leave you in the love and the light of the one infinite Creator. Adonai. Adonai.

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[1] Planet Lightworker Magazine ([www.planetlightworker.com](http://www.planetlightworker.com)).

[2] This is a rough quote from part of Mary's words when her angel told her she was to give birth. These words were made into a song, the *Magnificat*, so named because in Latin, the quote begins "My soul doth magnify the Lord." The precise quote, as found in the Episcopal Hymnal, is: "He hath filled the hungry with good things and the rich he hath sent empty away."



## Special Meditation

February 6 2006

**Question from E:** (*Jim reading E's question.*) "Carl Jung's book, *Personality Types*, which was published in 1929, and Kathryn Briggs and Isabel Briggs Myers' subsequent development of the Myers-Briggs Type Indicator® personality preferences of Extraversion or Introversion, Sensing or iNtuition,[1] Thinking or Feeling, and Judging or Perceiving are used to describe sixteen different personality types. I believe that the sixteen MBTI personality types are indicative of the personality shells referred to by Q'uo in prior meditations. Can you confirm this? Would you offer any comments that you feel might be helpful in this issue?"

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and the light of the one infinite Creator, in Whose service we come to you this day.

We thank the one known as E for calling this circle of seeking together. It is a privilege to join the circle. We thank you for the beauty of your beings and for the energy and will that it takes to create this kind of moment where a circle of seeking may be called. It is our privilege to speak with you. We will attempt to share our opinions with you as we can.

Please be aware, as always, that we very much hope that you will use the utmost discrimination in listening to what we have to say. Work with any thoughts that may appeal to you but if there is any question in your mind as to the opinion that we offer, then we would suggest that you put it aside without a second thought. For you are not well-advised to follow the authority of anyone. Rather, you are well-advised to follow the resonance of your own discrimination, to pick up those things which seem good to you and to leave behind those things which do not. We thank you for this consideration. It will enable us to speak freely without being concerned that we will infringe upon your free will or interfere with your process.

The phrase, "personality shell," is one which we have encouraged this instrument to use without ever having, to our knowledge, made a careful attempt at defining precisely in what a personality shell may consist. We gather that your request is aimed at discovering more about this term, personality shell, especially as it may resemble the sixteen types of the personality traits in combination that the Myers-Briggs test offers as its sixteen ways of describing various personality types.

We may say that there is a rough correspondence between the phrase, personality shell, and the general concept of the MBTI test. Indeed, any of your tests designed to differentiate between different types of ways that entities process information and come to decisions fulfills the rough designation of an examination of the personality shell. However, there is no more than a rough correspondence for the reason that a personality

shell is the entire structure of an entity, whereas tests test certain aspects of a personality that seem to be helpful to measure.

When we use the phrase, [personality shell,] the attempt to measure the personality is not present in our use of that word. To us, the term, personality shell, is indicative of a loose collection of items that have been selected from the 360 degrees of your infinite or eternal soul or spirit.

You have experienced many things through many incarnations. You have gained in life experiences and in the long list of deeds well-done and those deeds which upon reflection after incarnation you have decided to revisit in future incarnations. [These] make up the whole of what we have before called that suitcase full of gifts and limitations which you have chosen as your garments, shall we say, for the dressing of your personality in this incarnation.

The ways that the Myers-Briggs test looks at characteristics of a personality can be seen to be extremely helpful, as the one known as E has said, for determining in a short amount of time a substantive and sturdy bit of information that offers keys to the entity who has taken such a test.

It is not the view that we see when we gaze at the personality shell of an entity because, as we said, we do not measure in the same way. We see into each entity's surface mind and down into that mind to the extent that we are allowed and that we are able. Those are two separate qualifications. In the first place, some entities have extremely closely-controlled minds and they have spent a certain amount of time defending their territory or energy field, which the consciousness or the thinking of that being has created.

Most entities among your peoples are not well-defended in terms of their thoughts and the structure of their personality and therefore they are fairly transparent to those such as we who see or sense into the qualities of the various combinations of energies that make up your energy pattern. You might see this in terms of colors and shapes. We certainly do.

We do not have to analyze or think about what we see because we are used to viewing energies in this way as pure vibration, and, therefore, it is second nature to us to see you in this way, whereas it is more difficult for us to enter into your language and to find specific information within your minds.

We gaze at this question for those items on which we may speak further to you that might be a resource in considering this question of what the personality shell is. We believe that we have expressed the concept that the personality shell, as we use that term, is not only a selection of personality traits such as preferences and ways to acquire information and process information but also includes items that are difficult to categorize to a mind such as we find this instrument to have. She does not grasp how you would characterize or categorize limitations, certain placements of limitation, and so forth. The placement of limitation has a special niche in the personality shell.

Many of those among your peoples in incarnation at this time have placed certain stoppages or limitations that will keep them from moving too far along an extreme towards an end that is not desired by the soul or spirit. An example of this is this instrument's lifelong dynamic of frail and fragile health. This instrument carefully placed in its personality shell before incarnation a limitation that would come forward whenever this instrument chose, of her own free will, to move into a physical activity to the extent that she was unable to pursue a daily, inner, meditative and contemplative side. When this instrument has in the past developed such an aggressive and ambitious program of physical activity that it has found itself unable to feed its deeper needs in terms of contemplation and meditation, the physical body has simply broken down.

There are entities who have not placed this stoppage in their personality shell because they do not have the personality setup that this instrument created for herself before incarnation. For each entity, there will be a completely different dynamic, undoubtedly a different incarnational balance that needs to be followed and therefore a completely unique way of limiting unwanted activity within the spiritual process.

This is the kind of hidden material that a test such as the one known as E has been studying cannot cover and could not be expected ever to cover because of the fact that the means of instrumentation for recording such preferences [does not exist,] since they are unknown in any conscious way to the entity within incarnation. It would be impossible to gather this information.

Further, the personality shell, as it is brought in at the beginning of incarnation, is organized not in terms of characteristics but in terms of energy center originations. There are some energies that are especially adapted to red ray, some that are adapted to orange ray, some to yellow ray, and so forth, through all of the colors of the various energy centers.[2]

In many cases, what seems on the surface to be one characteristic is in actuality an entire octave [3] of characteristics because of the fact that that characteristic coming from red ray is of one coloration, coming from orange ray is of another coloration, and so forth.

May we ask if there is a follow-up query before we move on to your next question, my brother? We are those of the Q'uo.

**E:** No, thank you, Q'uo, I understand your words.

**Jim:** (*Reading from E's questions.*) "Second question: I believe that the various paths of spiritual growth identified by Sandra Krebs Hirsh and Jane Kise's book, *Looking at Type and Spirituality*, are indicative of the various paths to spiritual growth and possibility evolution for our personality shells. Can you confirm this?"

(Carla channeling)

We are those of the principle known to you as Q'uo, and are aware of your query, my brother. Because this study is a portion of your active process at this time, we are not able to infringe upon your own judgment by making a judgment of our own.

We would simply say that we feel that all of the study that you have engaged yourself in doing has been helpful in your process and we would encourage you to continue searching and seeking for the truth within the folds of the illusions which reveal and yet conceal so much of the infinity of the human whole in potentiation.

May we ask if there is another query at this time?

**E:** I can understand how this would be helpful to me to continue the study, but would it be helpful to others?

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. We believe that, in general, a careful and thoughtful consideration of the nature of the self is always healthful and helpful in the outworking of a spiritual process within incarnation.

We find that, depending upon the nature of the central core of the personality, shall we say, and, further, the nature of the training of the mind of that entity in terms of intellectual training, the information involved in the study of psychological types is very variable in its helpfulness.

To one kind of person, looking at the self in genuine pondering, musing and questioning, such information is powerful material and conducive to helpful reflection. We find that in other cases, there is almost no interest in this kind of information because the entity who is working through the study of his or herself is looking at the self from a non-materialistic way.

In general, those who work analytically and mentally will find the study of psychology and psychological types to be far more helpful than those who are what this instrument would call mystics or spiritual students of the kind that this instrument would call chelas, under the guidance of a guru or teacher.[4]

For those who are focused on a guru or a beloved teacher of some kind, the only truly helpful information involving personality is that information given by the very being or presence of the teacher. Caught within the unspoken wholeness of this entity's presence lies the entire whole of the information that is interesting to that type of personality.

To move to the extreme of this type of personality, there is an entity such as this instrument which does not accept any guru or teacher except the Creator Itself, in the guise of the Christ, which this instrument has come to know not only from its culture and its religious training but from personal experience.

Whether an entity is of the type, such as this instrument, who puts a face on the Creator or whether an entity which is of the mystical type is of that type of personality which does not require any personal information in order to be devoted to the infinite Creator, the Creator Itself is the image, the icon, and the entire information database, shall we say, that such a mystical person needs in order to investigate the self.

On the one hand, an analytical entity is moving into pondering itself as a self, possibly a Creator. On the other hand, a mystical entity of a non-analytical type is moving into the self from the energy of the Creator, moving or reaching up into that area which is called the gateway to intelligent infinity, which in terms of the physical body is placed at the top of the head and is generally called the eighth chakra or the crown chakra.

The call, then, is from the Creator downward and the entity is pulling into the self that knowing that moves beyond all analysis. It is to this type of entity that information will come in a conceptual form rather than in an analyzable form.

The beauty of this kind of personality in terms of receiving information of a helpful, spiritual nature is that it is received in relatively intact form. The limitation of this kind of information is that it is difficult to translate into words, and therefore it is difficult in some cases to analyze in such a way that one may see the composite parts of the structure of thought that are involved in the concept.

Similarly, the value of analysis and measurement is that it is very clear and offers substantive information that can be picked up and used in third density. It fits language and it works in the space/time continuum, in consensus reality. The limitation of moving from analysis, study and research into a knowledge of the self is that it will forever escape the reach of analysis to comprehend or “feel” into the texture and the sense of self that comes from an acceptance of the self as part of the Creator, and, therefore, an acceptance of the whole of the self without understanding the way that that whole can be analyzed or divided up in the most skillful or intelligent manner.

May we answer you further, my brother?

**E:** No, Q’uo, I appreciate the examples of the various processes of the seekers. It has helped me understand better.

**Jim:** (*Reading from E’s questions.*) “I believe that I am a wanderer and that my son, H, and daughter, M, are wanderers. Can you confirm this? Please offer any comments you feel may be helpful to me to ponder in dealing with this facet of my personal history and those of my family on Earth.”

(Carla channeling)

We are those of the Q’uo, and are aware of your query, my brother. We may indeed confirm that each of those whom you have mentioned is a wanderer. As always, when we

offer this kind of information, we do wish to seat it in our understanding of what it means at this time to be a wanderer upon planet Earth.

Many are the wanderers who have not awakened as they hoped to awaken within the dream of incarnation upon your planet. For those who have not awakened, it means nothing to be a wanderer on the planet Earth. Without the awakening into a realization that there is a larger perspective than the one offered by the culture in which you all are embedded, the usefulness of the knowledge of being a wanderer has not yet taken effect.

Once a wanderer has awakened within that dream of consensus reality and has become aware that he is a child of eternity and that he has come into limitation and finitude for carefully worked-out reasons, then it is helpful to realize that one is a wanderer. It is extremely helpful in that it enables one to deal in a sensible and rational fashion with certain feelings of isolation, abandonment and distaste that are often the concomitant experiences of wanderers who have moved into third density in order to serve and to learn.

It is very helpful for entities to realize why they feel out of place on planet Earth. They feel out of place because they have come from elsewhere, and this is in some cases a new experience. In other cases [it is] not a brand new experience but certainly an experience that does not match those memories of times long past when the vibrations were of a higher density and the conditions of living were more attractive in some ways.

Once an entity becomes aware of the reasons for feelings of alienation and loss it is far easier for that entity to review that which he knows about his estate and to attempt to recover the essence of his determination to make the choice to enter incarnation upon planet Earth.

In all cases, this spot of coming into a body on planet Earth at this time was very difficult to obtain. Each entity who wished to serve and learn at this crucial time in your planet's progress offered itself, its being, its plan of incarnation, and its hope both to learn and to serve. You were given a spot because you were exceptionally well-gearred to come into incarnation, to wake up, and to recall your program, and therefore to be able to be a co-creator for the rest of your incarnation in manifesting that which you worked so hard to achieve the opportunity to express.

We would say two things to those who have awakened within incarnation and are now aware of their wanderer nature.

Firstly, we would ask you to humble yourself fully, and to realize that you are not from a higher density now. Now, you are natives of planet Earth. You have earned that right by taking a grave risk. You have jumped into third density, shall we say, at the deep end of the pool. There is no guarantee that you will remember, and if you remember there is no guarantee that you can manage to come fully into incarnation. That is the first thing that we encourage wanderers to do. It is very easy to miss higher density experience, and yet

that is not why you came. If you wished higher density experience, you would never have left.

You very much yearned to serve at this time. Therefore, we ask you to fully incarnate, to the best of your will and zeal to do so. See the beauty of this environment. See the Creator within your fellow beings, as confused as they are. See the Creator within your own confusion, and forgive yourself for taking a long time, in some cases, to awaken fully.

Once you have fully brought yourself down to the earth of Earth, once you have grounded yourself as an Earth native, then the second thing that we would encourage you to do is to rest daily in an open-ended willingness to see into your pattern and your purpose.

The full shape of any entity's life is hidden in that which surrounds the appearance of an incarnational life. There is much of your consciousness that does not move into the light of day but rather continues its work during subconscious and unconscious processes. However, it is given to those who ask to find answers. And if you do not ask, if you do not avail yourself of your guidance, you shall not be able to be visited by those blessed ones who await your requests for guidance and help.

May we answer you further, my brother?

**E:** No, Q'uo, thank you for the beauty and perception of your comments. I feel especially moved and ready to implement them.

(Carla channeling)

We are those of Q'uo, and greatly appreciate your comments, my brother. It is a blessing to us to know that some of our comments may have helped in your seeking. That is far more than we could hope and we are extremely grateful that this has occurred.

Is there another query, my brother, before we leave this instrument?

**E:** No, thank you.

(Carla channeling)

In that case, we will leave this instrument and this group, glorying in the peace and power of the one infinite Creator and resting in Its love and Its light. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

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[1] The N in iNtuition is capitalized on purpose by the authors. That N is used instead of the I that starts that word in order to differentiate it from Introversion, which uses up the I in their abbreviation system.

[2] The colors to which the Q'uo are referring are the "Roy G Biv" rainbow colors of red, orange, yellow, green, blue, indigo and violet. The chakras are assigned to the body along the spine, starting at the spine's base for red ray, with orange ray in the abdomen, yellow ray at the solar plexus, green ray at the heart, blue ray at the throat, indigo ray at the center of the forehead, and the violet ray at the top of the head.

[3] The Q'uo seem to be suggesting that within each chakra or energy center there is a complete sub-octave of associations, red through indigo ray, presumably with the crown chakra, just above the head and white in coloration, as the octave chakra.

[4] In Hinduism, a disciple is called a chela, or as it exists in ancient Hebrew, selah.

## Special Meditation

February 7, 2006

**Question from E:** (*Jim reading E's question.*) "Edgar Cayce said that most modern astrologers use the wrong zodiac and should be using one based on the "Persian calendar." The use of the sidereal zodiac, which accounts for precession of the stars as espoused by Cyril Fagan and Donald Bradley, results in rotating the planets about 24 degrees clockwise in the horoscope chart or eight-tenths of a sign backwards when compared to the use of the tropical zodiac. For example, my Sun sign is Pisces in the tropical zodiac, yet falls back into the sign of Aquarius in a horoscope based on the sidereal zodiac. I believe that my Sun sign is Aquarius. I also believe that the use of the Fagan/Bradley sidereal zodiac is more accurate than that of the tropical zodiac to determine the placement of the "planets," which also include our Sun and Moon, in the signs and houses of a natal horoscope. Can you confirm this?"

(Carla channeling)

We are known to you as the principle of the Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we visit with you today. Thank you so much for inviting us to join your circle of seeking at this time. Thank you for the gift of your calling and the beauty of your vibrations. It is a great pleasure to respond to your queries at this time.

We would ask of each present and each who may read these words, please, to value greatly and honor your own powers of discrimination. Be careful in discriminating between those ideas that seem resonant to you and those which do not. Select only those ideas with which it seems resonant to you to work. We are then far more able to relax and offer our thoughts without being concerned that we might infringe upon your free will. We thank you for this consideration.

With regard to the query asked by the one known as E concerning the use of the sidereal astrology as opposed to the tropical astrology, we cannot confirm the choice of one type of reading over another, and we would make a few comments about our inability to confirm this preference.

It is our understanding—and we offer it humbly since we feel that it is only a rough approximation of the truth rather than the precise truth—that the use of both sidereal and tropical astrological charts is appropriate when studying the influences which make up the geography of an entity's interior landscape.

There are two aspects to a density. One aspect is relatively fixed; one aspect is relatively unfixd. The masculine side of the study of astrology is that of the tropical astrological chart. It represents that which is fixed into the Earth by the occasion of your birth into third-density existence.

There is another aspect which influences the use of astrology and this is the feminine aspect of the density. In this focus of astrology, the information is considerably helpful, but it does differ from the tropical chart in that it embraces more of the unfixed or soul-driven, if you will, aspects of personality.

Therefore, if an entity is actively investigating his own soul aspects, it is quite likely that he will find sidereal astrology more helpful in describing the environment in which he finds himself in his inner work than if he uses the tropical astrological chart.

Gazing at the differences between a sidereal and a tropical chart will give to an entity an interesting view of the various aspects of his own character. The sidereal aspects describe more the soul aspects of the entity, whereas the tropical chart describes more the personality or applied incarnational aspects of a personality.

Looking at the difference between the two gives to the student of his own personality an idea of the dynamics of the earthly self with respect to that self which entered incarnation and that self which shall remain after incarnation.

Neither aspect is higher than the other aspect. We wish to make that clear. The two aspects are, as it were, the vertical aspect and the horizontal aspect of that cruciform nature of personality. There is that vertical aspect that touches down into the earth and holds into incarnation certain aspects of the personality, and there is that floating or horizontal aspect to the personality that is never completely nailed down by incarnation, but rests within the energy body as the deeper aspects that the soul has brought forward into incarnation at this time.

May we answer this query in any fuller way, my brother, before we move on? We are those of the Q'uo.

**E:** No, Q'uo, that's fascinating information to learn about, and I'm still mulling it over at this time.

**Jim:** (*Reading from E's questions.*) The second question is: "I believe that the planets in the signs of our natal horoscope are representative of the energies of our inner or hidden soul pattern. Can you confirm this? I also believe that the natal planets in the signs in a sidereal horoscope are comparable to the potentiators identified by Ra in Book IV. I believe that the planetary aspects with small, close orbs in our natal, sidereal horoscope represent our lessons to be learned in this incarnation and I believe the transiting planets, which aspect our natal planets, identify the functional energies that Ra called catalysts of our experiences and signifiers of our choice. Can you confirm my beliefs in the astrological relationships? Please offer any comments you feel may be helpful."

(Carla channeling)

We are those of the Q'uo, and are aware of your query, my brother. We find that we cannot confirm the correspondences that you so carefully have put forward. We find them

provocative and interesting. There is fruitful subject matter within these assumptions for much thought, and we encourage you [to] go forward with your observations and your attempts to find correspondences.

We would, however, suggest that the attempt to wed astrological information and functions or aspects of the archetypes is doomed to failure if the attempt is made to bring correspondences forward on a one-to-one basis.

The reason for this is that each entity is a unique expression of the infinite Creator. Each relationship that an entity makes to an archetype is made often unconsciously and almost always without any firm intention of addressing an archetype. The situations that an entity enters are full of possibilities, and when an entity's response to those possibilities moves along a line that identifies feeling or emotion and allows that feeling or emotion to be filled with the information of love and light, by whatever means such an entity chooses to use, that entry into the archetype becomes a thing in itself, or as this instrument calls it, a *ding an sich*.<sup>[1]</sup>

It is not dependent upon the personality or the situation of an entity, but rather it is dependent upon the choices and the attitudes of a moment. For an entity to move as often as possible into archetypal work, it is well for that entity to observe carefully thoughts and their attendant emotions and feelings.

When thoughts contain passion, will, emotion or feeling—and we are vague about this carriage of energy because the color of thought is a very complex subject—then it becomes a candidate for helping a spirit who is seeking to move deeper in knowing itself to do so. Without this carrying of color, feeling or emotion, the thought remains interesting and valuable on an intellectual level, but it does not become fixed into a vehicle that will move the entire seeking spirit deeper into its own experience of itself.

Consequently, although there is much interest and much potential within this question and the pursuit of it by the one known as E, we would suggest that the initial correspondences suggested are simplistic.

We would also suggest in this regard, that if the one known as E expands the kinds of information that he moves into this correspondence list, he may find interest in several different avenues of expression. The one that we would suggest that this entity examine further is that seemingly disparate correspondence set of organs of the body and the various planets.

It may well be that as more details are compounded in this correspondence list, there will come to the one known as E a subtle and interesting pattern that creates for this entity a more satisfying overall set of correspondences than this entity has yet discovered.

Is there any further query on this topic before we move on, my brother? We are those of Q'uo.

**E:** No, Q'uo, I see I have my work cut out for me. Thank you for the suggestion of the comparison of organs of the body and planets. I'll pursue that.

**Jim:** (*Reading from E's questions.*) The third question is: "I believe that the positions of the moon's north and south nodes in a sidereal natal chart identify the energies that express the dharma and karma, respectively, that are to be experienced and possibly balanced in our lives. Can you confirm this? Please offer any other comments that you feel may be helpful."

(Carla channeling)

We are those of Q'uo, and are again, my brother, aware of your query and at the same time unable to confirm your initial conjecture. Again, we would suggest that you be very patient with gazing at and sensing into the kinds of correspondences that you may find.

The road that you are on in this query, we may say, is encouraging and we believe that you will find quicker bounty in working with this correspondence than you will find in your previous query. However, because of the complexity of the soul involved, it is impossible to identify the sidereal aspects as the only aspects that move into helpful information or resources [with regard to] what you have called the dharma and karma.

We would further suggest that once you have uncovered and identified that which is your settled opinion, it is helpful to release such information and conjecture from becoming completely literal. It is helpful at all times to remember that astrology is partly science and partly art. It is partly an examination of mathematical relationships and the structure that those mathematical relationships build when one decides that the center of the universe is the self.

May we ask if the one known as E has any follow-up queries on this question before we go forward?

**E:** No, Q'uo, not at this time.

**Jim:** (*Reading from E's questions.*) The fourth question is: "I am preparing an Archetypes in Astrology presentation that I believe may be comparable to the use of the Tarot's major arcana cards for archetypal study as outlined in *Book IV of The Law of One*. How may I improve the presentation to reach others interested in studying techniques for spiritual growth and evolution using astrological archetypes?"

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. We respond to your query indirectly, in a certain sense, in saying that we do not wish to discuss with you any of your concepts. However, you asked how you may improve your presentation and we find that you are in a good position to increase the efficacy of your presentation because

of the fact that you are very visual, as you have told this instrument, in the way that you see things and in your ability to create visual aids.

We would suggest that in a presentation of this kind your greatest challenge is familiarizing entities who come from many different places in their own knowledge and understanding with the basic icons or images used in the discussion not only of the archetypes but also of the astrological signs.

Create, then, clear-cut and recognizable and somewhat simplified images and use them repetitively so that, by approximately halfway through your presentation the participants in the discussion that you are facilitating have become aware of your images. Then, each time that they are seen again, the repetition will help to seat the information that you are offering.

We find that entities are also aided by the objective, or what this instrument would call the hard-copy, representation of that which you have to offer. Therefore, it would also improve the entity's ability to follow your presentation if you give out fact sheets. The first of these fact sheets, then, would be the simple or simplified images that you are using in your presentation. Backing these up would be information sheets on each of the images which an entity would be able to read at a later time when the entity was reviewing the information in attempting to seat it.

Is there a follow-up query to this question before we ask for further questions, my brother? We are those of the Q'uo.

**E:** No, thank you, Q'uo, that's good advice.

**Jim:** (*Reading from E's questions.*) Question 5 is: "I believe that there are correspondences in the energies of the planets and our chakras. For example, Saturn's energies correspond to the first chakra; Mars, the second; the Sun, third; Venus, the fourth; Mercury, fifth; Moon, sixth; and Jupiter, the seventh chakra. Can you confirm this? Please offer any comments you feel would be helpful."

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. Again, we cannot confirm these correspondences. We would instead suggest that it may be helpful for you to examine each chakra in the sense of identifying the octave of energies that are available to that chakra. That is, in the red-ray chakra, for instance, there is the red ray's relationship with itself. There is the red ray in its foreshadowing of orange. There is the red ray in its relationship to the yellow ray, the green ray, the blue ray, and the indigo ray.

For each of those chakras, one through six, there is an entire octave of correspondences that may be used to consider the more subtle aspects of work within any one chakra. Any of those chakras mentioned—that is, the first six chakras, not counting the seventh chakra—may have over-activation, under-activation or blockage. And that blockage may

be simple or complex. It may involve one chakra or it may have connections into two or three chakras.

For the most simple work, it is enough to think of a chakra and its basic attributes or the material with which it is associated. For more subtle work, when the initial blockages and so forth have been examined and yet the entity still feels that there is more examination that would be helpful because of some set of feelings, analyses or reasoning in the process of attempting to see the self and to help the self evolve, then it may well be helpful to do the more subtle work and see what some of these more subtle relationships feel like.

Sometimes there is a situation where two chakras at once are caught in a dynamic that is hard to see, and it is very helpful if you will take the time, perhaps at the end of each day, to sit down with the self and move through the thoughts and feelings of the day. When you can identify a particular feeling that you wish to investigate, ask yourself if it reminds you of more than one center of activity.

Perhaps it is a relationship between a question of survival and a question of ethics that moves into either personal dynamics between the self and another self or legal or family dynamics in the relationship with a family member. This is a simple example.

The ways that an entity can become caught in a dynamic between two chakras or even three are almost infinite, and no two entities can do work the same way, not only because each entity is different, but because the experiences that impinge upon each entity are unique.

Our final comment to you, my brother, is not to be discouraged by our many negative responses to your questions on correspondences. You are on a good track of research and a better track in terms of the metaphysical attempt to enter into an understanding of dynamics both in astrology and in the study of the archetypes that escape the bounds of reason, and are found half, as we said, in the science of the subject and half in the art.

When you consider mythology with its many stories and when you consider the story-telling nature of almost all representative art, music and literature, you may easily see that the stories and their influence, in terms of being parables or containing pointed morals or lessons, is quite rich. You may find such considerations interesting and helpful.

May we respond in any further way to this query before we ask for any more questions, my brother? We are those of the Q'uo.

**E:** No, thank you.

(Carla channeling)

We are those of the Q'uo. In that case, my brother, is there a query that you would like to ask at this time before we leave this instrument?

**E:** Yes, Q'uo, one final question. Am I correct in believing that the energies or vibrations of the Sun, the Moon, or planets do, indeed, affect a being on Earth? Could you comment on the energies that permeate the atmosphere?

(Carla channeling)

We are those of the Q'uo, and are happy to comment on this query, my brother. The energies of planets are very powerful in their drawing of certain geographies that are like a street map or a road map of a person's inner landscape. The influences, both fixed and non-fixed, that affect an entity at the time of his birth, and certainly before the birth in terms of the unfixed energies, create the structure of ways which an entity may move to get from here to there.

Now, if this instrument wished to go from Louisville to Chicago, she would look at the map and discover that there was a big interstate that connected those two towns. She might decide to go up Interstate 65 north from Louisville to Chicago. If she decided to go that way, the situation as regards repairs to the road and problems that were experienced on that road at the time that you were traveling to Chicago would impinge upon that journey.

If this instrument decided that she did not wish to go directly to Chicago, she would find that her map extended all the way around the planet. She could choose to go to Europe and then to Asia and then to move around to Siberia and Russia and Alaska, coming over into Canada and down into North America to reach Chicago. That is also a route, and it is interesting to look at an entity's information, as regards astrology and so forth, to make an educated guess as to whether an entity shall choose an interstate and a very direct route to a certain lesson, or whether an entity will choose a roundabout or an outrageously roundabout route that still, eventually, has the capacity to deliver one to the supposed location of one's desire.

Perhaps it may be seen by this example that a great part of the use of astrology is in gazing at one's desires and looking at the use of one's will. What is the most efficacious and skillful way to set about choosing one's goals? And, once those goals and ambitions have been set by the self and acknowledged as that about which the self feels passionately and which it wishes to pursue with all of its heart, all of its soul, all of its mind, and all of its strength, then it is interesting to ask, in the light of these pieces of information about the self, what are the most skillful ways to pursue such a goal?

We would emphasize that the influences upon the self from the stars, planets and other aspects of astrological charts are both clear and offered without the necessity to give up one's free will. One retains one's free will to a complete extent. One may choose to disregard one's planetary influences.

In our humble opinion, it is well to cooperate with one's planetary influences.

The choice that each entity entering incarnation made as to the moment of that birth, as well as the moment of conception and the moment of the entity's entrance into the fetus and/or the infant, are interesting points to consider.

They do not mean that your free will is limited. They indicate the strengths, weaknesses and general topography of the inner landscape. It is always helpful to have a reasonably good idea of what one's strengths and limitations may be as an entity as one gazes at the self, its goals and aims in life, and its heart, its desires, and its will.

In this regard, it is well to know that built into astrology, built into archeology, built into study of the archetypes, indeed, built into almost every way that one can examine the self, there is that combination of science and art, fact and myth, reason and inspiration. Allow these dynamics to play as your mind considers these relationships.

We thank you, my brother, for all of these questions. They are most interesting to consider and we have greatly enjoyed this conversation.

We wish that we could share more positively pointed information with you but we hope that in clearing out some of these first suppositions, we clear the way for you to consider afresh the subject matter before you, which is indeed most ambitious.

We wish you good fortune and good hunting, for you truly are one who puts together the puzzle.

**E:** Thank you, Q'uo.

We thank you, my brother. We would at this time leave this instrument and this group, as we found you, in the love and in the light, the thought and the manifestation of the one infinite Creator. We are known to you as Q'uo. Adonai. Adonai.

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[1] ding an sich: German phrase meaning "thing in itself." Carla studied in college German philosophers, such as Kant, who used this phrase. (See the *Philosophical Dictionary*, [www.philosophypages.com](http://www.philosophypages.com).)

## **Special Meditation**

*February 12, 2006*

### **The Archetype Gathering**

**Group question:** How does working with the archetypes to become them help us in the development of the magical personality?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day to join in your circle of seeking. Thank you, my friends, for inviting us to be a part of your circle.

We are most happy to respond to your question concerning the use of the archetypes in the pursuit of adepthood. However, as always, we would caution you strictly to use your very adequate and competent powers of discrimination to discern what of that which we have to say is helpful to you and what is not resonant to you. If there is no resonance in anything we say, no matter how intellectually interesting it might be, we ask you to leave it alone.

Follow and use the information that does resonate to you, my friends, and in that way we may be assured that we are not infringing on your free will but rather are enjoying a conversation with equals. We would not be an authority over you and we cannot be considered as that and have peace in our minds about that which we offer you this day. Therefore we greatly thank you for your kind indulgence in this manner.

Your query this day revolves around the use of the archetypical mind and its study within the process which you have called evolving the magical personality or becoming a priest or an adept. We realize that the one known as T has been concerned about the issue of adepthood and priesthood and therefore we would like to address this concern as our first topic of discussion, for we feel that it bears much of import.

Not only the one known as T but this instrument [as well] is cautious when faced with the possibility that one might, by asking a certain question or following a certain line of inquiry, be committing oneself to the full requirements of a lifelong, intensive study of the magical personality, the Tree of Life,[1] and the inferred duties and responsibilities accruing to a member of the white magical priesthood, that surprisingly large and largely unknown group of entities who, for millennia of your time upon your planet have maintained stewardship of the Earth, of those energies beneath the Earth, and of those energies within, what this instrument calls, inner or unseen planes, thus working ceaselessly and without any regard for personal fame or renown to balance your island home on its keel as it sojourns about your sun and as your sun sojourns about the edge of the galaxy.

By identifying with their native mountains, plains and oceans, by calling down the highest of the high, and by dealing fearlessly and constantly with that which this instrument calls the shadow or the unknown side of self, this priesthood has served ceaselessly.

And there is that energy within many of those in this group that resonates to the idea of a life lived in service and a life lived in priesthood. We are aware of the concern within this instrument and the one known as T that there might be any hint or shadow of ethical commitment that would be beyond that which entities living as you live, in the lives that you live, could complete. We wish to assure each that those mental reservations create, in the metaphysical world, a contract not to be such a priest.

There is a limit that you have set upon yourself. You wish to relate to the world directly. You do not wish to go into retreat from the world. You wish to engage in the world. This is acceptable within the limits of a more generalized conceptualization of the commitment to living life as a priest or an adept.

There is a general sense in which every entity is a priest. It is said in your holy work that you are a nation of priests and a holy people.[2] We believe this to be precisely correct and, as several of you have noted during this weekend's rich conversation which we have greatly enjoyed being a part of through this instrument's mind, the priestly aspect of your incarnations is becoming and more and more clear to you. You are becoming more and more aware that you carry within you the consciousness of what this instrument calls the Christ or unconditional love.

That which you are pursuing so relentlessly—that being the one infinite Creator, or alternately, the truth about yourself—lies waiting for you not outside your awareness but rather at the very heart of it. You seek for that which is within your heart of hearts.

In that way, adepthood or priesthood can be seen as the movement into the outer courtyard of the heart and into that inner door to the *sanctum sanctorum*, your heart of hearts, and the throne of the one infinite Creator.

Or is it instead, my friends, a manger? And does the Creator await you as a child or an infant lying in the straw, waiting for you to swaddle it with your recognition of the Christ within?

Do you seek an authority figure in your heart? Do you seek a white-haired, ancient Lord of Lords, that Old Testament figure that judges as well as loves?

What figure do you have in your mind that partially reveals and partially hides the truth of creatorship? What do you seek? Do you seek an image? Do you seek an icon? Or do you seek that mystery which lies beyond all words but bears the name of unconditional love?

Therefore, on this point, we would say to you that if you genuinely, sincerely and honestly seek the truth of your own being and if you are willing to commit ineluctably and simply to living your life in the pursuit of that seeking, you are worthy to be called a priest and an adept.

You may not be able, because of your lifestyle, to commit hours out of each day to the ritual involved in priesthood as it is seen in holy orders. You may not be able to invoke and evoke specific energies at specific times in a ritualistic manner, for that would indeed take a great deal of subtle work in visualization that would require you to maintain a level of focus given only to what this instrument would generally term madmen, saints and fanatics. Such is the nature of priesthood.

We expect and understand that this is not the level of your commitment and we specifically express our understanding that this is ethically acceptable in terms of the metaphysical balance not only of your individual life but also the life of your group as you experience yourselves during this gathering and that group which is the tribe of humankind upon planet Earth.

Your service is acceptable as it is, just as it is, and without improvement. You are already upon what we would term a sound and good path. And we thank you for being on that path, for calling us to your group, and for being ethically conscious and concerned enough to have cautionary feelings concerning these questions.

We turn now to gaze at the magical personality. The definition which this instrument has learned from the works of the one known as William [3] is simple enough. A magician is one with the ability to effect changes in consciousness at will.

You have been a magician each time that you have faced a situation in life and made a conscious choice to respond to catalyst that is offered you in a way which was not automatic in your responsive system. When you have chosen a higher path, when you have chosen a soft word instead of a harsh one, a kind action instead of a rude one, or an honest if hard answer instead of a hypocritical though easy one, you have acted in a magical way, choosing to lift your consciousness to a higher path.

This instrument calls a good deal of this kind of work that she does, “tuning”, and we would agree that there is something to be said for seeing the tuning of your consciousness in this figure of speech.

What is it to create changes in your consciousness by an act of will? There are three basic factors weighing on this matter.

The first is yourself as an actor and a chooser.

Second is your will, its recognition as a factor, and its discipline by your daily work.

The third is that which you effect as an act of will, that choice that lies before you that is entirely subjective. No two people shall see catalyst in precisely the same way. Therefore, no two people as magical entities shall create the same change in consciousness.

It is the right use of will that becomes the key to the working of the puzzle that lies before you when you face a choice in how to respond to a situation that you perceive.

It is in the state of your mind as you approach the present moment that the use of the archetypes lies. The archetypal mind, as has been iterated often during this gathering, is a resource of the deep mind. It is a plat,[4] if you will, of energy paths that are possible within the system of illusions that constitutes space/time and time/space within third density upon your planet. It is a finite, delimited resource created for use by third-density entities within incarnation upon planet Earth.

It is a comprehensive encyclopedia of what this instrument has several times called the road maps available for getting from here to there within the inner geography of that infrastructure of roads, byroad, lanes and little tiny paths that constitutes ways in which you may turn and make choices when you are investigating how to respond to that which you see coming into your view in the present moment.

Most often you use the archetypes inadvertently. You become one of them by moving through a situation with a certain degree of purity. We cannot be more specific that this, for within each situation there is a wide range of ways in which you may be pure, depending on how you are assessing the situation that you see before you and from what standpoint you are assessing it.

There are many levels from which you may view consensus reality and from each level there are many choices that you make, before you make the choice of how to look at a given situation, which bring you to the point of choice biased or distorted in a certain set of parameters, all of which are useful.

We have often said through this instrument that there are no mistakes and in this wise we would say it with a special emphasis. When you are working with that which is quite nebulous to the conscious mind, you must not restrict yourself to the concept of being right or correct but rather offer yourself permission to explore resonant paths of seeking.

When you feel that you may perhaps have evoked or become part of the archetypal part of the human experience, that does not mean that you have moved from humanhood to an archetype. It means that you have hollowed yourself with enough clarity, honesty and purity that you have made room within the dedication of your seeking for your experience to be filled with the resonance that moves from finity to infinity, from specificity or locality to universality or non-locality.

Becoming an archetype is a kind of knowing that does not depend on fact, detail or learning. Touching into the archetypal is touching into the entirety available within specificity. It is certainly not available consciously or by the application of learning or

analysis. Archetypal truth is essential, and as several have suggested throughout this weekend, that which is archetypal remains forever mysterious, so that it is by your being that you explicate and bear witness to that which is pure or purified within you.

This instrument would call this purified substance feeling or emotion, and we would agree that these are the words closest to describing those rivers of energy that water the land of archetypes, that rich, mountainous treasure trove in which one range leads to another and to another and to another in an unending set of discoveries and realizations.

That which is magical within you awaits your choice. Let us look then at the nature of the choice before you and the resources with which you meet it.

In each moment your choice is to accept yourself as the self that your culture and your environment suggest that you are or to accept yourself as something far more articulated. It may seem grandiose to those who like the idea of being powerless and without responsibility in any ethical sense. To those who are thirsty for the one infinite Creator, it seems a positive blessing to be pulled forward by the desire to seek. Those who wish to become more than they know are those who would choose to become co-creators with the forces placed into motion at the time of birth.

When you choose to accelerate the pace of your spiritual evolution, you are activating a magical portion of yourself. That is the nature of your choice. It is perfectly all right to choose to rest and refrain from the practice of the recognition of the power of your own being. When you have gathered your strength and wish to step forward upon your journey, you are indeed the fool. Whether or not you feel that you need baggage, you pick up your self, your energies and your intentions and you leave the familiar safe and sheltered valley of your past understanding.

Thus, all entities conceiving of themselves as working on their magical personalities may also conceive of themselves [as being] upon a journey in common with many, many others. This is a pilgrimage in which you are never alone. Certainly each entity is solitary within the confines of its own choices and its own processes. However, other shards and splinters of the sunshine of the Creator are walking beside you, praying for guidance from the same Creator, being shined upon by that great and unending source of light and love, gaining inspiration from the same guidance.

So although in some ways you are endlessly alone, if you can open your awareness to the larger vision of your situation you may see that you walk with many in a space made sacred by each footstep, each tear, each sigh, each moment of rejoicing, each time of wonder, amazement and awe, and each midnight of suffering and woe. These are all most sacred.

That which surrounds you upon this journey is a many-storied, almost infinite world. As you move the focus of your perception you will choose to focus upon certain portions of the 360 degrees of investigation possible to one who is fully able to turn and gaze in any

direction. Each time that you change the focus of your seeking, something will be illuminated and many other things will be cast into the darkest shadow.

You will always be working in what seems to you to be poor light. You've gazed at the many indications in the tarot cards images of the sun, the moon, and the tendency within spirit of the moon to overshadow and hide the sun. That is the environment of your seeking.

You may never become able to invoke archetypes or allow them to come into your being and fill you with the skill and the art of the true magical adept. You may have to content yourself with what you yourself consider to be imperfect attempts to invoke or become the archetype. We assure you that, in the process of forming the intention, at each moment that you form such an intention to seek and to serve the one infinite Creator, to heighten your devotion to the one infinite Creator, or to increase your passion for developing your will in order to maximize your service to the Creator, you have done work that, in a magical sense, is highly polarizing regardless of the actual outcome of your intention.

Make the shift within your mind of the doingness of consensus reality to the beingness of time/space or metaphysical reality. Realize that those things which in the physical are mere shadows—that is, your thoughts—become living, breathing objects, essences and creatures in the metaphysical world.

Your intentions are very real, metaphysically speaking, and your subsequent actions, metaphysically speaking, are as the shadows of those intentions. That which may seem glorious in consensus reality may have almost no weight in the metaphysical world and that which seems only a shadow in the physical world may have tremendous weight in the metaphysical world, thereby turning logic on its ear and all of your ambitions to dust.

Please allow that to happen forthwith if there is any materialistic implication having to do with actions that are real in space/time. Release them, my friends, and know that your work is the work of the crystal that wishes to tune itself.

For each of you is a Creator. And you are a Creator in a certain way. You are an instrument. You have certain characteristics, much as any crystal does. You are set up with regularity within the logic of your own structure, metaphysically speaking. Your energy system is balanced in its imbalance in a certain way that works and that is your perfection at this time. It is a stable setting.

The one who wishes to adjust the setting of the crystal is one who wishes to do magical work. You are working with the structure of your own consciousness in order to improve your tuning or your setting as an energy field that is receptive, much like a crystal radio is receptive.

This instrument has before used the analogy of herself as that which can receive a radio station. When she attempts to tune for channeling, she is tuning for the highest and best

source of information that she can receive as a stable, conscious entity. She's tuning the crystal of her instrument. When she's done that to the best of her ability she consciously sets and crystallizes that setting and then she carefully chooses the recipient or source of the contact that she is going to channel.

In a less formalized and much more everyday way, everyone at all times is receiving the love and the light of the one infinite Creator and is transducing it to a certain extent as it moves through the energy system of the chakras.

(Side one of tape ends.)

By the time that it leaves your energy system at the violet ray, moving through into the octave ray of the crown chakra, it has undergone the adjustments necessary to move through your energy system. If you are resting on your default setting and not attempting to tune your instrument, then your signal, shall we say, shall be correspondingly unfocused and weak. Depending upon the work that you have done in the present moment, meeting those situations that you see in your present moment, your output may well be much different than your default setting. You may have chosen to work with the energy of the one infinite Creator in several different ways, sharpening it in this way, defusing it in that way, and so forth.

If you, as a crystal being, have come to a point within your incarnation where you are relatively restful and content within yourself, then you are probably allowing a good deal of the light of the one infinite Creator to pour through your system undistorted.

Discontent and worry is the one perturbation that will most effectively destroy the energy of light. Consequently, as you work to be more and more comfortable within your own skin, you are not being selfish. You are not taking too much time for yourself. You are, rather, working in service to the Creator and to others by clearing your own energy system. It is not selfish to do this work but rather of service to others.

It is a very difficult tangle within the mind to many service-to-others oriented entities to be able to set aside the time and the attention for oneself that is indeed needed for you to keep clear and useful and an instrument for spirit. Nevertheless, you may have to take that time, five minutes at a time, around the edges of the busy day. But we assure that if you choose those five minutes carefully and if you pour yourself into those five minutes, you shall create magic aplenty. You shall not run out of time, for you can do much in a small space, magically speaking.

You are attempting to take that which your culture has taught you is worthless: your thoughts, your feelings, your hunches, and your intuition and to glean from them the information that your culture has not respected or honored. In doing so, you are bereft of the tools comfortable to one who deals with the mind. For in doing magical work or in attempting to create one's focus for being increasingly magical you are moving constantly to move from head to heart and from thinking to knowing.

What is the faculty of knowing? The one known as S was speaking this weekend of the difference between that energy that comes through the soles of the feet and up through the base chakra or the red-ray chakra and pours upwards and out through the top of the head and that energy that is called forth by seeking, that energy which is pulled down through the gateway to intelligent infinity [at the crown chakra] by the force, the focus, and the purity of your desire.

The one known as S noted that the place where those two energies met was that point at which the tremendous energy of what you have called the kundalini lies, the object of the kundalini movement being to create that evolution of spirit that is symbolized by the trope or figure of kundalini. That place where the kundalini rests within you is that place from which you may most stably and faithfully work.

Attempt, then, in preparing yourself to do magical work to, as this instrument has said, become truly humble and empty. Examine your chakra system each day, looking for distortion, either over-activation or under-activation. When you find it, sit with it, gaze at it, invite it, and seek to understand what is triggering your attention on this particular issue. If you can find distortion within yourself from which this fountain of triggering affect stems, move to the origin of that trigger and see what you can do to unearth this buried treasure of it. By removing the gift from its surrounding ore, create the appreciation of the diamond that you have made from your suffering. See the beauty of its purity and know from experience the tremendous pressure of suffering in the fiery furnace of the catalyst of an incarnation. What it has cost you to produce this beauty, this truth, and this treasure!

Spend time, if you can, in the silence each day. We do not concern ourselves with your mode of entering the silence or what you do during that time. You may do nothing. You may have a practice of prayer, visualization or other regularized or ritualized method of structuring such time or you may simply go on a solitary ramble, listening to the calls of the birds and gazing at the beauty of the trees, bushes and the meadows.

However you structure this time, we encourage you to commit yourself to a daily practice of the presence of the one infinite Creator Whose voice is only heard in silence.

Lastly we encourage you to practice the recognition of the Creator. Know it when you see it, whether it is within yourself, within nature, within others, or simply within the moment itself.

We thank you for this question. As always, we have barely scraped the surface of this fascinating and deep topic but we thank you for the opportunity to share our thoughts with you. Before we leave this instrument and this group we ask if there are one or two follow-up queries at this time. We are those of Q'uo.

**S:** It seems to me that a prerequisite for ... (*inaudible*).

(The question has to do with what archetype(s) would it help to invoke as one goes about beginning and spiritualizing a mated relationship or a spiritual companionship.)

We are those of Q'uo, and are aware of your query, my brother. Rather than suggesting a single archetype in terms of addressing your query about how to approach adjusting one's very personal and intimate practices to the exigencies of a relationship with a significant other, as this instrument calls that general relationship of the mated pair, we would say that a characteristic that has been discussed during this gathering repeatedly may be focused upon as helpful. That characteristic is the characteristic of the courting or wooing male which courts the Potentiator or the reaching for that which awaits the reaching.

Whenever an entity, whether male or female, is considering how to approach negotiating something as personal as a prayer life or a practice or rule of life with a mate, that entity may see itself as that figure which goes forth to court or to woo rather than to control or to manipulate.

The mate has a dynamic with the self within which there are areas of commonality. The magic of such a situation, then, is in finding that area of commonality and staying within it with the utmost of fastidiousness, creating a spiritual practice that is satisfying to both entities in spite of their many differences.

It is a challenging and a subtle negotiation. And negotiation it is, for there is no quick way to move from the standpoint of beginning such a discussion to the outworking or a manifestation of a happy result.

Working against such a happy result is not only the difference between you and the other self but also the variation between your true self and that part of yourself which you know and are able to share without distortion. The better you know yourself and the more of yourself you can see, including those parts which this instrument would call less developed or more of the shadow side, the more successful you shall be in finding your area of commonality and make the most of it without significant distortion.

May we answer you further, my brother?

**S:** No, that was wonderful. Thank you.

Is there another query at this time? We are those of Q'uo.

**J:** Q'uo, I have a question that has to do with the spirit as articulated in the archetypes. Can you comment on the home of the spirit from your point of view and what differentiates it from the body and the mind and the mechanics thereof?

We are those of Q'uo, and are aware of your query, my brother. And we have a very tricky situation, looking at your question, because of the fact that in several of those entities within this room at this time this forms an active portion of their process.

Consequently, we must be guarded in our discussion and we apologize for this but it is necessary in order to maintain the freedom of will.

That which we may say without infringing upon free will is this: the spirit is that which allows travel between the inner and outer planes of third density. In terms of its function within the archetypal mind it is difficult to explicate how the shuttle of spirit functions because of the fact that it functions in what the one known as Don [5] called the 90 degree phase shift, taking one from space/time to time/space.

There is an extra-dimensional change in location or even order of magnitude in a sense between space/time and time/space. You move from a very microcosmic and ordered chaos, shall we say, in terms of space/time, to a much less obviously ordered but far less chaotic and very vast situation in time/space. And you do that within the body, without leaving incarnation. You do it safely and you do it consistently, working within the archetypal mind. It is that which is used to create the creatures of vision and dreams.

And as you touch the edges of archetypal imaging, those messengers come back to you, called through the shuttle of spirit into manifestation, be they from first density such as elementals, or second density such as the messengers of your totems, or be they those entities from the inner planes from many densities that may well be called to your seeking self by the radiancy of your vibrations and the focus of your desire.

May we answer you further, my brother?

**J:** No, thank you.

Is there a final query at this time? We are those known to you as Q'uo.

**S:** Thank you, Q'uo.

We are those of Q'uo, and we thank you as well. We thank each. We often have commented on the beauty of a group of people but we have never seen a more beautiful rainbow than the very complex living dance of your joined and harmonized beings. It is a blessed work that you have accomplished in blending your energies, in loving each other without reserve and in seeking together. We assure you that you shall carry with you that blessing, that added stability, and that fellowship as you go forth rejoicing. And so shall we. It has been a very special time.

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

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[1] The Tree of Life glyph is the central figure of the Kabbalistic study of the magical personality. You can see a representation of it on this site:  
[www.ucalgary.ca/~elsegal/Sefirot/Sefirot.html](http://www.ucalgary.ca/~elsegal/Sefirot/Sefirot.html).

[2] *Holy Bible*, Isaiah 62:12: “And they shall be called the holy people, the redeemed of the LORD.” There are several other references to this concept in the Old Testament.

[3] The Q’uo is referring to William E. Butler, whose works include *Apprenticed to Magic* and *Magic, Its Ritual, Power and Purpose*. You can look for other books by W. E. Butler on [www.amazon.com](http://www.amazon.com).

[4] plat: A map showing actual or planned features, such as streets and building lots.  
([www.dictionary.com](http://www.dictionary.com))

[5] Don Elkins began L/L Research with Carla in 1970 and his research inspired all of the eventual archive of channeling and other work on [www.llresearch.org](http://www.llresearch.org) and [www.bring4th.org](http://www.bring4th.org).

## **Special Meditation**

*January 23, 2006*

**Question from P:** Q'uo, I continually live with the feeling that I'm missing something critical in the understanding of what my purpose is for having incarnated on Earth. Because of this unease, my life is one of constant questioning, searching for answers and explanations, and an overall lack of peace and wellbeing. Because I don't have a sense of purpose or even feel that I belong here—alive, living on Earth—I feel I've not learned key lessons properly in regards to right activity, right companionship, right home, knowing my true identity, and loving myself. I feel I am a woman-child, locked in my own world with myself and by myself. I sense that I'm not dealing with or conscious of how to scatter the ashes of the past and walk through the threshold of the future joyfully in order for the maturation and harvest to unfold. Please offer guidance and assistance as you look at my situation and offer thoughts and spiritual principles you feel will help me on my individual path to self-realization. Thank you.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for the privilege of asking us to be a part of this circle of seeking. We, however, ask you a favor and that is that you use your discrimination very carefully in listening to our thoughts. Sometimes our thoughts are helpful and we certainly hope that our thoughts will be helpful to you but we do not always hit the nail on the head, shall we say, and we want you to realize that we may not speak words that mean a lot to you. If they do not resonate to you, please leave them behind and do not try to work with them. If you will use your discrimination in this way we will feel far more free to speak with you without being concerned that we will infringe upon your free will or be a stumbling block in your process. We thank you for this consideration.

My sister, our first consideration upon receiving your query is to reassure you that you have not lost your way. You have not wasted time. There are ways in which perhaps we may be able to offer you resources and we are glad to do so. But our first concern is simple encouragement and reassurance.

We are aware that you feel isolated, indeed, to an extreme, where you are not only isolated from the normal companionship that so many entities upon planet Earth find very easy and almost unnoticeable to achieve but also that feeling of isolation even from parts of yourself. There is a hunger within you to integrate all of those elements of self that exist within your skin and to find some comfortable arrangement which makes you feel whole, complete and, as this instrument would say, comfortable in your own skin.

This isolation is a natural and normal part of the personality shell experienced by an entity who has awakened within the dream of Earth to the knowledge that there is a great deal more in heaven and Earth than has been dreamt of by most peoples' philosophies.

Some of those who have these feelings are called wanderers. Their isolation comes from the experience of coming from higher densities where the situation as regards being aware of the inner thoughts and feelings of the self and other selves is extremely open compared with the guarded and veiled realizations and expressions of unity available to those upon planet Earth in third density.

Others, being Earth natives and not being from higher densities, nevertheless having awakened, feel similarly isolated.

Whether or not you have a past that is involved with relationships with those in higher densities, your experience at this time is typical of what this instrument has often called, "the wanderer's blues." Once having awakened, one cannot go back to sleep. Once one has realized that one is on a journey that cannot be circumscribed by life and death, one cannot go home again. Such is the experience of the wanderer.

The good news for such entities is that they are not permanently locked in such isolation, nor are they alone. The key to the door behind which you find yourself isolated is a cluster of realizations which we will attempt to discuss with you. We welcome your queries at the end of our discussion to further particularize that which you wish to know.

We find that your experience at this time is that which occurs when an entity who is attempting to accelerate her rate of evolution of mind, body and spirit reaches a critical point in her journey. Indeed, my sister, you have been at this critical point for some time but you have not known how to move forward because of a very understandable linkage of spiritual understanding with cultural understanding.

The culture of which you are a part identifies moving forward with action. In order to progress, there needs to be some marker that indicates that action has been taken and has been taken successfully.

However, you are not attempting to work in the world of space/time. You are not attempting to change anything in the physical world. Your prey lies in the land of the metaphysical and is part of what this instrument would call the time/space continuum. You are attempting to work in the inner worlds where instead of the illusion of matter you are dealing directly with energy and instead of physical things, you are working with thoughts. This is the realm of mystery, paradox and spirituality. And it is a world that you know very well.

However, the nature of movement forward in this particular world is other than you have suspected. And we would attempt at this time to share a few thoughts with you that are intended to help you to see what our thinking is here.

We would start our discussion with the red-ray energy center. There are blockages within any entity's system starting with the red ray and moving upward. And in your case, my sister, we find that you have an over-activation and a blockage in combination within the red-ray energy center created by your feeling, on an unconscious level, that you have

erred and made mistakes. This has contracted your survival mechanisms and has created for you a situation in which you are frequently and instinctively in the position of feeling the emotions and physical sensations involved with the fight or flight mechanism. It is a signal that has gone wrong within your energy system.

We would like to note at this point that we would not condemn [you] or express the feeling that you have made a mistake in creating this blockage. We would wish to point out to you that the dedication, the love, and the courage that you have shown in being persistently and determinedly concerned to fulfill your mission and your purpose within this incarnation is quite commendable. That it has inadvertently placed you in a situation where your energy system is somewhat off-balance is simply part of that which you are taking in as catalyst and that which you will work out in time and with love as part of your spiritual journey upon planet Earth during this incarnation.

Since you are very well aware of blockages that you have experienced both in the orange-ray chakra of personal relationships and the yellow-ray chakra of legal relationships such as marriage, we will simply note that we would agree with you that there have been imbalances in these energy centers which have produced for you an untold bounty of suffering and have given you much information and learning which you have used to a great extent with a dispassionate and objective intention of harvesting every bit of learning and service that you could from each experience. Again we commend you, my sister.

The crux that faces you at this time lies within the green-ray or heart chakra. There would seem to be, to the untutored eye, a unified and holistic heart that awaits the one who approaches the gateway to the open heart. However, in point of fact, the heart chakra has two distinct levels. We would call them the outer courtyard of the heart and the inner sanctum of the heart.

You come into the outer courtyard of your own heart when you are ready at last to face your shadow self. Whatever you have not yet recognized or developed within your full personality, meets you in the courtyard of the open heart. It is here that you will find your shadow self. In order to enter the inner sanctum of your own heart, you must do the work of greeting, understanding, accepting, feeling compassion for, and eventually redeeming every bit of undeveloped light that is a part of yourself.

It is our belief that each entity is the Creator. Just as a holographic image can be seen by any part of that image and reflect the whole, so are you a holographic spark of the one infinite Creator. Therefore, as you move into the inner sanctum of your heart, you need to carry your entire self with you.

This is the crux that you now face. The part of yourself which you must now redeem we would characterize to you only very vaguely by saying that you have high expectations of yourself, and this has created for you a distortion in the way you experience yourself.

You have been a judge instead of a redeemer to yourself. This is acceptable. Again, this is not a mistake. However, your faculty of judgment, honed brilliantly as it is, is not that all-compassionate and all-loving faculty that waits for you in the open heart. Therefore, judgment itself, as a part of your personality, needs to be called into that outer courtyard of the open heart. Perhaps you may create for yourself a conversation with this judge that is a portion of your personality.

What is there about this faculty of judgment that is important? What could the faculty of judgment be omitting as it attempts to assess the situation of a soul dwelling in the midst of the illusions of planet Earth?

There are times when a love of detail and the desire to find the bottom line and solve every problem do not serve you well. When you are attempting to love, forgive and come into a deeper understanding of yourself, such rationalization may well be a very blunt instrument to use in comparison to your faculties of faith and intuition.

Thusly, we would encourage you to suspend all judgment of yourself and to gaze—blessed only by your native intuition—at this beautiful “women-child” that you have described yourself as being. Can you see the absolute fidelity to doing the very best that you can? Can you see the purity of your intentions and the beauty of the colors of your character, your wit, your sense of humor, and all of those things that make you unique?

Look now for the judgment. Can you see in this judgment the very human desire to come into a position of control? That is not actually a portion of the heart. This is a subtle point and we would allow you to ponder it.

We would take a step back from gazing specifically at you, my sister, and simply talk about the way it feels to experience unconditional love. Visualize, if you will, approaching the door to your heart, to that inner sanctum in which is safety, acceptance and compassion.

There is a portion of yourself that is already there. It has been there since before your birth. It will be there until the moment when your consciousness shifts through the gateway into larger life. That portion of you is the part that you are attempting to meet once again. It is a portion of yourself for which you are starved, and it does indeed lie waiting for you—as it always has.

It is that portion of yourself that is the Creator. To this instrument, who is a mystical Christian, the face of this entity is the face of the Christ. This makes it very easy for her to visualize what is awaiting her in the open heart, for she has a visual image already created in her mind’s eye of this entity. We would suggest that you find a face for unconditional love as it awaits you in your own heart. This image is a portion of your own self, and yet at the same time it is a portion of the Godhead principle.

It may help you to relate to it intimately if you can find a face for that image. There are many mythological, philosophical, religious and cultural figures from which to draw. We

have suggested to some whose feelings ran along lines of thought that took in the Oriental world, the face of Quan Yin, Buddha, Mohammed or that unnamed God of Yod-He-Vau-Heh. There are many images from which to draw. Personalizing that loving presence that awaits you with open arms and a full heart is often helpful in creating the environment for you to move forward through this period or place of resistance that is like a meniscus [1].

There is a resistance to breaking through into the open heart. That judgment does not want to let go and simply say, "Well, perhaps judgment is not appropriate here. Perhaps there is an end to the decimation and the evaluation of a critical mind." Again, this is a subtle point and we welcome you to ponder it as long as you wish.

However, what has been backing up for you and creating pressure in this situation is the hunger that you have to work with your higher energy chakras. You are oriented very much to working with the blue ray of open communication and to do the work in conscious[ness] of the indigo ray. In your desire to move ahead with this higher-chakra work, you have unknowingly placed a good deal of pressure on yourself. The end result of this has been a kind of locking up of the energy body.

The way to relax it and to allow it to move as it will to find a more natural balance is to open yourself up to a new level of belief in yourself and a new level of faith that all is well.

My sister, it is almost impossible to soothe a seeker's doubts or to create an effective reassurance from the level of concerns. We cannot give you specific information on repairing or improving your energy body, your relationships or any of the other points you mentioned having to do with the outworking of the details of a physically lived life. From our standpoint, the repair must come from taking a higher point of view and then looking with that improved, broadened, and deepened point of view back at the situation.

From that higher point of view that is ours, we would suggest to you in a humble way, realizing that you may not agree with us, that you already have accomplished that which you wish to accomplish but that you have not yet given yourself permission to enjoy it.

We would suggest that all is truly well.

Now, as we gaze at the thoughts within this instrument's mind at this time and within your mind at this time, we find ourselves drawn to speak concerning this intense feeling of being alone and the accompanying feelings that you have deficiency in your ability to create sound and loving relationships, either with yourself or with others.

We would agree with you that you have created a protected space about yourself that is unconsciously but efficiently designed to offer to the outside world a challenging persona that is not designed to be easy to become close to. We would suggest to you that this defense mechanism was put in place by you at a time in your life when you were young and unable to defend yourself against the thoughtlessness and insensitivity of those who

were important to you. It was done at an early enough age that the mechanism is buried and the pain that caused the mechanism to occur buried with it.

You may find it helpful to move through early childhood memories with a therapist who is not only fond of you but also trained to guide you through discussion of situations that may be difficult for you to face. This is an issue that is entirely for you to consider. We are not encouraging you to do this. We are saying that you might find complete closure with some of this early childhood material to be helpful in freeing you from some of the strictures within your energy body that you are now experiencing.

We believe the only thought that you need, to bring you at last into a comfortable growth environment within your own inner sanctum, is trust and faith in yourself. As you seek to know more and more who you are, you are going to find that you are discovering the sacred nature of your true self. More and more you are going to be finding reasons to be able to forgive yourself.

We heard in your query that you had considered that perhaps confused and chaotic transactions between you and other people in previous lifetimes may have placed you in this rocky and uncomfortable situation. And to this we would respond to you by saying to think in terms of this lifetime alone.

The veil over other incarnations was drawn for good reasons in third density. Please know that after each incarnation you go through a process of healing and balancing. That period of healing heals that incarnation so that, characteristically, entities do not go forward into an incarnation carrying a heavy karmic load. Characteristically, entities, at this point in third density—this point being the very latter portion of third density—come into an incarnation with balanced karma, and this, my sister, was your situation.

The energies with which you are working in this incarnation are as you have said: those energies within yourself. There is not work to do with other entities in this incarnation in order for you to become whole, integrated and able to move forward with your process of evolution. What is necessary, rather, is that you catch up with yourself. And to do that you shall have to give yourself some time to seat the considerable knowledge that you have gained and to open yourself to the possibilities that lie before you in the present moment.

Therefore, we would simply ask you to release all fear. You do not have to worry about being unsuccessful. You are already successful. You have done much in this lifetime. Your concern now needs to be simply, “What shall you have me to do with this day, with this moment, with this present time of unlimited possibility?”

Release the fear that you are not capable of opening yourself to another entity. Focus instead on opening yourself to yourself. We believe that you will find in each area of your life that if you can forgive yourself, love yourself, support yourself, and encourage yourself, you will be creating for yourself a healthy, sound atmosphere in which you become relaxed and begin to have what this instrument would call “fun.”

It is well for this to occur, not because we encourage frivolity, but because we encourage balance. A lifetime of spiritual seeking is a very long journey. It takes stamina and persistence.

(Side one of tape ends.)

(Carla channeling)

The best friends that a seeker can have are a sense of proportion and a sense of humor.

We salute you, my sister, as a warrior of love and light. We affirm that you are on track, on course. And we hope that we can help you. When you enter into meditation, if you will mentally ask us to be with you, we can help to deepen and stabilize the silence that lies within you. We would strongly suggest to you that you enter that silence each day. Do it in your own way. Find your own inspirational words to read, your own songs to sing, or your own silences to keep. But, if you can, my sister, make the practice a daily one.

May we ask if there is another query at this time?

**P:** There's one more question, Q'uo. What is impeding my ability to have a sincere, enriching and intimate relationship with a man and to move forward joyfully with my life, using my talents and abilities to their fullest? I seem to want to live in a vacuum, pushing everyone away for fear they'll get too close to me.

We are those of Q'uo, and are aware of your query, my sister. We would suggest to you, my sister, that the entity that you are pushing away at this time is yourself. The time will come when you will be able to look into your own eyes and love yourself dearly, unquestioningly and honestly.

You will not love yourself because you have become perfect within third density and within incarnation; you will not become perfect. You will love yourself because you finally see yourself as you truly are, as a child of the one infinite Creator who is often confused, often mistaken, and often wildly off-kilter but who always and ever is perfect.

You are as a star or a tree or the north wind or the butterfly that flies from the cocoon to give its patterns and its color to the spring air. You are you. What you are doing within incarnation is rediscovering who you are and examining that world in which you live. This, my sister, you have done very well. You have examined and examined and reexamined. Continue that process, my sister, but seat the examination in love, thanksgiving and appreciation.

In your query you spoke of moving forward in joy. You may free yourself to move forward in joy by beginning to notice the present moment. When one is powerful in the mind and in the personality as you are, my sister, and as this instrument is as well, it is easy to become confined within the power of your own thoughts. It is well, then,

occasionally to break out of those thoughts completely, to let them all fly away and to look at the world as if it were new this moment. What is in your world this moment? What vision comes to you? What is there out the window?

When you are involved with a transaction with a stranger in a store, my sister, stop just a moment and look at that person with new eyes. Here is the Creator. Here is the Creator. Where is the love in this transaction? If you do not feel it from the other entity, then you shall need to be the author of what love there is in the situation.

When you are driving in the car or walking upon the sidewalk in the country, stop and look. What life do you see around you? It is the outworking and expression of the infinite Creator. Contact it with your eyes, with your fingers, with your ears, and with your consciousness.

Become engaged in the world around you; not as a visitor, not as one who questions her purpose but as one who chose to come to planet Earth and who has become a native of that planet by being born into the bone and the blood of the body that is part of planet Earth. You belong here. You have a right to be here. You earned the right to be here. You were chosen for an incarnational experience because you had a great deal of desire to come here, to be of service here, and to work on a very delicate balance between love and wisdom.

Perhaps you have suspected that you have overbalanced into wisdom and now wish to see-saw back and forth until you find that exquisite sweet spot where love and wisdom flow through you as one thing so that you are your highest and best self and you have all of those gifts which you brought into incarnation available for offering to the Creator and to the global tribe of planet Earth.

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

(No further queries.)

As there is no follow-up query at this time, my sister, we leave you with all of the love in our heart, leaving you in the love and the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai. Adonai.

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[1] meniscus: “the curved upper surface of a nonturbulent liquid in a container that is concave if the liquid wets the walls and convex if it does not.” Surface tension creates a thickness of surface in the shape of the meniscus. ([www.dictionary.com](http://www.dictionary.com))



## **Special Meditation**

*February 26, 2006*

**Question chosen by PLW [1] poll:** Many, many people speak often of Atlantis and Lemuria as the supreme ancient advanced civilizations that existed on Earth. I believe that there was a world that existed before them as well. Can you give us any insight to the tribes that existed on Earth before Atlantis and Lemuria?

*(Carla channeling)*

We are the principal known to you as Q'uo. We greet you through this instrument in the love and the light of the one infinite Creator. It is in this Creator's service that we come to you this day. We thank you for the privilege of being called to your circle of seeking. We are most glad to share our thoughts with you on the subject of the tribes of Earth.

Before we begin, we would ask a favor of you. Please listen carefully to what we have to say, using your powers of discrimination in order to decide what is for you and what is not. If something resonates to you, please, by all means use it. If that which we have to say does not seem helpful to you, we ask you to leave it and move on.

Be very careful about what you accept into the web of your thinking, feeling and actions. You create your own universe by what you pay attention to and use. Create the universe that is dear to your heart, that inspires your soul and that lifts you until you are soaring, for that is your nature. You need to become passionately engaged and enthusiastic about the creation of which you are a part. And you can do that by the choice of that to which you pay attention. We thank you for this great kindness in listening to us, for it will allow us to speak our thoughts freely.

How precious each of you is to us as we rest with you in the circle of your vibrations and how precious as well is every member of the tribe of humankind on planet Earth! We thank you for asking us about the tribes of Earth.

In truth, your query is not one about which we have a great deal of information to share. We can affirm that there were indeed tribes of late second-density entities here before that point at which the Earth itself, as a planet, became able to support the kind of vibratory energy field that would be a good environment for a self-aware being such as you are. Therefore, if we go back before Lemuria and Atlantis on planet Earth, we are talking about late second-density beings which were striving for third-density graduation.

They were doing so very successfully at the very end of a long second-density period that had moved through geological ages such as your ice age and back beyond that quite a ways in your planetary history. These were entities of what this entity would call the great ape family. These entities were striving towards self-awareness.

If you are a person who is owned by a cat or dog, you are aware of the many childlike and humanlike qualities that are encouraged within a pet's disposition and character as he or she goes through a life of being noticed, listened to, fed and offered affection. It changes that second-density entity and creates a more obvious likelihood that when such an entity reincarnates, he may have earned the right to choose to incarnate in a third-density physical vehicle.

Such was the case with these entities of various species of the great ape genus. The animals, if you would call them that, which were of the second-density nature certainly had bestial natures. They were not conversing as you would with your friends.

However, they were developing means of communication with each other, starting with their second-density ability to sense into the truth of what is. That is the unique advantage of being a second-density entity rather than a third-density entity. Second-density entities such as the great apes had, and continue to have, a greatly enhanced ability to know the truth. That is, there is not a veil of forgetting between the conscious mind and the reaches of the racial mind, the planetary mind, the archetypical mind, and the Creator's mind.

All of these noumenal, unknowable reaches of mind that are sought so eagerly by third-density entities were available without effort to the tribes of Earth before third density began to unroll its scroll of history.

These entities attempted to deal with each other and did so in the way of second-density entities, by creating territories which were theirs and common territories between tribal territories where they could all hunt. Therefore, there were the rudiments of communication, government and society.

There was the attempt to use tools, and the attempt to create beautiful things. Above all there was an overarching and underlying knowledge, we shall not call it faith, we shall call it knowledge, of the oneness of all things, and the sacredness of life. There was no question in these entities' minds that they were children of the one Creator.

Therefore there was, in the late second-density being that was a member of the tribes of planet Earth in prehistory, every potential for the flowering of the spirit, and every ground laid for the third-density planetary experience that was to come.

We as a group did not approach such entities, in that there was no call and we are those who move by the rules of free will. The call from entities such as you asked for information concerning did not feel the need to call outside of the web of being that surrounded them all, which was instinctually known to be sacred.

Therefore, rather than calling for entities such as we, the call was immediate and moved into the earth, sky, the water and the fire, the plants and the animals which shared its environment and the Creator herself. In late second density, the Creator was seen to be a feminine character as females [give] birth [to] everything that exists.

Our experience with the tribes of Earth, indeed, does begin with Lemuria and Atlantis. Consequently, this is the sum of that about which we can speak concerning those tribes that danced the dance of late second density upon planet Earth and prepared the ground for the density of choice that was to come.

Is there a follow-up query at this time, my friends? We are those of Q'uo.

**J:** Did these second-density entities become third-density entities that again formed in tribes and behaved as mind/body/spirit complexes?

We are those of Q'uo, and are aware of your query, my brother. In essence, you are correct. The story, however, is a bit more tangled than it would appear.

As third-density conditions become prevalent on planet Earth, beings with this body type of the great ape continued to incarnate and live lives that were of a nature of a tribe or clan, seemingly unchanged from second density.

However, the light of third density is that light which supports and encourages the development of the spirit complex. The probable course of development of these Earth-native entities that were now ensouled as they came into incarnation but dwelling in these particular bodies is unknown, for that evolutionary line was interrupted by those who felt it would be helpful to offer the third-density entities of planet Earth a much improved physical vehicle, one in which the jaw was manipulated in order that speech was more possible more easily, and one in which an upright posture was more possible.

To the adjustments to the body were added adjustments made to the mind complex in order to sharpen mental acuity. This experiment, shall we say, interrupted the normal course of evolution.

In a way it accelerated that evolution by making it far more possible for the body types of what you now are aware of as your human form to do the work of third-density entities. They were more able to make tools. They were able to think about the tools they made and to make changes to make them better.

However, the natural course of the development of the great ape into third density is one in which peaceful means of resolving disputes is valued almost to the exclusion [of] open hostility. There is a knowledge, shall we say, that is the carry-over from the awareness of late second-density of how things are. This territory is for group A, this territory is for group B and so on. There is a natural tendency in entities with this genetic heritage to find peaceful means of resolving differences of opinion.

As the advantages mounted, in the newfangled genetically adjusted human being, this [type of] being began to feel not at all humble, but rather begin to be filled with the arrogance of that concept that is almost unknown within tribal societies, the feeling of arrogance; that feeling that not only do you have a place in nature, but that you may take whatever place you can defend and make it your own.

The changes wrought by entities which were truly innocent of intention to do evil or to wreak negative consequences became that which was judged by the so-called Council of Nine as a disaster. There have been attempts made, ever since these genetic adjustments were offered to the tribe of planet Earth's humans, to make amends, to rebalance that which was done without awareness of the quite substantially difficult consequences of these changes.

May we answer you further, my brother?

**J:** (*Inaudible*).

We are those of Q'uo, and fear that this instrument's ears did not catch your question. Could you please restate your question. We are those of Q'uo.

**J:** At some point, this second-density tribal group of entities, Earth's first third-density group, was joined by populations from other third-density planets that failed to make harvest to fourth [density]. Ra mentioned that sixteen other planets had given their populations to Earth when they had their harvest to fourth density and the populations did not make it to fourth density. So they came to Earth to repeat the cycle. Was this second-density tribal group able to keep its identity throughout the third-density cycle of Earth, to live together and evolve together? I'm wondering if the second-density group of entities that you spoke about was able to evolve, on Earth, in the third density, as a group, or were they assimilated into other groups?

We are those of Q'uo, and are aware of your query, my brother. The second-density great ape bodies, when compared with the second-density genetically altered bodies that were available for use, in the natural flow of the reproductive cycle, were seen by those entities who were coming into third-density Earth and taking form to complete their third-density cycle, to be the model [which was] more highly developed and easier to use, to the extent that the second-density bodies did not receive ensouled beings and simply reverted to [being] second-density animals carrying second-density souls, or rather mind/body complexes, as this instrument would call them, to differentiate them from mind/body/spirit complexes, which are the ensouled third-density type.

May we answer you further, my brother?

**J:** No, thank you.

We thank you, my brother. Is there a final query before we leave this instrument?

**S:** There was, I've read, one civilization called Ur that was highly evolved before the Atlantean and Lemurian times. Do you have any insights or information on this civilization?

We are those of Q'uo, and are aware of your query, my brother. We find that our only awareness of the civilization which you call Ur is that in this instrument's mind. In this

instrument's mind there is the information that this was an entity or tribe of people in the Middle East. This, however, to the best of our understanding, was a third-density civilization and society that pre-dated the height of, say, the Egyptians with which this instrument is familiar, that being the Egypt of Akhenaton, Tutankhamen and Amenhotep. It did not pre-date the third density.

If there was an advanced civilization on Earth before third density, we are not aware of it and we simply cannot share any information on that subject. We are sorry, my brother, for our lack of information.

We thank this group and this instrument for the blessing of companionship and the privilege of sharing the beauty of your beings. It has been a pleasure. We are those of Q'uo, and we leave you in the love and in the light of the one infinite Creator. May the oneness of all that is penetrate your isolation within the illusion. May you know, as the early tribes knew, and as you shall know in fourth density once again, by faith alone, that all is one, and that you are a perfect part of the perfect dance that will unfold every mystery to you as you move through the steps that lead to infinity and eternity.

Adonai. Adonai. We are those of Q'uo.

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[1] Planet Lightworker Magazine ([www.planetlightworker.com](http://www.planetlightworker.com)).

## **Special Meditation**

*February 26, 2006*

**Group question:** Q'uo, today we would like to focus on some experiences that B has had recently. He's had some very meaningful metaphysical experiences like seeing a city of light in the sky that really does seem to exist, having a contact with Titans and entities from the past that he has relationships to, and feeling his heart open in ways it has never opened before. Now he's wondering how he can communicate this, how he can get access to this in a way that he can understand, in a way that is not intellectual, which was his previous way of understanding. We need to get some information about how to get a language of the heart that is understandable to B and that allows him to share what he's feeling with himself and with others.

(Carla channeling)

We are those known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in Whose service we are privileged to come to you this day. Thank you for calling us to your circle of seeking. As always, we request that you listen to our words using your powers of discrimination. If our words resonate to you, that is a wonderful thing. We encourage you to use the information to continue to investigate your creation. If the words do not resonate, we ask you to leave them behind. If you will take responsibility for your thoughts, that will enable us to speak our thoughts freely without being concerned that we will infringe upon your free will or interfere with the very appropriate process through which you are going at this time. We thank you for this consideration, my friends.

The instrument was somewhat startled to discover that those of Hatonn were going to speak rather than those of Latwii this day. For it has been many years since those of Hatonn have been that entity of the three that was most appropriate to speak. However, this query concerns the heart in a special and unique way that calls forth the energies appropriate for the one known as Hatonn to intercept. Therefore, this instrument was forgetful in squeezing the hand of the one known as Jim and we apologize for startling this instrument and disturbing the beginning of the session.[1]

We would pause at this time for we wish simply to share the love of the infinite One that flows through us with you.

(Pause of approximately one minute.)

Ah, my brothers and my sister, this love transcends all the words that we can find to use. This love of the one infinite Creator is that which creates and destroys, that which causes changes.

Each change, each aspect of the one infinite Creator, is beautiful and worthy of love and we share with you only that which we are given a hundred-fold, a thousand-fold, and a

million-fold. Rest always in the knowledge that you are loved completely. There is no part of you that is not loved infinitely. You are cherished as the children of the Creator. You are the treasure of great price that the Creator has tossed forth, with total trust in the outworking of the present moment, into the field of the creation.

Through eons of time, encompassing vast numbers of individual experiences, you have come to love the planet called Earth. You have chosen it. Again and again you have given yourself to it.

And it has given itself to you. And you have partnered together and dreamed together. And together you have created the illusions that mask the truth that you now experience and with which you now dance.

When the world as you know it was very young, each of you was a being full of potential who moved into choices of environments. It placed each one of you on a certain track. Each in this room has a unique track. May we say, humbly and with knowledge that it is only our opinion, that it does not matter whence you came, any more than it matters whither you shall go when you leave the precincts of Earth.

You have met at this day of Sabbath and rest to seek the truth and your paths have met. There is a feeling of blessing as each within the group rests within the affection and regard of those who have affection and regard for each other, not only because you have met before in this world, in this incarnation, in this place, but also because you have done work for the light together before. You have soldiered together in faith and fearlessness. You have encouraged each other in deep times. You have rested upon the bosom of each other in other lifetimes and you have been comforted.

And so this gathering is a kind of family, a kind of nest. We have observed through many years of working with the group that no matter what group gathers, we find a tremendous amount of interrelationship. Whether entities come from far or near they are responding to subtle suggestions from deep within themselves that cause them to flock into groups of people of like mind.

Those whom you see in this particular circle of seeking represent three separate lineages of family in terms of inner-planes and outer-planes connections. And this is an aspect which enriches and deepens the connections and empowers this group. Again this is true not only of this particular group but of each group that gathers to seek the truth and to offer honor, love and praise to the one infinite Creator.

Such families of lineage have an energy and a field that is outside of space and time as you know it. It is a portion of that which this instrument calls time/space or the metaphysical continuum. It is in that space that information and energy is collected from all times and all spaces, as if in a circle, everything moving and tending towards the central sun of self to be collected in your heart.

We take the time to draw a picture of your environment because we wish to speak concerning the process of opening the heart. There are entities such as this instrument who are born with a heart that is open and that has no way to close. Were this instrument not possessed of a powerful intellect, this instrument would be greatly overbalanced. As it is, this instrument is able to maintain a good balance in her life experience in terms of the consensus reality portion of it and to maintain a stable and responsible lifestyle despite the constant waves of feeling and emotion that flow through her heart.

Because this instrument was born with this gift, she herself does not have a clue as to how one actually works to open the heart. She is much more conversant and familiar with how to use the powers of the intellect to create means of registration for the feelings or the emotions of her heart.

Working from the intellect to the heart is a completely different matter. And we would express our sympathy in understanding of the plight of those who are attempting to move from the head and the powers of the intellect to the heart and the powers of the intuition. Perhaps it may help to realize that the heart is ready to accept the entity that is lost in the mud in all of its confusion.

To put it another way, an entity which is attempting to process incoming catalyst through use of the intellect is an entity that is working with the connection between the intellectual mind of the second-density body and consciousness itself, which is that portion of yourself which thinks from the heart.

That part of awareness, while not at all intellectual, is extremely intelligent. In fact, rather than thinking, its power is a power of knowing. This instrument was attempting to express this shade of difference between thinking and knowing to the one known as Jim just the other day, without achieving a very successful result in communication because it is a difficult concept to grasp. But the faculty of the heart is knowing.

When information stems from the heart and its powers of intuition and direct perception, it is a knowing that is functionally stable and solid as long as the intellect does not begin to take it apart. Gnosis [2], or knowing, has a validity that is not vulnerable to methods of investigation in proof.

From the point of view of the heart, the workings of the intellect seem young, untrained and immature. However, it is our feeling that it is helpful not to scorn the use of the intellect completely but to do as this instrument does, and depending primarily upon the knowing aspect of the heart, move into the use of the intellect, directing the intellect rather than being directed by the intellect, in the perfectly just and reasonable attempt to look into what might be happening, as the one known as B said, in terms of geometry or densities or however one can think about the experiences that have been so powerful and so plentiful for the one known as B in these last few weeks. It is not necessary to scorn and lay aside the intellect. It is only necessary to remove it from the driver's seat and to ask it to take up its rightful place as a servant.

Let us refocus and look at a word that may be of help in reorganizing the way that you may think about what is occurring in incarnational experience. That word is will. Each entity possessed of a soul and spirit that is incarnate upon planet Earth at this time has the potential of being a magical and powerful entity.

The power of an entity resides in its ability to focus its consciousness at a steady state on a single-pointed desire.

An entity becomes magical when it chooses to allow itself to become powerful. Entities within your density become powerful when they choose their manner of being and serving. They have a choice to make. This choice is well known to those to whom I speak. It is the choice of service to self or service to others.

Once that choice is made, the remainder of the incarnation may be profitably spent in remaking that same choice with absolute tenacity. Over and over again, you will be offered choices. And each time that you choose consciously to serve others, you will intensify the energy of your field of being.

Perhaps you have had the experience, as this instrument has, of having those moments of realization when the choice becomes completely effortless and you rest in realms of builded light. Perhaps you have yet to have that experience. Perhaps you have had other experiences which indicate to you that there are many levels of awareness of which you are capable of at this particular time and place.

As you use your will to choose to open yourself to the light and the love that is in each moment, in each situation, and in each relationship, you will find that love itself will teach you what love is. It may feel awkward for quite awhile, off and on, to experience the rush and the roar of emotion. We encourage the one known as B to realize that these experiences are safe for him because they are being experienced in the nest and family of a group whose energy is able to help move energy aside in certain cases within the energy body where there have been blockages so that the love and the light of the infinite Creator can flow through in an uninterrupted and balanced manner where previously there was a shortage of that infinite energy coming from the Earth. It was moving into the body but it was being blocked at the red-ray energy center.

There has been an adjustment by the healer of which the one known as B is aware. This is an adjustment that can hold for a certain amount of your time and it can be renewed by this entity at will. Yet the hope in an experience such as the one known as B is experiencing—which is held by not only the healer known as R but also those vast families of unseen friends that have been brought into combination by those groups coming together—create the opportunity for the one known as B to choose to do that good work which lies before him.

The ability to speak of things that are too precious and too dear for words will not come easily, not only to the one known as B but to anyone who attempts to share the astounding richness of the experience of life itself. For there is an infinite flow of riches,

beauty, truth, strength, peace and joy that flows throughout creation at all times. Tuning into that is like opening a door in the summer. There is never any need to feel alone, abandoned, neglected or discouraged in a universe so replete with loving energies of every imaginable nature that cluster and gather around each soul that is attempting to seek the infinite Creator.

We encourage any who choose to open the heart to make use of the gifts that are so close and so easy to use. The main gift is that of silence. The ability to choose silence, to enter into the silence, and to listen to the silence, is an ability that will stand any seeker in good stead. Waiting in silence is the whole undistorted essence of unconditional love, that Thought, that Logos that created you and the creation in which you exist. That Thought is your deepest and most primal self. You are love.

As you seek to understand love, know that you already are love. So you need to engineer from that truth the ways in which your intellect can come to grips with a universe in which the foundational truths are gnosis rather than empirical investigation and the results of that ongoing experiment.

We would mention in passing the advantage of remembering resources such as humor, persistence and the ability to visualize. It is not everyone who can use this ability but to those whom this gift has been given, the ability to visualize sharpens and helps to discipline the magical personality. You may visualize certain shapes, fields of color, or icons subjectively meaningful to yourself.

In the attempt to move into an understanding of the open heart, it is helpful to begin to feel the focused power of yourself as a magician or a shaman or a priest. Taking yourself seriously as a priest creates within the seeker a certain attitude and engenders a desire to live a sacred life. This is a line of heart-logic that coincides with a line of mind-logic and therefore we would offer that to you as a key thought.

Each entity within incarnation is love, a sacred being whose essence has come into flesh. Why did you come to this place at this time? Why have you taken flesh? With what shall your heart and your mind focus and choose to love or express love? As the eagle flies, as the deer runs, as the wind blows, as the grass grows, and as the sun shines upon all, you dance the mystery dance. Take it all as lightly as you can. Laugh and enjoy yourself, for you are doing the most serious work of your life and the laughter is needed for balance.

Again, as we end this portion of our discussion, we would pause, for always the words end but the love flows on, ever-powerful beyond description and more real than anything else.

(Approximately one minute of silent pause.)

We are those of Q'uo, and would ask if there are any queries at this time.

**B:** Yes. The part where you're discussing the relation of the magician with the heart, and, I assume, the scientist with the mind, and the connection of energy that flows between. I didn't quite understand that. Could you extrapolate?

We are those of Q'uo, and are aware of your query, my brother. We shall do our best to focus on this aspect once more.

The heart and the knowledge of the heart is the higher knowledge when compared with the knowledge of the mind. We do not wish to denigrate the knowledge of the mind or the process of investigation of that incoming information which is precisely what the mind and the intellect were created to process. Indeed, we encourage the natural functions of the mind and would only suggest that the mind be honest with itself and not indulge in sophistry and shallow thought but go deeper and penetrate, to the best of your intellectual ability, the tendency towards shallow analysis as opposed to a deeper and broader point of view that shall bring you more information at a level that shall be helpful to you.

Rather, we were suggesting that it is helpful, when attempting to move from head to heart, to start with the knowledge that the higher faculty is heart and the lesser of the two is mind. Therefore, you have that powerful ally of the heart to ask for help when you are attempting to invite the mind to rest within the mystery of that which is unknown and which must forever, within third density, remain essentially unknown and mysterious. There are guards upon the knowledge that is the gnosis or knowing. It can only be approached through the faculty of faith.

(Side one of tape ends.)

(Carla channeling)

The experiences that you have had recently have numbed your mental faculties and awakened your faith. You have been rebalanced in order that you might take in this content which now is amazing you and making you wonder if you shall ever be able to master the experience or control it in any way.

We do not believe that it is possible to master or control the knowing of the heart. What needs the mastery and the control is the use of the mind. When the mind has been given greater honor and respect than it deserves, when it has been enshrined, there is born an inherent imbalance in the construct of thought within that entity's mental, physical and spiritual nexus. The experience that the one known as B has had recently has removed the glamour of the intellect and so the entity has awakened to the deeper knowing of the heart.

As the one known as B said earlier, if he does not find a way to encompass this new kind of knowing, he will lose it. That which is not understood and has no place to rest is lost. Therefore, this entity is seeking to find a way to seat this heart-knowledge.

We have talked to you of the will and how you may will to do this simply by having a firm intent and by backing up this intention with the daily seeking, not the seeking of an arrogant person who knows what it is that he wants but the seeking of a humble person with an empty mind, ready to be filled with new things.

There will be a good deal of shuffling and reorganization if the one known as B has the courage and faith to continue in this wise with this seeking. There will be moments of great clarity and many more moments of confusion. But all through that experience, if it is remembered that you may start with the heart and you may rest in the heart, in all your confusion, then you have a place to rest, you have a nest, even if you are by yourself in any particular moment or in any crisis or situation.

You may go to your own heart and you will be let in. And you will be in a place of tremendous unconditional love. You will be back to the true roots of your being. It is from there that you will be able to rest and to know that you are calling the rest of yourself into balance.

It is difficult to talk to an entity about faith. It cannot be proven. It is a fool's choice. Yet it is the archetypal choice of third density. Shall you, by faith alone, acknowledge the love and the light that is your essence and therefore become more and more deeply who you are? Or shall you wander from place to place attempting to put together the puzzle that never can be completely placed in a finished frame by intellect alone?

Those things that have occurred to you have shown you that there is reason to have faith even though it is unreasonable to do so. This is the paradox you now face. Your mind and your heart seem to be paradoxical also, but we ask you to look at the figure of the mandorla, that figure where two circles intersect with a fish-shaped section of commonality. What do your mind and your heart have in common? You. They are two faculties of one being. The way you allow them to be integrated defines your experience.

We grasp that you greatly wish to allow this area of commonality to enlarge and we assure you that you are fully capable of doing this as a part of your group, as a part of the experience that never explains but always brings to you that which you need, day by day.

You shall continue to dwell in a great deal of chaos and confusion in terms of that which you have been used to, for you are in the process of transformation.

**B:** So, basically I have to have faith that all this will pass and I will grow?

We are those of Q'uo, and, my brother, basically that is correct. Yet, by the faculty of will you may choose, again and again in matters small and great, to enlarge your faith, to square it and cube it by the choices that you make.

May we answer you further, my brother?

**B:** I think that about covers it. I had a few moments of clarity there while you were talking, I'm not sure that I grasp it all. It's going to take me a while. I assume these things I've been seeing, cities of lights and dragons and whatnot, are there to challenge [the] intellect because my intellect is saying, "You're crazy," while my heart is saying, "You know you saw them." And it seems to be a bit of a conflict at this time. But I am assuming that common area in the center where the circles intersect will eventually work out how to deal with it.

Is there anything you can tell me, a clue on what the commonality area is? I'm basically looking how to express the heart to the intellect. I understand the heart is based in love but maybe I just don't understand what the consciousness is. I'm having trouble talking between the two. One wants to repress the other. I don't want to get into that fight. If that question makes any sense at all, any advice would be appreciated.

We are those of Q'uo, and are aware of your query, my brother. Let us see what we may do to offer you resources that will be helpful to you in this wise. Consciousness is a very good word for you to think more about, for in the time/space continuum, although you are a person, an individual—and will be for many densities to come in this octave and experience—you are also a very impersonal energy. In time/space you are aware that you are but a drop of water in the ocean of life. And although you can feel your drop-ness and your uniqueness, there is no fear in blending and melting into the ocean. That same drop that is "you" shall separate out as naturally as it dissolved into the surrounding sea of creator-ness that is all of those whom you meet and everything that your eyes fall upon, in addition to many unseen realms that your eyes never fall upon.

All of these things are in that drop of consciousness that you brought into your flesh and bone, your muscle and your heart. [Consciousness] rests within your mind and your heart, easily, comfortably, given a good safe birth by the natural processes of ensouling during the beginning of an incarnation.

You are a living blend of mind and spirit. The knowing of the heart is connected with consciousness, an element of the mind is connected to the mental faculties. Both are a part of you and both are good parts of you within incarnation. You need the balance to go on.

However, the truth is that you exist within a very rich and dynamic environment in terms of consciousness. You have access [through] the consciousness to the planetary mind, the racial mind, the archetypal mind, and the mind of the Creator. All of these depths within are available to consciousness.

Naturally, as the door is cracked between the deeper mind and the conscious mind—and we carefully differentiate between the words "conscious mind" and the term consciousness—the door is cracked just a bit and light comes through, but it is not much light and so you get the dream or the vision or the seeing into other realms without enough context to allow you to understand what is going on. If you have a certain frame

of mind that is curious and wants to know more about the unseen realms, then we would encourage you to investigate them for yourself.

Every time that you have a vision, write it down. When you have the gift of moving into unseen realms, do not dishonor or disrespect what you see. Do not allow the intellect to paw at it. Write it down. It is the journal of mystery. It is not that which is to be solved. It is that which is to be felt, treasured and accepted as that which is being learned in a classroom whose true construct you at this point do not clearly see.

We cannot say too much about the faculties of psychic sight that have been given you at this time by your mentor. We can only suggest that the experiences that you have are not crazy. They are simply psychic. You are being given glimpses into the larger picture. What you do with those glimpses is a matter of choice.

We encourage you to continue the road upon which you are now set, and as you do so, to give thanks and allow yourself to feel that uplifting of joy that creates a softness to the harshest experience. May you go forth on wings of love, my brother.

We find that, although this instrument is not aware of it, the energies of her body are fading and so we would choose at this time to end this time of fellowship and seeking. We thank each of you for the pleasure of joining your meditations and for the beauty of your beings. We are those known to you as Q'uo. We leave you in the love and in the light of the one infinite Creator, Whose name is love. Adonai. Adonai.

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[1] Carla was so distracted because of realizing that Hatonn was speaking for the Q'uo group that she forgot to squeeze Jim's hand, which is his signal to start the tape recorders. Therefore, the session had to be restarted in order to pick up the initial greeting. Usually the Hatonn group and the Ra group are silent and the Latwii group speaks for the triad of energies which make up the principle of Q'uo.

[2] gnosis: intuitive apprehension of spiritual truths, an esoteric form of knowledge sought by the Gnostics. ([www.dictionary.com](http://www.dictionary.com)) The word has its roots in the Greek, in which language the word means "knowledge." To look into the Gnostic belief system further, a good site is this one: [www.webcom.com/gnosis/gnintro.htm](http://www.webcom.com/gnosis/gnintro.htm).

## Sunday Meditation

*March 5, 2006*

**Group question:** The question today, Q'uo, concerns the transition that we call death from the third density, either to the next density or to the afterlife. We are wondering if you could tell us something about how this affects the people around the one who are going through the death transition. They are the most affected here in our world. Could you tell us how this affects the people that are left behind, the friends and the family? How can people be inspired to support each other and the person who is going through the death transition? And then, for the person going through the death transition, tell us something about how that works. How does this person look back—or does this person look back—at the world that is being left behind? [Does the person] look forward to the world to come? Could you relate this in terms of both space/time and time/space, in terms of what the person going through the death transition experiences?

(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. We come to you in His service, answering the call from your circle of seeking for information and thoughts concerning the process of death looked at from several different viewpoints. We are most happy to be called and thank you for the honor and privilege of being allowed to share our thoughts with you.

As always, we would ask for you to be responsible for discriminating between those thoughts of ours that help you and seem resonant to you and those thoughts that do nothing for you. If a thought of ours does not seem resonant to you, we ask you to let it go. We are not an authority over you. Rather, we are your fellow seekers. If you will take responsibility for filtering the thoughts that really help you from the ones that do not, then we shall feel much more free to share our thoughts without being concerned about the issue of your free will or our infringing upon your sacred process of evolution. We thank you for this consideration with all our hearts.

We make this instrument smile quite often and we can feel her smiling as we express the thought that we are surprised to a certain extent that you have asked about death. We have found among your people that that subject is not one which is often something that pulls at peoples' interest. Whatever curiosity they may have about death seems to be buried in the overlay of cultural taboo. It is not a subject with which your people feel comfortable in general. Consequently, we are very pleased to be able to share our thoughts on this subject and we thank you for the opportunity.

This instrument was recently part of the [group of] friends and family [around] two [of their] close friends who had lost their mother. These entities, a brother and sister, have been involved with L/L Research and with this instrument since the early 60s. Therefore, the friendship and companionship between the ones known as M and B1 and this instrument and the one known as Jim is very close and very deep.

Consequently, this instrument and the one known as Jim spent perhaps six hours over the period of two days walking the steps of your culture's way of finding solace, comfort and closure to the life, the goodness, the virtue, and the beauty of that entity, their mother, who had passed through the gates into larger life.

(Pause while the telephone rings and is then is hung up.)

We are those of Q'uo, and are again with this instrument. There was, in the experience of this process of ritual and communion, every bit of comfort that those who loved this soul could pack into the ritualized remembrance of the viewing and the funeral. There was almost no awareness within the group that gathered of the closeness and the intimacy of the presence of that entity whose body lay in its casket on display for the mourning family and friends. There was no awareness that this entity was alive and part of the proceedings. It might not even have been comfortable as an awareness, had the truth been known.

The pastor who offered his sentiments at the burial imagined that the one known as E, the mother of the ones known as M and B1, was out of pain and with her Lord Jesus the Christ. These things were comforting and yet, in terms of the actual situation, were not accurate.

Certainly the one known as E has experienced being greeted by that beloved Savior whom she expected to see. Yet, in time/space, things happen in a non-local manner. And the one known as E was a part of the funeral, curious as always, wanting to see what everyone was wearing, how everyone was speaking, what they were saying, and in general, enjoying the gathering and experiencing a great deal of love, affection and gratitude that so many good people had taken the time and effort to come together.

We find that your culture does not have the kind of relationship with death that allows the comfort factor to increase beyond a certain point. Entities feel that, to some extent, they need to be solemn and serious, even if the entity has been very ill and full of years and ready, in many different ways and on several different levels, to move on. There is a knee-jerk reaction of feeling that it is a sad and negative occurrence; that somehow it would have been better had the person been able to live on.

Again, from a standpoint of time/space, this is an awkward and even primitive attitude, shall we say, not taking into consideration the marvelous experience that it is, especially when one has been limited, as was the one known as E, unable to speak because of strokes and so forth. It is still considered a sad thing because this woman was able to move on into the next experience.

That is what your experience of death looks like to us as we observe, through the mind of this instrument, the obloquies offered for the one known as E so recently.

We salute the tremendous love that went into these rituals for the one known as E. And yet we simply comment that, were the culture to be more comfortable with the concept of the physical death and to be able to separate this event from any thought of an ending of

any kind for that soul, the obloquies would become festivities and sorrow would contain a great deal more of joy among your peoples.

The entry into incarnation is often somewhat traumatic, not only for the mother who is birthing the child but for the child. There is a frightening and hurried journey from warm, rich darkness into cold, sanitary glare. There is the necessity to begin breathing, which is traumatic in itself. And there is the indignity of being worked with and patted and poked and even slapped as the doctors and nurses make sure that the new child is breathing properly, cleaned up, and so forth.

When that process has reached its conclusion, when an incarnation's patterns have been completed and the Creator has called that entity out of incarnation, the process is again sometimes traumatic on the Earthly side of the gateway to larger life, as this instrument is used to calling death.

There may be a protracted illness. There is often a perceived difficulty as an entity is dying. We salute the wisdom and compassion of what this instrument calls the hospice movement.[1] As these [hospice worker] entities are trained to see death as part of a process, not an ending but also a beginning as well, this attitude has helped many families to cope far more sensibly and practically with the mystery of death.

Caught up in the sadness of losing a beloved friend or a relative, it is easy to lose sight of the fact that death is not an ending of any kind but rather is an end point for those who remain dwelling on the terrestrial orb of Earth. For the entity who has died, there is a very smooth transition, unless there is some difficulty with the death in the sense that it may be sudden or unexpected. For an entity who is ill and is aware that life is slipping away, the senses are growing dim and the life force is ebbing, death is effortless and welcome.

It is experienced by the entity who is dying in various ways depending upon how clear the energies of that entity are. When this instrument died at the age of 13 for a brief time, there was no effort whatsoever, as this instrument had been at the point of death for two weeks before the actual death occurred and was fully aware that it was a great blessing to be out of pain and to be moving ahead onto a new adventure.[2]

This instrument was informed before she got too far into the [after-death] experience that she really could not stay. She really needed either to enter incarnation again using the body that she had left or to start the incarnational process again and come back into incarnation as a baby in the normal way, for she had work to accomplish and lessons to learn. This instrument decided to move back into the physical vehicle that she had left and she is indeed still using that physical vehicle with great joy and gratitude. This instrument, therefore, has absolutely no cultural bias and is fearless when it comes to the physical death.

However, for the most part your peoples remain constrained by fears that they shall cease to exist. There is a lack of true faith in the culture, for all of the fine words and the gaudy rituals that it embraces. We may simply say on this point that each of you existed before time began to unroll its scroll in space/time. And you shall exist long after not only your physical body but the Earth itself is dust.

We look now at the patterns involved in entities' being able to move through their grief process when there is the loss of a loved entity. It is not that there is a true loss, for energies connected with the dynamic between the self and the one who has passed through the gates of death continue to live in the mind, the heart, and the emotions of those who are left behind.

One of the most difficult things to deal with or to grasp, if you are a grieving person, is that there is no true loss. There is no ending to the relationship that has matured throughout the time shared by the self and the one who has died. What was true and authentic about that relationship endures.

And, indeed, it is truly said that a beloved entity becomes an angel on your shoulder. This is often very true, especially for parents and children. Where there has been devotion on the part of the parents, there will reliably be an energy that is left behind with the beloved child. If that child can remember to ask for the feeling of that beloved being, great comfort can come into the conscious mind.

This is a very subjective suggestion and we do not expect all to be able to deal with this. Nevertheless, it is so, as far as we know. Certainly this instrument is aware of several entities that nestle inside of her heart because of the devotion that they have had for her and the devotion that she has had for them. Her mother, her father, and the one known as Don, especially, rest comfortably and intimately in her very heart of hearts, a part of her strength, a part of her roots, and a part of what makes her who she is. There is a dynamic there that strengthens her for work.

And we would encourage everyone who has had losses to touch into the relationship that remains, if you possibly can, where there is strength there. Those entities believed in you; they supported and encouraged you; and they are still leaving that nurturing, compassionate understanding with you. Take advantage of that. Do not force away memories of beloved people. Rather, appreciate each of your ancestors, not just with memory, but perhaps even with conversation.

It is often helpful to have an imagined conversation, that is perhaps not so imaginary, when things are on your mind and you have found someone who has passed through that gate of death helpful. Talk to them now. You may have to imagine what they say or it may come to you that this is a real conversation.

In a sense, you are able to do this with anyone who has lived at any time and touched your life. When you have once connected with someone, that connection exists eternally. You may trust it and you may rest in it. There is no loss through death except loss of the company of the physical body of the entity with whom you were used to being.

This does not make it easy to say goodbye to a beloved person. And certainly, as the one known as B2 was saying earlier, in the case of someone like the one known as V, where a twin has been lost, there is a physical, although difficult to measure, loss as well as a metaphysical loss. For that entity was V in the sense of the DNA being united. And it is particularly dislocating to experience such a death when one is an identical twin. Even a fraternal twin, which in this case was the relationship, has a unique link with its twin and

consequently the loss of a twin is especially difficult. It is as if something were torn from you and there is a wound that bleeds. Rather than blood in the physical sense, there is the heart's blood, which is the emotion. These emotions have been wounded and there is raw and painful discomfort from the shock of the loss.

The Creator does not leave any of Its beloved children without comfort. This source of comfort starts with the guidance system that is part of your being. Your higher self is waiting to be asked for help. This instrument calls that higher self the Holy Spirit. We suggest that, whatever you call your guidance system, when you are dealing with death, you need, in a very central way, to access your guidance and to remember to keep asking it for news.

For you are moving very quickly if you are grieving. You are taking a journey very fast, faster than you normally like to go. It is a journey everyone takes when there is a change of any kind, good or bad in terms of your value system.

That entity who has left has changed everything because those energies are now taken out of your personal equation. When it is someone very close to you especially, this leaves a tremendous hole. No one else can replace the companionship or the affection that that entity had for you, for each two people relate in a unique way.

Therefore, when you are attempting to help someone who has had a loss, you can certainly distract them by your presence and comfort them with your kindness, your affection, and your good words. These are substantive gifts to offer an entity who has had a loss. However, you cannot replace that entity who has gone on. Only the processes of time will allow the grieving entity to catch up with the tremendous changes that it has experienced.

We see from this instrument's memories that when her mother died it was very sudden. Death was immediate and painless. And this instrument knew that her mother had hoped to leave the incarnation before the processes of old age brought her illness and loss of faculties.

This instrument was the person responsible for creating the service to honor the instrument's mom and was the executrix of this entity's will. And so, as soon as the event occurred, this instrument was locked into several days of creating the memorial service, gathering family, and moving through the processes of closure that ended with the memorial service's conclusion. It was then, at that time, the instrument's job to straighten out a terribly complex and troubled financial situation and gradually and gently begin to straighten out its mother's earthly affairs.

In the process of all of these things, this instrument did not grieve. It was so aware of the mother's desire to move on into larger life while it was yet well, that the only emotion the instrument could feel was happiness and being pleased for her mom.

It was months later, when this instrument was in the hospital undergoing surgery, that this instrument finally was able to miss her mother's presence and to grieve and to begin that

healing process that had so long been in abeyance because events moved too quickly for her emotions to respond.

One thing that entities who wish to help a grieving person can do is to allow that person the timing and the expression that are appropriate for that person, in working through the process of grieving and closure. Some entities can do this within several of your months. Other entities are not capable of coming through the process in less than a matter of years. And each timing, each choice of a way to move through the process is correct for that entity.

Consequently, you may comfort someone who is grieving simply by listening, affirming and understanding. Even if you feel that perhaps this person is taking it too hard or perhaps you wish that there was something you could do to make it easier, we encourage you to allow entities to have a hard time. That may be their best way of going through the process.

It is not necessary for this process to be comfortable. It is helpful, in the midst of whatever discomfort the grieving person is, for that person to know and to feel that you are with them, that you hold them in prayer, and that your heart thinks of them and sends messengers of love and light.

And those small times, those tiny seconds of remembrance that come to those who love, [are helpful.] Certainly, now that this instrument is aware of the one known as V and her loss, there will be a constant stream of thoughts going her way, for this instrument is one who has a cycle of remembrance that turns itself over perhaps three or four times in a day.

Use that part of yourself that remembers and send those thoughts out without mentioning it to anyone or even taking it so seriously as to mention it to yourself. Whenever that beloved friend who has had a loss is thought of, send a prayer her way.

And the same is true if you have a loss and you wish to pray to be with the entity who has died. In prayer, all happens at one time. As you think the prayer, it is being offered to that one who is in the inner planes, moving through the processes of death and transformation. There is no loss of time. There is no lag. When you pray, that thought has reached its goal and help is immediate. Know that the help is immediate, whenever you pray about anything.

Trust that, for the response is one that is protected within your own system of mind, body and spirit. You have comfort with you, as close as this instrument's hand upon her bosom. As she touches the skin above her heart, that prayer is already answered. In the time it takes you to form your thought, help is on its way.

Knock and it shall be answered; seek and you shall find; ask and you shall be answered. These are metaphysical facts. Count on them. They will comfort you.

You cannot prove them. You can only "know" them. And the one known as B2 will know exactly what we mean.[3] Know them. Take them to the bank. They will stand you in good stead.

What you see as difficult emotion is that which needs to occur for that entity who is grieving to move through that condign process. Therefore, see what you can do to make it all right for that entity to be uncomfortable, disconsolate and sad. Rest in the acceptance of what is. As you are not disturbed or distraught because of this grieving entity's emotions, that acceptance will register with the one who grieves. Beyond that it is simply a matter of allowing that person to move through the process in her own way, on her own terms, at her own timing.

(Side one of tape ends.)

(Carla channeling)

You asked concerning what the process looks like from the vantage point of time/space. We are glad to give you some information on this. We do have to pick and choose a bit for we do not wish to infringe on free will in any way.

From time/space's point of view, an entity outside of incarnation chooses to move into incarnation and then chooses to leave the incarnation at pretty much the same space.[4] So it is as if there was a bubble of incarnation that was created by the higher self and the self, agreeing on that which the incarnation would accomplish in terms of service and in terms of learning, what karma would be balanced, and what relationships would be called forth to create the appropriate suffering for the incarnation.

From the vantage point of time/space, then, when an entity returns to the larger self or the soul stream, as this instrument has called the larger self, there is that sense of never having been gone that you have when you visit old friends who have been apart for years. Somehow they pick up right where they left off, if the relationship is a good one. And to your soul stream, the you that comes back to that soul stream is not at all a prodigal son but rather a returning hero.

Each of you has a great deal of courage and you have showed that by taking incarnation at all. It is a risk of a high caliber. You may forget to wake up. You may forget to perform your mission. You may pass on [working upon] the lessons that you wanted to learn.

When you return from an incarnation and look at the pattern that you have created, you may find that you have missed some opportunities that on hindsight you are sorry that you missed. Nevertheless, every incarnation is perfect. There are no mistakes.

And when you return home from this illusionary experience of life on Earth, there is a fullness to your experience that was not there before. You have added to the self in ways that you know not while in incarnation. And you have given a harvest of new information to the one infinite Creator. It is a joyful time. And it is as though you had never been gone.

There is, in the process of death, a final thing that we would say and that is that there is a crossover right in the gateway to intelligent infinity or larger life, as this instrument has called it, where the death has taken place and the will of the entity who has just died is

still connected with the belief system of the lifetime. Therefore, entities will tend to see whatever they hoped to see or expected to see when they died. For entities who are Christian, that sight may include the one known as Jesus, the one known as Mary, the mother of Jesus, or other saints or entities within that Christian story that have been meaningful and to which prayers have been offered on a continuing basis throughout the life.

For those who do not tend to focus on personalities, there may not be any visions or sights at all. There may simply be the switching of environments as if you are walking out of one room and into another without a loss of time or consciousness of any kind.

The point of death seems like an instant within space/time, within the terrestrial reality. However, from the standpoint of time/space, that moment of death, so-called, might well take a while, might take up some space within time/space while the various threads and aspects of the self are gathered together in a relaxed, comfortable, easy and unhurried way.

Once the self has been collected and all psychic ties have been completed and closure has been found there, that part of the self that wishes to stay with beloved entities left behind does so, and the entity itself rejoins the soul stream.

Again, communing with the guidance system, the self determines what healing is needed. Some incarnations leave one a bit tattered, psychically speaking, and there is energy healing that is done.

Unlike Earth healing, this is a matter of allowing things to come into balance rather than proactively or energetically doing anything. There is an allowing of help to come in and, again, this may take a reasonably substantial amount of space—what you would call time—to accomplish.

Once this healing process has been completed, there is a time to contemplate that which the Creator is calling forth most deeply from within that soul stream. How shall you serve now? How shall you point the lessons that will continue to bring you into a more and more clarified and balanced situation within your energy system? Then it is time to think about what shall occur next.

Naturally at this time among your peoples, it is quite likely that those who die will be able to graduate and therefore their choices of what to do next are dramatically enlarged.

We believe that this is a good place to pause and ask if there are any follow-up questions or if there are any other questions that you may have at this time.

**B2:** How does the process of harvest differ from the process of death? You just spoke of graduation and more options, so whether one makes the changes from physical form to metaphysical form via death or from physical form to whatever is resulting from the fourth-density body, I don't see what the difference is there.

We are those of Q'uo, and are aware of your query, my brother. The process of graduation differs from the process of death and rebirth because, as we said, when one has graduated, one has quite a bit more free range in terms of the options available.

If one is dying and is not ready for graduation yet, that is, if one is in the middle of the cycle and graduation is not called forth by the energies of the being at the time of death, then the options involved are to remain in the inner planes or to move into incarnation within third density on planet Earth once again.

If one is able to call forth the energies of graduation by one's state of mind, shall we say, or state of heart, at the time of death, one goes through the normal moment-of-death experience and the healing experience and, when all of that has occurred, the higher self and the self may decide together that it is time to walk the steps of light and see if one may graduate.

Now, these steps of light are a figure [of speech] that was devised by the part of this principle known as the Ra group to try to describe a very fastidious operation, guarded carefully by unseen friends, in which an entity is given a construct of the different gradations of light up to the very highest level of third density and beginning with the very lowest level of fourth density.

The gradations are all shown equally so there is not a sense of, "Oh, I am approaching fourth density now. I'm going to have to push through." There is simply an invitation to walk in the light until the light feels too strong. Then, it is suggested that you take one step back and stop and see if that is the best possible light for you, giving you the best comfort and the best sense of joy.

In a way, [the graduation process] is looking for the place that you belong, if you would accept that construct.

Once you have decided that this is the place that you are most comfortable, you are then offered the information concerning whether or not you have graduated into fourth density. If you have graduated into fourth density—and this is where we must be somewhat vague about the process—[you are] offered the view for the first time of this new density and your place in it. You are still yourself, having dropped away those bits of personality that you carried into incarnation because they would be handy in incarnation. Nevertheless, you are essentially and unmistakably you.

And you discover that in fourth density, entities are easy to read. You know everybody. Even before you take fourth-density incarnation, you become aware of a dramatically changed environment. You are still between incarnations at this point but you have now moved into the fourth density and you have space to become comfortable there before you choose that which you wish to do.

From the fourth-density position, your options are greater than in third density. In fourth density, you are able to choose what group of entities with which you wish to work. You may choose to be a wanderer and to come immediately back into third density, as the one known as B2 did at a time when he graduated from the third density of this planet with a

few friends only to find that his concern for his beloved tribe of humankind would not let him rest until he had done his best to call as many people to follow him to a larger life, wider vistas, and increased opportunities for service and learning as he could.

You have the opportunity to stay in fourth density and do your studying. You have the opportunity to move into the unseen realms, as this instrument calls them, or the inner planes of fourth density which are much more subtle and filled with much more of an interesting mix of entities from which to learn than is the inner-planes environment of third density because of the different nature of the light in that density and the possibilities for information being so much more rich in that density.

May we answer you further, my brother?

**B2:** For being vague, that was pretty good. One other thing: a lot of people in a near-death experience have visions of a crystal city of light. I've actually seen that myself but not in a near-death experience. It's being seen more and more frequently. Could you tell me what that is?

We are those of Q'uo, and are aware of your query, my brother. Again we shall have to remain vague. However we can say a bit about this construct.

The construct is precisely that. It is the awareness of fourth density in the minds of many, many, many people, too many people to have it stay a private vision. It is not fourth density itself. It is not the planet Earth itself. But it is information which is coded in a certain way that is characteristic of crystals. It is being built up day by day, in terms of your space/time experience, because of people that have begun to graduate and have begun to have a fourth-density existence. This existence and this fourth-density Earth are unseen by [their] choice so that there will be no disturbance for the third-density entities that are still using the third density of planet Earth.

There will not be made obvious or overt the existence of the fourth-density entities until the third-density patterns have been completed on planet Earth. Nonetheless, this energy, these essences and this new Earth are very real.

Since it is impossible for the human mind to conceive of two Earths interpenetrating each other and not bothering the existence of each other in any way, the construct occurs. It is a mass-consciousness construct, much like your UFOs and it expresses a reality that is beyond the conscious grasp of the human mind but not beyond the unconscious awareness of the tribe of humankind as a whole.

Imagine how powerful fourth density is, interpenetrating third density at this time. It is at least as real as the third density that seems to be the sum of reality to those with physical eyes. Therefore, it needs to be expressed.

And for those who have contact at all with their deeper mind, there will be some version of this vision that may pop up. And this will increase in terms of the number of people that are able to see it and even, as the one known as B2 said, able to go there and to work with the information.

**B2:** That's good. You're running very long. How's the instrument doing?

We are those of Q'uo, and we are glad you asked that question, my brother. It is undoubtedly time to relinquish control of this instrument and to say goodbye to this instrument and this group.

We thank each of you for the clarity and the sweetness of your natures, for the beauty of your vibrations, and for asking us to join your meditation. We thank you for being able to share our poor words with you. Again we ask you to take them lightly, use them if you can, and leave them behind if they bother you at all.

Thank you for this session of seeking. It has been a pleasure. We are known to you as the principle of Q'uo. We leave you in the love, the light, the power, and the peace of the one infinite Creator. Adonai, my friends. We are Q'uo.

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[1] A good supply of information about hospice is found on this web site: [www.hospicecare.com](http://www.hospicecare.com). Searching the web for "hospice" will bring up many more good sources of information as well.

[2] Carla died after her kidneys failed when she was 13. She was revived approximately two minutes later by hospital personnel.

[3] In the transcript dated February 26, 2006, Jim asked the following question of the Q'uo on B2's behalf: "We need to get some information about how to get a language of the heart that is understandable to B2 and that allows him to share what he's feeling with himself and with others." Talking about "that portion of yourself which thinks with the heart," the Q'uo said, "That part of awareness, while not at all intellectual, is extremely intelligent. In fact, rather than thinking, its power is a power of knowing." B2 was part of the circle of seeking for today's session as well.

[4] Carla: This wording puzzled me. However, on reflection it occurred to me that if time/space is reciprocal to space/time as Larson posits, then theoretically their space is a river that flows one way only, just as our time is, while their time is a field, just as our space is.

## **Special Meditation**

*March 18, 2006*

**Question from A and R:** *(Read by Jim.)* The first question is: A experiences visitations by a person who is not visible but whose footsteps he can hear. Can you please offer any comments and thoughts you feel might be helpful to learn more about this experience?

(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. We come to you this day as part of our service to the Creator. Thank you for requesting our presence at your circle of seeking. It is a great blessing and privilege to be so called. It has been a pleasure already to rest in the beauty and dedication and we thank you for setting aside this time for seeking the truth.

As always, we would ask that you use your discrimination in listening to our thoughts. Be careful to ignore and lay aside any thoughts of ours that do not seem resonant to you. That way, we can offer our opinion without being concerned that we will infringe upon your free will or the sacredness of your evolutionary process.

(Pause)

You ask this day concerning the entities involved in creating the effect of presence for the one known as A, and you wish to know how to deal with this somewhat unsettling phenomenon. Gazing at your situation we see that it falls under the general category of unknown visitors. It is more common than one would think for people living on planet Earth within incarnation to be visited by presences that they cannot explain or see.

The inner planes are crowded with entities of all kinds, polarities, orientation and description. There are points of opportunity where various types of entities can interact with incarnate beings that happen to be sensitive to finer vibrations, shall we say. And this is occurring with the one who is known as A.

We would observe that, in general, there are three categories of visitation. And we do not divide these into three in terms of the particular kind of visitor, but rather the orientation of whatever visitor is being experienced.

The first orientation is positive or service-to-others oriented. There are many service-to-others oriented entities that flock around one throughout the incarnation, and as loving hearts are opened and choices are made to increase the polarity of a seeking individual, the crowd of those entities who wish to associate themselves with such a source of light and love becomes larger.

There is a large category of non-polarized contacts. These involve mischievous spirits, passers-by who are basically in the position of kibitzing, looking over your shoulder as

you play the game of life and other entities who desire neither to help you nor to harm you, but simply to be witness to that which is occurring with a particular entity.

The third category of visitation is that which could be described as negative or service-to-self oriented. The marks of the service-to-self visitor are those energies of discomfort, alienation, discouragement and irritation. When there is no communication from a service-to-self visitor that is audible or received according to the perceptive way of the individual involved, then the negativity of the contact may be inferred from the discomfort which accompanies such contact.

It is to be remembered that the self is inviolable. There have been in your culture many frightening stories of possession of an incarnate being by those of the inner planes. Ninety-nine percent or more of the stories are heavily skewed.

Because of your cultural tendency, when anything is not able to be explained by empirical data there is created in the mind of your particular culture an inborn bias against the validity of such information. Therefore, any visitation that cannot be explained by clearly observable facts will be suspect and even considered perhaps not to be happening at all.

This is acceptable to us if those among your people wish to turn your backs upon felt experience. However, we would suggest that it is a more skillful response to such feelings of being accompanied to assume that in some way, shape or form you are indeed being accompanied. The question of why then becomes interesting.

Further than this we cannot go without infringing upon the free will of the ones known as A and R. And so we shall at this time ask for the second question. We are those of Q'uo.

**Jim:** A senses that this being or source is somewhat unfriendly. Please offer spiritual principles and thoughts you feel might be helpful in his determining whether he should try to communicate with this source.

We are those of Q'uo, and are aware of your query, my brothers. As this instrument is well aware, it is a delicate procedure to come into a mutually helpful contact with an unseen entity. Entities from the unseen or inner realms of your planet are many and their interactions with those who are incarnate on your planet are numerous.

A large category of the interaction between spirit and flesh is the interaction of the self with the guidance system of that self. Your guidance system is, in the words of this instrument, the Holy Spirit, and in the words of the social memory complex known as Ra, the higher self. It is helpful to think in terms of the latter configuration of words in terms of determining who your guidance system really is, for your guidance system is not an entity other than yourself; rather, it is an access point into your larger self.

You are part of a soul stream that is not tied to any particular space or time. In the metaphysical world, time/space, all things occur in a circular ubiquity, happening all at

once and tending towards being harvested, in terms of any experience that one has towards the middle or the source of your incarnation, so that things that you learn in all incarnations are being harvested into the soul stream's center.

When the march that you experience now through the densities is complete, all of that harvest will be offered to the one infinite Creator. And the Creator will then have learned more about Itself than It knew before. Such is your gift to the one infinite Creator in every moment of your life as you accrete interesting information and gradually digest and understand more and more of that which you see.

However, communication with your higher self is a uniquely protected activity. It is, in fact, the only case in which we would feel quite comfortable recommending that the one known as A or the one known as R pursue the conversation that is possible with one's guidance system. Such a conversation is occurring completely within one's own protected heart. There is no outside interference that is possible in this communication.

Opening such a communication can be somewhat difficult for those who are not entirely used to moving on instinct, intuition or insight. Avenues of direct perception are almost entirely blocked and denigrated by the values of your culture. Consequently, even those with very sensitive natures, who are aware of much more than they can explain, do not tend to feel confident about opening such a communication. Nevertheless, it is relatively easy to open such communication. It simply requires patience and persistence, once the goal of opening communications with your guidance system has been decided upon.

When an entity feels inimical or uncomfortable, the marks of one's guidance system are not present. And in such a case we would in no way advise the attempt to create a communication with such a source or entity. The reason for this is the relatively unformed nature of any entity's personality with regard to metaphysical work.

There is a very specific discipline which must be approached, grasped, invoked and pursued before an entity is ready to begin thinking about communicating with any spirit that is perceived. The nature of the human personality is such that unless care is taken, any attempt to open communication will be difficult, faulty or even harmful to the integrated personality shell of the being attempting the opening of the communication.

The need, then, before opening communication of any kind, is to go through a lengthy process wherein an entity discovers himself, defines his nature, and explores thoroughly those principles and central themes for which he is living and for which he would die. When an entity knows himself so well that he knows the ground upon which he stands, he has then become an entity in the metaphysical world of time/space. For the first time he has achieved the discipline of a personality. He has examined the self. He is aware of what he believes; what he loves; that for which he feels most passionate; that for which he lives and that for which he would gladly lose his life if it were necessary.

When an entity has come to that extreme of knowledge of self, he is then ready to have conversations with other spirits. He is then able to challenge them and to say, "If you

come in the name of that for which I live and that for which I will die, then I will speak with you. If you do not, then you must go away.” And that entity will perforce need to go away if he cannot meet your challenge.

To be able to make that challenge, knowing the self thoroughly, is the work of years. And if the one known as A wishes to communicate with this entity, that work lies before him yet to do. And this in no case a thing to be taken lightly or to be done as a lark or because it might be interesting. This instrument has watched personalities disintegrate under the bludgeoning power of a careless, uncaring inner-planes entity whose delight in breaking through to the physical world was such that that entity did not care what damage it did to the personality of the being whose energies it took over. We would encourage the one known as A to be very careful and thoughtful if it is decided that communication with such an entity as the one he describes would be desirable for him.

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

**Jim:** Please offer any thoughts you feel might be helpful to A and R as to how they can be a helpful part of their young nephews’ spiritual growth.

We are those of Q’uo, and are aware of your query, my brother. To be a part of the good in a child’s life is a very precious gift and we salute and applaud those entities known as A and R for wishing to be a part of the spiritual development of those children with whom they are associated.

Being a part of the good in a child’s life begins with that which the ones known as R and A are already doing, which is simply to love the children involved with all of their hearts and to wish them well. The atmosphere of unconditional love is a tremendously powerful influence on a young child. In a world in which seldom does anything go unchallenged in terms of the life of a schoolchild and a child in general learning how to be a part of society, such beings as doting uncles are definitely appreciated. Be assured that those whom you love are aware of your energy and feel the sunlight of that love as warmth and healing.

When entities around children are living their lives in a spiritually oriented manner, this has a strong effect upon the children. For the children are able to see that spirituality is a normal part of a daily, everyday life, not something special for Sundays or for holidays but rather part of the routine of living.

Entities who are children at this time period in your planet’s evolution are very special entities. They have come for very specific reasons into the Earth’s plane at this time. And for them to bump into those concepts of spending time in the silence each day and dedicating one’s life to service to others is a very helpful experience.

It is not necessary to preach or even to say anything about the things that one is doing. It is only necessary so to live the life that the whole life is seen as sacred. Then when

entities such as your nephews come into contact with you, they experience that aura of sacredness to the light.

In a way, it is as subtle and simple as taking oneself seriously, metaphysically speaking, and creating a daily life that reflects the priorities given to the spiritual process. When an entity young in years sees a mature individual spending his free time completely on self-indulgence—food, drink, games and so forth—an entity begins to assume that that is the sum and substance of Earthly life.

However, when a young child experiences life with [one who seeks the silence daily,] its vistas and its options open up. And it finds that it has a good array of things from which to choose in spending its time. It is not trapped in the world of materiality as it might be trapped if it did not know people who have refused to live their lives in the material universe entirely.

As you live your life sacredly, so shall that energy shine forth for entities such as your nephews to observe. You do not have to preach, as we said before. Indeed, we would encourage you not to say anything more than just a thought here and a thought there. Entities young in years are wise in terms of observational powers. And their interests will be sparked in an organic way as things come up and as they happen to be attentive.

And notice what certain particular time [there might be] that is just the right time for you to offer them a seed thought. Do not feel that you must lecture or teach but rather be yourself. Keep your heart open and allow the natural radiation of love and the light of the one infinite Creator to radiate through you. It is a matter of continuing to be aware of the present moment as you go through your day. Bring yourself back to the awareness of that love. Allow that love and light to remain in your day even when it becomes a matter of routine, of fulfilling the [duties of the day.] Keep moving back into that space of remembrance where you connect with the core of your being which is wholly involved in the business of sacred living.

For you truly open your life up to the full potential that you have as the spark of the one infinite Creator as a part of the principle of that Creator. You are co-creator in this universe of Earth, sea, sky and stars. You can choose a good deal of that which occurs in your experience by focusing with sincerity and dedication on those things that you feel are worthy of remembrance.

It is this dedication to right living, shall we say, that will inform your life and crystallize and clarify your energy, so that the children with whom you come in contact know that they are touching into a strong and powerfully positive energy. The natural curiosity of childhood will open up that entity's mind to wonder what you have and the relationship will bloom from there in a completely organic manner.

We thank you for the love which informs this question and wish you every opportunity to offer love and light to those about you.

Is there another query at this time? We are those of Q'uo.

**Jim:** The fourth question: R's ex-partner has moved on and their relationship has ended. However, he remains grateful for the learning received from this relationship. He would like to know any way he can be of a metaphysical help to his ex-partner without infringing on his present life or his free will.

We are those known to you as Q'uo, and are aware of your query, my brothers. We appreciate the fastidiousness of the one known as R in asking this question. For it does not often occur to entities that those prayers and wishes for good health and good fortune that entities may offer to each other could have any possibility of being an infringement. There are indeed ways in which free will can be infringed upon by one who is supposedly simply praying and we will attempt to describe those conditions.

When an entity has been unable to release the energetic dynamic that informed a relationship that has ended, it is indeed possible to infringe upon the other entity's free will in the process of prayer because the entity's connection with the other entity has not been appropriately broken.

If there is any doubt in the mind of the one known as R that this energetic dynamic has not been fully severed, then we would suggest to the one known as R either that he alone or he and his previous partner together create a ceremony which states an effective and final closure to the relationship.

If this is done with the ex-partner, that energetic exercise will be the complete closure.

If, on the other hand, this exercise is undertaken by the self and not with the ex-partner then we would suggest that the ritual of closure be written down, be expressed out loud by the one known as R and when the ritual that has created full closure has then ended, that he take the piece of paper on which the ritual was written and either burn it to ashes, or bury it in the earth.

If there was a difficulty in the separation, it is better to burn the paper to ashes and then blow the ashes away.

If there was no difficulty in the separation, but rather it was agreed upon by both that it was time for the separation so that there are no hard feelings or unhappy endings involved, then it is better simply to give that relationship back to the earth. And that would be the situation in which we would suggest burying the piece of paper on which the ritual of closure was written.

In either case, it is well to be absolutely sure that there is energetic closure before one begins an intentional and conscious program of prayers or good wishes [for] a beloved entity.

Again we salute the loving heart of the one known as R in asking this question. It is very well indeed to realize that all entities with whom one has come into contact in a meaningful and a deep way in an incarnation are those entities who have come there as the one known as Ray says, perhaps in this case or that case, there was pain because of such a relationship. This is often the case with any two entities that spend deep time together.

The process of change involves discomfort. And the dynamic of two souls who are attempting to learn together creates many opportunities for growth. Consequently, it is very common in relationships for two entities growing together to experience a good deal of discomfort. This is not because there is incompatibility but rather because of the inevitable effect of spiritual beings learning together. The effect of two such powerful beings, striving together to learn, is that effect which causes each entity to become a mirror for the other entity, so that all of those things which you did not wish to see in yourself, your partner has kindly offered you a mirror so that you may see better.

This is seemingly a difficulty, looked at from the spiritual point of view. For in order to enter the open heart, every part of the self that has not yet been loved, accepted and blessed by the self must be brought before the self so that you can do the work of loving your entire self, including that part of your shadow side which does not [seem so attractive.]

Once the work has been done to sever any lingering energetic dynamic between two people, it is perfectly acceptable to offer prayers at any time for an entity. You are offering prayers to the higher self of that entity rather than to that entity. And that higher self, the spirit, will direct that loving energy where it needs to go or will lovingly shunt it aside if it is inappropriate. As long as there is not an adhesion of energy between two people this is the spiritual rule that manifests.

We find that we have time and this instrument has energy enough for one more query.

Is there another query? We are those of Q'uo.

(No further queries.)

We are those of Q'uo, and as we hear through this instrument's ears that there are no questions, we believe that we have exhausted the questions for this session. May we say what a pleasure it has been. Again we ask that you be careful. Think about that which we say. If there is a false note anywhere, please disregard this information, for we would not wish to be a stumbling block in your way.

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

## Sunday Meditation

*March 19, 2006*

**Group question:** The question today has to do with the general idea of “ascension,” or transitioning into fourth density and we’re wondering what role the Holy Spirit plays. Is it something that comes into us and inspires us and helps us along on this transition? Is it the same thing as the higher self? Is this transition something into which we’re moving or is it moving towards us? Just how does this work? We’re wondering what Q’uo could tell us that would give us a little more clarity on this whole concept of moving from third density to fourth density, how it happens, who helps, and how it works.

(Carla channeling)

We are those known to you as the principle of Q’uo. We greet you in the love and the light of the one infinite Creator, in Whose service we come to you this day. We thank each of you for laying aside this precious time to seek the truth and we are most honored and privileged to be called to your circle of seeking. As we gaze upon you, we, as always, are moved by the beauty of your vibrations and the harmony of your interrelating auras.

You have truly created a special chapel that takes in many entities in many places and it is a very special moment for us to experience the internet’s addition to the group, for we are able to see you as a group in the non-local precincts of time/space and you truly have a builded structure of light from the combined and collaborative efforts of all of you to join into the unity of a seeking circle. We thank you for this privilege and for the beauty that lies before us in each of you.

As always, we would ask a favor of you, please. Be very careful to discriminate as you listen to or read those words which we offer through this instrument. Words are fragile things and in a sense that which we intend may not be conveyed. Therefore, we need you to discriminate between those thoughts that are helpful to you and those thoughts that do nothing for you. If a thought is not resonant to you, please let it go and use only those thoughts that you recognize, almost as though you had thought it but had forgotten that you knew. That is the hallmark of material that it is time for you to use. If you will make that distinction in working with our words then we will feel much more free to be open in our communication with you and not be worried about infringing upon your free will. We thank you for this consideration, my friends.

In speaking about the ascension process and the Holy Spirit’s part in it, which is the way we understand your query to be centered, we take on, as this instrument said earlier, a good bit of terminology that is loaded with distortions because of the heavy use of both these words, [in] the portions of the religion that you call Christianity, in which much focus is placed upon ascension and the second coming of Jesus the Christ.

The problem with using religious terminology, in general, is that it is distorted in the way that anything will be distorted while gazing at it through a corrective lens. The perceived job of religions, as seen by the religion itself, is to create a distorted lens so that entities

with bad eyesight can see their vision of the one infinite Creator. Therefore, they set up terminology, structures of thought and words which create a correction to the innocent vision of the faithful, offering to them the corrections of points of dogma in a certain pattern which, when received in faith, shall create that correction to the sight that will give them the heavenly vision of the new Jerusalem.

The problem with any dogmatic source, of course, is that the Creator Itself is not dogmatic nor is it subject to being described by the humans who are attempting to honor and worship that Creator or that great creative force or Thought. Therefore, the terms used—that is, the term “ascension” and the term “Holy Spirit”—alike are weighed down with an inadvertently heavy burden of inference and assumption. When what this instrument would call fundamentalist, inerrantist Christians use these terms, they are using them in a very narrow sense, specific to the New Testament and even more specifically to the Book of Revelation.

We would like to start there and work our way back to, may we say, a less distorted valuing of those words, and then we would like to lift away from the burden of the terminology and talk a bit about the underlying picture that this terminology is attempting to depict.

This instrument has a long and intimate relationship with the Holy Spirit as it is understood by her. She calls this entity, “Holly.” She talks to this entity many times each day. She begins each day by calling upon Holly and asking for her help. She does not know what the day will bring but she has learned that it will bring something. And so before she arises from her bed in the morning, she calls upon Holly. She asks for her to be with the one known as Carla during the day and to speak in her ear, to shed her wisdom, her love, and her compassion upon the situations that meet this instrument’s eye.

This is the general sense in which we would use the term, “Holy Spirit.” That is that being which comforts a certain entity with all of that entity’s distortions in place. The spirit that belongs to an entity is not a judge but a witness, an advisor, and an enspiriter.

The nature of the Holy Spirit is well summed up by a prayer that this instrument uses each time she tunes for working with us in a session or for giving a speech or offering an interview on the radio or television. The prayer is one that we would repeat at this time in order that each may see the intended function and nature of this powerful part of the principle of the one infinite Creator. This is her prayer. It is one that she learned in 1983 when she was a part of the Episcopal Cursillo movement, taking a weekend out of her life to examine that life, create a rule of life, and dedicate her life even more intimately and firmly to the following of the teacher that she calls Jesus, the Christ.

Come Holy Spirit. Fill the heart of your faithful and kindle in her the fire of your love. Send forth your spirit and she shall be created and you shall renew the face of the Earth. Oh God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit I may be truly wise and ever enjoy its consolation. Through Jesus Christ our Lord. Amen.

Looking at the structure of this prayer, you may see that this instrument perceives the spirit as coming down, being pulled into her by her calling and her yearning for the divine, yet also being called forward by her emptiness and her willingness to be filled with new inspiration, new thoughts, and new ideas.

The Holy Spirit is not a comfortable comforter. It can create in the seeking soul a divine discomfort. It can help to sharpen and hone your particular vision of what it is to be yourself, what it is to be a part of the one infinite Creator, and what it is to face the world and look at that world, not for solace or for riches but for the opportunity to serve the light.

The one known as R was asking if the Holy Spirit could be considered an inner-planes or an outer-planes entity. We may say to the one known as R that you may consider this energy source to be both. In its function as guidance it is inner-planes. The calling is within the inner planes of your planet and in the inner bodies of your self. The connection is from the unseen realms directly into the heart, coming through the crown chakra, the gateway to intelligent infinity, down through indigo and blue, to rest in the heart itself.

When you have prayed to the Holy Spirit for a long period of time, you have created the connection that is instantaneous and strongly comforting, a never-failing source of wisdom, compassion and good advice.

The outer-planes portion of the Holy Spirit is that portion that has nothing to do with planet Earth or with your perceived notions of who you are or what the Creator is, for the Creator Itself is transcendent to Its creation. It is not an actor caught within the play of creation. It is uncreated, inorganic, infinite and eternal.

This Creator has a nature. That nature is absolute, unconditional love. And we use that word reluctantly, for love is a feeble, flaccid, effete word, badly used, abused and drawn through the mud of a dozen different usages of that word to mask impure intents, imperfect emotions, and confusion betwixt the desires of the body, the desires of the mind, and the desires of the spirit.

Indeed, those languages which contain many terms for the word love would be a blessing to us. However, this instrument speaks English and in your language love stands alone to indicate everything from lust to that unconditional love which causes a mother to give her life for her child or a soldier in combat to give his life to save his comrades.

We speak of a love that is beyond all of the boundaries and limits of human feeling. We speak of love that creates and destroys. We speak of love that changes things. If you can imagine a Thought that has the power to create the universe, then in your imagination you have seen love in its full meaning. To call the Creator love, however, is to limit that entity, for the creative principle is a mystery beyond the plumbing of any, including ourselves.

We would content ourselves then with describing this enlivening, invigorating, enspiriting energy and essence as the Holy Spirit.

Before we leave this particular term we would simply say that the term “higher self,” as used in Confederation teachings such as those of the Ra group, is a concept which describes the Holy Spirit but from a point of view that is quite different from the religion-driven concept of the Holy Spirit.

Like the concept of the Holy Spirit in Christianity, the concept of the higher self is of an essence or an entity which is called down from the resting place of the higher self, which is mid-sixth density, to the self by prayer and supplication.

Unlike the term Holy Spirit, the term higher self indicates and specifies that the self, the higher self, and the Creator are all part of one thing. There is not another self, independent and apart from the self, that is being called down from some heavenly place into the heart. Rather, in the concept of the higher self, the self, the higher self, and the Creator Itself are all part of one entity.

The self is the self caught within the world of illusion by choice, veiled from awareness of the larger experience, and enjoying life within incarnation. The higher self is that same entity within sixth density. The explanation offered by those of Ra was that the self within sixth density pauses at a moment when it realizes that it is being ineluctably drawn forward into seventh density and will soon turn its back upon creation as known in the past in order that it may open its arms to the process of the increasing spiritual gravity of its nature and be drawn ever more quickly back into the heart of the one infinite Creator.

That resource of the self speaking to the self, then, is the self at its wisest and most loving. The concept, unlike the concept of the Holy Spirit, creates an atmosphere in which the self is seen specifically as sacred and no less of a Creator than the Creator itself but rather seen as a young Creator in need of advice.

We feel that both concepts are helpful and we leave it to each seeker to play with those terms and to find for the self what each entity feels is the proper terminology for the guidance system which is a part of each person’s web of resources and tools for living.

The term “ascension” is similarly trammled with a heavy overlay of religiosity. Ascension is a term which is used in what this instrument calls the Holy Bible, in the New Testament. It is a process which is heavily laden with fear in the minds of those faithful people who attempt to understand the workings of ascension from the Christian viewpoint.

In the Christian viewpoint, the picture of the end of the Earth upon which you now enjoy life is harsh. The end comes suddenly. The world dissolves into the one known as Jesus coming down from heaven and all of the graves being opened so that all of the entities that who have died can then spring forth, take on a new and spiritual body, and if you are lucky enough to be one of the chosen, you ascend into an entirely new creation, that Utopian heaven in which you have a mansion prepared for you and are free to spend the rest of eternity praising the one infinite Creator.

As a bit of religious fiction or myth, shall we say, it is unsophisticated and simplistic and we would not know what to do with a question about this concept. We would not know where to start in order to untangle the love from the fear, the joy from the sorrow, and the good from the seemingly difficult and negative.

In terms of our understanding of spirituality, there is an ascension process that we see going on all the time. It is a natural rising of entities through the mists of confusion and ignorance into a gradually more and more light and airy place where heaviness falls away, fear falls away, and what is left in the human breast is gratitude, joy and devotion.

My friends, this is your true nature. This is who you are. You are not a person seeking enlightenment. You are a person seeking yourself. To put it another way, you stand within flesh looking out [of] your physical eyes and hearing through physical ears and consequently you feel that you are a person of flesh and blood, limited by the senses that you experience as part of your physical body.

We would say to you that our perception of you is entirely different. In our perception you are extremely powerful and magical beings. Even within flesh, you have within you the ability to access the divine. This is because your very nature is love. Therefore, as you call out for your guidance, it is love calling to love. Certainly you are love that is confused at times, troubled and distorted in your perceptions, often fearing, often trembling, often discouraged and tempted greatly to be cynical and smart.

It is very likely that entities who seek find themselves fairly often in times of deep darkness, when the soul is hungry. The oasis that you seek at such times lies within you. The question is how to create good access to that self that lies within the illusion of your personality, your physical body, and your culture. How many different sources that you respect have said in essence, "You must know yourself. An unexamined life is not worth living. I think, therefore I am"?

The question of guidance and how it will affect entry into fourth density is a powerful question and one which we cannot even begin to answer in this session. But it begins with clearing out and cleaning out your perceptions of ascension and of your guidance system, or the Holy Spirit, so that you are not caught on the various thorns of religiosity and instead can focus on the reality of your divinity and your way of creating a powerful and strong access to an enhanced awareness of yourself.

What you are attempting to do when you pray to this Holy Spirit is to become enspirited. You are asking the higher, better, wiser and more loving part of yourself or of the creative principle to come upon you, to fill you, to reveal to you your true nature, which is love, and to give you those marching orders that make love itself into a plan for the day. It is not that love will tell you what to do. It is that love will tell you how to do it with love.

As you do ordinary, everyday things with this intense, overshadowing love, something magical occurs. As you seek to pull that enhanced vision of a life lived in love into yourself from the regions of the divine, you activate powers within you that are

incredibly strong. And you begin emitting light. It is not coming from you but rather it is coming through you. You've turned the switch by turning your mind to love.

You've gotten the power upped by your prayers and supplications to be enlivened and enspirited by that which is clearer, purer and higher than you, in your perceptive web of everyday five senses, can remember how to do by yourself without often having trouble.

But help is available. That help is the Holy Spirit. And when the life is given over to that higher and better self that is love, when your consciousness has become that which carries the energy of the divine, then you have only to radiate, as you naturally will, as you move through your day and you shall make a difference in that day.

Whether you are alone or in the midst of many, many people, you shall make a radiation by your focus that is precious to the Creator, for it is by your free will that you have chosen to access that enlivening spirit and to give your life, your day, and your moment over to the intentions, hopes and dreams of the sacred within you and within the creative principle.

You asked concerning the transition from third to fourth density. My friends, this in itself is a topic that would take a great deal of time to examine with any degree of care. And so we shall touch on this subject as best we can in the time and energy that remain within this instrument's physical body and emotional body and within the limitations of time for all of those within this circle.

You are all familiar with the concept of channels on your television set or stations on your radio. If you would like to think of it in a way that is a little bit more comfortable than the phrase of "interpenetration of third and fourth density," you may think of third density as vibrating or radiating as a vibration or energy at a certain point on the dial and fourth density as radiating in a discrete and separate point on that same dial. You can tune into one station or you can tune into the other.

Each of you was set up, in order to come into third density, with third-density parameters being met. You cannot become fourth-density entities. You would not be useful to the planet and to the approach of fourth density if you attempted to live in fourth density. Rather, your glory is that you have earned the right to an incarnation at a time when you are capable of helping to shift the consciousness of the planet you call Earth in such a way that it calls forth from entities the desire to awaken and remember who they are so that they, too, may be part of the graduation from third to fourth density.

In a way, all of you are engaged in one mission together. You are attempting to awaken humankind. Focus that attempt upon yourself. As you awaken, the world awakens. Do not feel that you must go forth and teach in order to do this job. As you work on yourself, you are working for all of humankind. Be content, therefore, to seek ever more deeply within yourself for your true nature.

Oh, my friends, if you could only know for sure who you are, your hearts would soar. For you are love. You are a consciousness to whom the worlds are open. You can create and you can destroy, and, my friends, you do this each and every day.

For your thoughts are powerful things, and as you gain in power as a being you are ever more capable of creating metaphysical hurt or healing by the thoughts that you think. Therefore, we ask you to be aware of your thoughts, to patrol them with love and compassion, and when you find yourself being cynical, petty, judgmental or foolish—and we will allow that word to be what it means to each of you—we ask you to remember that one of the things you came here to do was vigorously and relentlessly to go after consciousness itself and find ever more fully that joy that comes from knowing who you are and why you are here.

The planet itself is going through its own transformation. The energies that are hospitable to third-density life are waning and because of the actions of your peoples in their thoughtlessness ...

(Side one of tape ends.)

(Carla channeling)

... with regard to their planetary resources, that time that is hospitable to third-density life has been shortened to a certain extent. It is normal, at a time of shift, for there to be as much as a thousand years after the shift while third density clears the planet of all energies that have been unfriendly or inhospitable. Unfortunately for planet Earth, the entities upon your planet have not come to the end of third density ready to embrace love, peace, freedom and justice. They do not see the beauty of harmony.

There has been within your culture a stubborn and persistent love of aggression and violence, where entities are moved by fear and therefore seek to protect and defend those things and people which are dear to them while rejecting the oneness of the planet as a whole. It is only in this atmosphere of separation that it is possible to consider slaughtering one's fellow beings as your peoples do each and every day.

Therefore, the end of your third density is not going particularly well from the standpoint of comfort and it will be uncomfortable for some time to come. You knew this when you took incarnation. You were eager to come here and to make a difference.

You do not have to rescue planet Earth! However, there is a karmic energy within many of your peoples which comes from actions in other lifetimes which resulted in making third-density environments uninhabitable. Therefore, the karma is involved in restitution and stewardship of planet Earth. And there are many people among your tribes all over the globe who feel a tremendous love for the planet itself and a desire to heal it. We would encourage this line of thinking, for truly all is one and your planet is a part of you.

As you move into the future, realize that part of your job has to do with radiating the love and light of the infinite Creator. And another part of it may well have to do with working

with whatever energies that are about you in your natural, everyday environment, to attempt to become better stewards of that which is around you. What is your environment? How can you interact with it lovingly? How can you create islands of peace and joy so that when you enter the door to your home you are entering a sacred place? If you perceive of the Earth as a sacred place, what shall you do to clear the moneylenders out of the temple? We leave this to your consideration.

Fourth density already exists. It is a very sound and healthy child. It is a new heaven and a new Earth. And it is being filled more and more each day with those who have ascended, in the natural way of things, from planet Earth through the gateway of death. It is the great hope of many energies and essences of your inner planes, such as your angels and your guardians, that each of you may enjoy a leisurely, organic and natural ascension through that gateway to larger life that is the physical death.

From the standpoint of planet Earth, that is perfectly acceptable. Gaia herself does not at this time need to shake you off like fleas. However, as we have said before, we caution you, for there are entities all around your globe whose vision of ascension includes a self-created apocalypse. There is almost a hunger within that part of the planetary consciousness that is invested in power for the dark pleasure of blowing everything up once again.

See what you can do, my friends, to elect officials who are not caught in that “glorious Gotterdammerung” vision. See what you can do to elect officials whose hearts are stayed on love itself and whose vision is one which includes all entities in any plans that it may make, not just those who are wealthy or powerful.

We encourage you to wake up to this life, to embrace third density and to orient yourself as to who you are and why you are here. That is where the Holy Spirit can be so very helpful. Whether you see that energy as a Christed energy as in Christianity or whether you see that energy as coming directly from a larger vision of the Creator which includes all of the galaxies, all of known space and time, and all of the inner and unseen realms as well, whichever vision helps you the most, we encourage you to take that vision.

There is nothing wrong with the Christian vision. It is a distorted vision, but so is any structure that is pulled into logic and mentality and intellect from the realms of spirit. The heart does not deal in quantities, it deals in qualities. When you attempt to define the Holy Spirit, you are attempting to quantize it. It cannot be done. So the best we can do is to give you ways to think about these terms that may help you.

To respond, finally, to the question of the one known as T, it is indeed so that the transformation of the self by calling on the spirit is an essential part of ascension, however one describes or configures this relationship.

It is by the guidance that penetrates into our heart of hearts that we finally learn to let our lives go and to open them to the unfathomable and mysterious presence of the divine. It is a release that is miraculous, just letting the boundaries of the intellect go. We do not encourage moving without regard to the intellect in everyday life but rather we encourage

the opening up of your point of view to encompass a self that is both physical and spiritual, not separately but all together in one glorious confusion, as the one known as M said earlier.

Our wish for you would be that you were in this moment to determine to be ready to listen, to say, as this instrument does, "Come Holy Spirit!" And we say to you that you are asking for a lot when you ask for the spirit. You are not simply asking for a nice or a pretty or a beautiful experience. You are asking for the truth. Be ready, when you ask, for whatever may happen, for a sincere request to the spirit shall never be unheard. You shall be answered, my friends, and your lives shall change.

We realize that our time is up and we believe that it is best, examining this instrument's energy levels, that we ask for only one or two brief questions before we leave this instrument. Is there another query at this time? We are those of Q'uo.

**B:** I have one. You mentioned we are beings of love and beings of consciousness. What's the difference between love and consciousness?

We are those of Q'uo, and are aware of your query, my brother. Love is an essence. It is not necessarily tied to a point of focus. It is rather that focus that creates all that is and, as such, its nature transcends consciousness, as we use the term to indicate that portion of a human being which is not caught in space and time.

May we answer you further, my brother?

**B:** I understood.

Is there another query at this time? We are those of the Q'uo.

**B:** Let me check on the internet.

(Pause)

**B:** I think P has one. Hold on.

(Pause)

**P:** (*Speaking through the internet from Nevada.*) I was wondering if you could clarify how love is destructive.

We are those of Q'uo, and are aware of your query, my brother. And may we say what a pleasure it is to embrace the energy and the spirit of the one known as P as well as all of those whom we have not experienced as part of this group for a time. It is a great pleasure to us to say hello.

That which is the Creator is that which equally creates and destroys. To the Creator, the two are part of one process. There is a dynamic between light and dark, creation and

destruction, love and fear, and so forth. It is one of the powerful dynamics that are a part of the illusion which you now enjoy.

It is perhaps easier to see this destructive and creative aspect when one examines, say, the life of a sun or the life cycle of an animal within your second density. There are portions of that cycle in which the animal involved is growing. There are portions in that cycle in which the animal is food for another animal. Yet the entirety of the creation is harmonious.

And rather than feeling that there is a wickedness involved in nature, “red in tooth and claw,” [1] as the one known as Alfred said, it is to be seen that this is all a perfectly acceptable part of the dance of life in which entities eat food and are food in their turn. As your body dies it shall be food for worms. And the Creator has provided natural ways in which the seemingly destructive process of various creatures, like worms and other bugs eating the body, makes it a part of the Earth once again and the cycle of that particular body is complete: dust to dust, ashes to ashes. That is the sense in which we meant the destructive nature of love. It, in being creative, must also complete the cycle and be destructive as well in the natural and organic whole of a 360 degree world.

May we answer you further, my brother?

**P:** That sounded pretty good, although I’m interested on your point on a 360 degree world. Are there levels below that?

We are those of Q’uo, and are aware of your query, my brother. This instrument’s use of the term “360 degrees” is meant simply to indicate there is no such thing as an arc that is uncompleted in the creation. All energies have their dynamics and form perfect circles or spheres, to be more accurate.

We find that this instrument’s energies are waning and so we would take this opportunity to thank each of you for this opportunity to be a part of your circle of seeking. We would leave you at this time with great joy and thankfulness 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.

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[1] Alfred Tennyson, “In Memoriam”:

Who trusted God was love indeed  
And love Creation’s final law—  
Tho’ Nature, red in tooth and claw  
With ravine, shriek’d against his creed

## **Special Meditation**

*March 21, 2006*

**Question chosen by PLW [1] poll:** In a previous meditation, there was mention of souls from Mars who were unable to finish their third-density cycle there because of the destruction of their environment and who are now acting as stewards of this planet. Could you tell us about how many there are, when did they come here, and what are the majority of them doing today?

(Carla channeling)

We are those known to you as the principal of Q'uo. Greetings in the love and the light of the one infinite Creator, in Whose service we come to you this evening. It is a privilege and a pleasure to be called to your circle of seeking and we are honored to share our thoughts on your query this day, which has to do with those entities who came to Earth from the Red Planet, Mars.

We would, however, as always, ask of each who listens to or reads this material that each take responsibility for discriminating between those thoughts we share that have a meaning to you and seem resonant and those thoughts that we share that do not seem to hit the mark for you at all. If there is no resonance in the thoughts we share this day, please leave them behind. If you will agree to do that, we will feel to speak with you without being concerned overly much for infringing upon your free will or interfering with the process of your evolution.

We are happy to share information with you about those entities which came from the planet which you call Mars. We would, however, precede this information with a few words about our understanding concerning the importance of this information.

We are those who greatly enjoy speaking concerning spiritual principals that may be of service to you in your seeking. Information concerning where the various populations of your planet come from is fairly dry and mechanical information which we cannot infuse with a great deal of spiritual meaning except by the indirect references to what has occurred with those of the Red Planet and to some extent as to why things might have fallen out the way they did. Therefore, we would ask you to seek this information concerning the what and the when of the immigration from the Red Planet in the knowledge that our voice is a voice of love.

The details are never as important as the source of all the details, which is the one infinite Creator. The love that created the planets and their courses and all the mysteries in the universe has also created each of you, regardless of whence you come or whither you shall go in the worlds of illusion which abound in creation.

Therefore, no matter how interesting the details, we ask you to reserve a part of [your thoughts] for love Itself, that great Creator that has brought into manifestation all that is,

including each of you, whether or not you might have at one time been a part of third density upon the Red Planet.

We shall tell you a story about a series of populations that arrives at Earth for the purpose of joining in the experience of sharing third density with those few people who actually graduated as natives from second-density Earth to the third density Earth.

The first and the largest of these populations was that of Mars. The entities of Mars had made some decisions in the practice of governments upon their planet which resulted in the nature of the surface of their planet changing from a planet which was relatively hospitable to third-density physical vehicles to a planet which was not at all hospitable to third-density vehicles. They were not able to finish the cycle of the Density of Choice in third density upon Mars.

The Guardians of this planet went before the Council of Saturn and asked for permission to move that population to Earth. The second-density vehicles available for physical use upon planet Earth at that time were late second-density great-ape bodies, which the guardians felt might be improved upon by articulating facial features a bit more carefully, by altering the set of the body so it would be able to stand upright, and by improving the dexterity of the physical vehicle, especially in the hands. And by creating a larger capacity within the mind that came with that biological species. In essence they created a new and improved great-ape body which looked a good deal like the one you are now enjoying.

The Guardians at that time found, within the space of several hundreds of your years, that they had made what they considered an error in creating the new and improved version of the great ape body used by the denizens from Mars and thereafter used by entering souls from planet Earth or from elsewhere, simply because it was indeed a new and improved physical vehicle that looked like it would be handier to use to the entering souls and their guidance systems.

The Guardians' mistake was in creating better physical vehicle with the attitude that these physical vehicles were better and that the people that inhabited those physical vehicles were special. Naturally, the Guardians were very fond of the incoming population and felt great love for them, as they were placing them carefully and gently upon planet Earth to take up again their search for love.

What they did not anticipate was that the people themselves would feel that they were special. They were aware that their intellect [was more powerful] than other great-ape species that inhabited the Earth at that time. They felt privileged and special. And they created within themselves an attitude of "better than."

The energy of the beings from the Red Planet was naturally somewhat progressive and fiery. They had demonstrated this aggression, this ability to wage war on their home planet and had succeeded in destroying the surface of it as an acceptable environment for third-density life. They carried these biases with them into third density upon this planet.

The very beginning of your cycle of third density upon planet Earth was nearly 76,000 of your years ago, by your counting. The [Martian population] incarnated in what you would call the Middle East and parts of Africa first, their thickest area of population in that area of the planet. Gradually they become the populations that you now know of as the Moslems, the Jewish people, the Palestinians, and others of Middle Eastern heritage.

As the population settled in and began their cycles of reincarnation to gain experience and learn the lessons of love, they spread out, becoming the populations that you now know as the Russian and Eastern Orthodox churches, the Christian church, and the Christian Protestant church as opposed to the Christian Roman Catholic church. All of these populations are heavily “larded” with those originally from planet Mars.

You will note that these entities comprise the bulk of those who believe in one God. The up-side in the belief in one Creator is that it is closer to that mystery of the Creator than the solution which posits many gods. It is our understanding that all things are one, and the infinite Creator is as single as Its universe and creation.

The down-side in believing in one God is that belief that only if you believe in that one God—and believe in a certain way—shall your soul reach heaven. This creates a bias within the religious, and oftentimes the political mind of those [who so believe] that there is their way or the highway, as this instrument would put it.

You will note that in the Moslem church, the Christian church, and in the church of the Jews that there is a strong tendency to exclude certain of their members who do not believe specifically in the points of dogma in which they hold to be true. The tendency of this energy of belief in one God, then, has its challenging aspects when it comes to using that religion as a springboard for the lessons of love.

If you will examine the writings that are at the heart of any of those three religions, you will find a mystical understanding of unity that is very similar between those three churches. However, for the entity that is living an everyday life, the tendency with dogmatic churches is to be very exclusionary and judgmental, so that an entity is told basically, “Either you believe the way we believe or you are consigned to one of the circles of Hell after you are dead.” They then feel that it is permissible and even desirable to proselytize and attempt to create that bias within those whom they meet.

This nest or web of actions is basically the end result of the Guardians, 75,000 years ago, making too many improvements on physical vehicles and creating pride and arrogance as a birthright of the new and improved human species. You may still see those energies playing themselves out in your Earth world at this time.

What are those of Mars doing these days? As the one known as J said jokingly earlier, they are running your countries, parking your cars, taking care of your children, and doing every other human thing you can think of. For there are millions and millions of those who came from Mars. They are, as are all of those within third density at this time, striving to learn the lessons of love.

Many of those who come from the Red Planet have earned the right to graduate into fourth density. They have achieved that shift in consciousness from fear to love, from war to peace, from doubt to faith, and from despair to hope. There is no stigma in being from Mars, anymore than there is a stigma to anyone for being born of a certain genetic heritage.

It is not that the physical vehicle that you inhabit is unimportant. It should be honored, respected and loved, for it has given its life so that you and your consciousness may walk the planet and learn the lesson that you came to learn. It is that body whose hands reach out to do the service you would do for your fellow human being. It is that voice that sings the praises of the one infinite Creator. Without your body you would be unable to have incarnation.

At the same time, it is not well to identify entirely with the body that carries you about. For the body that is carelessly [used] and not justly appreciated will tend to wish to rule over the mind and spirit. It has strong instincts, not because of genetic changes but because of the inherent second-density heritage. It wishes instinctually to mate, to form a clan for family, to gather resources so that the clan may live, and to protect those resources, and, if necessary, defend them to the death.

We may note that in our humble opinion some of the actions of your governments at this time fall solidly under the influences of those instincts. You are at the end of your third density, moving into that time of graduation. Those who do not choose to graduate will necessarily fall back to the instincts to late second density as they prepare to start another third-density cycle elsewhere.

We would ask each of you with a resonance with the history of those of Mars, “Do you wish to take a leap forward, to wake up from the dream of hostility?”

If so, then you have every necessary capacity and have probably already made the choice to turn your back on violence and negativity and to choose love as your expression, your being, and your goal. We encourage you to trust yourself and to give all that you have into making this shift. It is not too late. The decision to choose love is a matter of a heartbeat. Each decision to choose love is a matter of a heartbeat.

We would ask if there is a follow up question at this time. We are those of Q’uo.

(No further queries.)

We are those of Q’uo. The silence that we hear expresses to us that you have exhausted your questions for this evening. In that case we wish only to express our gratitude for being [asked to join your circle of seeking.] We are those of Q’uo. We leave you in the love and the light, the peace and the power of the one infinite Creator. Adonai. Adonai, my friends.

## **Special Meditation**

*March 28, 2006*

**Question from T:** Q'uo, there is an increasingly popular global trend happening right now. Young people are tending to spend their time playing online games with one another. Some or most of these children may even have the dual-activated bodies of which Ra spoke in the *Law of One* material. Thus, it seems to me that most of the online gaming is a distraction and a waste of time for children of that nature or any individual, really. My first question is this: What is the influence of online games to this world, especially to young people?

(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 join your group this evening. Thank you for the privilege and the pleasure of being called to your circle of seeking. It is a great blessing to us to be asked to share our thoughts with you and we thank you for the opportunity.

As always, we would ask that you be very careful in discriminating between those thoughts of ours which seem good to you and those which do not. Please discard any thoughts that do not seem accurate or excellent to you. We would not be a stumbling block before you.

Thank you for this consideration, as it will allow us to feel quite free to speak with you without being concerned that we would infringe upon your sacred spiritual process.

Your question this day concerns the joining of many among your people, especially among your young people, with the online games that are so popular in your cultures at this time. There are a wide variety of these games of which this instrument is somewhat aware and we see this phenomenon through her eyes and through the ramifications of your query.

To us it would appear that there are several different energies in motion at this time which influence the popularity of such means of recreation. And so we would discuss various aspects of this question.

Firstly, let us look at the status or the estate of young people, spiritually speaking. Entities within your cultures at this time that are young are, as the one known as T mentioned, possessed of bodies in which the fourth-density energies are in potentiation. The double activation creates an atmosphere in which the mind of the person is sensitive to unspoken thoughts and unexpressed emotion. For the most part, these entities have found it somewhat difficult to achieve a sense of peace dwelling within third-density conditions.

In this atmosphere of internal turmoil, it is natural for entities to seek means of soothing and calming their troubled natures. The online game which this instrument plays is of a

type that has the tendency to entrain those troubled thoughts and allow them a means of relaxation and drifting away. This is the simplest type of game. It is not played with other people and its purpose is simply to relax the mind and loosen the bonds of tension and stress that have been built up because of the attempt to do intellectual work for a long period of time.

Indeed, for entities of this type, the repetition of the play of the cards or whatever game is being played is as effective as some of your prescriptions which would similarly affect the mind, reducing tension, lowering the blood pressure, and so forth. This type of gaming is, when a part of a lifestyle that is enjoyable to the entity, an acceptable and spiritually neutral part of the coping mechanism of entities such as this instrument.

The next aspect of gaming at which we would look is that aspect which expresses hostility. Many of your computer games, whether played by the self or played with others, involve a great deal of dramatic action in which the online characters are embattled. There is a good deal of destruction and mayhem that is a part of the game. It is necessary, in order to play the game, to move through the patterns of aggression, warfare and the concept of winning over one's enemies.

Games such as this have a mixed polarity in terms of their effect upon the people who play them. In one sense, there is something to be said for a person who is aware that, within the heart, she has many hostile and aggressive feelings which she cannot, in good conscience, express in the normal course of everyday life. Such a seeker may consciously choose to play such an aggressive game in order to express the shadow side of the self in terms of negative emotions like anger, impatience, judgment and resentment in a way that does not infringe on anyone's free will. [When] played in a conscious way, where the time is dedicated to expressing such feelings in a non-harmful manner, such an entity may experience a psychological release from the opportunity which has been taken to unload the harmful and toxic emotions and remove [them] from the interior emotional system of the self.

However, it is far more often the case, when entities enter into such games, that quite another psychological structure is being expressed. Rather than there being a conscious awareness of love and a desire to maintain that love by bleeding off negative emotion, the intention of the majority of entities who choose to play such aggressive games is to enjoy the process of being powerful and able to defend the self successfully. This motivation is fear based.

There is, in many entities, a very accurate perception that the culture of which they are a part is one in which they do not feel comfortable. Certainly within this instrument's feelings and thoughts there is often a reaction to the choices and decisions made by those in power. She wonders what is happening to her world. She is puzzled, and more than puzzled, she is disturbed. These emotions are mild compared to the kind of fear that is generated by eyes that look upon what seems to be a hostile world that is unresponsive to the gentle and sensitive portions of human nature. Fear builds up within such an entity and there is a desire to find an environment in which, even in a game, there is the illusion of being in control.

In the last aspect of which we would speak concerning the online gaming, there is another level of expression which has to do with expression in groups. For many entities there is a feeling of being isolated and apart from any comfort. The outer environment, not just for young people but for people of all ages within your culture, can often seem to be bleak.

When the eye gazes upon the outer scene, there seems to be no way to create the atmosphere that is yearned for, the atmosphere which would encourage feelings of relaxation, enjoyment, friendship, companionship and the desire to come together socially in a positive way. Instead of such a general feeling of trust in social rightness, there is, in many entities, a profound dislocation and distrust of the outer world.

However, in an online game there is the joining of a group under rigid rules of play in which there are adventures to be had in a controlled atmosphere. These virtual dramas are absorbing, complicated and self-expressive. There is the opportunity to create the self and [then] recreate the self anew in another game. There are opportunities for companionship of a certain kind. It is a substitute for the innocent and everyday interactions of people in real life in real situations coming together in groups to play a game of baseball or do homework together or other such social opportunities.

We would pull back the vision now and take a look at the society in which these online games are taking place. Certainly, many entities do not dwell in urban situations. However, a large percentage of your people do dwell in groups, in towns, cities and large groups of cities that form corridors of great density of population. Ironically, the denser the population becomes, the more isolated the people within such populations feel.

This instrument was recently speaking with a couple who had lived in the Orient for the past few years. The one known as L was saying to this instrument that when she first arrived in the crowded cities of China and other countries in the Orient, she was struck by the physical closeness of entities. She could not walk on the street without being repeatedly bumped because there was so many people on the streets that there was no room to have one's own space.

She found, after a certain number of months had gone by, that she had learned how to ignore those souls around her which were passing her on the street. It was necessary for her own sanity and peace of mind that she downplay the presence of other souls within her aura and protect herself against even acknowledging their existence. This is the atmosphere which breeds people who turn within for their recreation and their companionship.

The general effect of the online gaming is part and parcel of the general effect of the way your culture works. That effect is to deaden the sense of focus and awareness within an entity. This tendency of the culture to deaden or numb the emotions and the thought processes of entities is, from the standpoint of spiritual seeking, unfortunate. You have placed yourself in an environment which is heavily overlaid with cultural encouragement to stay asleep. Whether it gaming or any other aspect of the pop culture, the phenomenon involves a great many people aware of a few names, games, events or social

circumstances, and focusing on those few icons to the exclusion of becoming interested in the exploration of the self.

We find that this is the extent to which we are able to offer thoughts upon this subject. The spiritual principles involved are slight and therefore we find that our commentary is limited.

Is there another query at this time?

**T:** Do these games bring more positive or negative polarity to this world in general?

We are those of Q'uo, and are aware of your query, my brother. There is very little net gain or loss of polarity because of gaming. Certainly, in some entities who are already negatively polarized, some of the more aggressive and hostile games help them to hone the edge of their anger and rage. But for the most part the net result of these games is distraction and sleep, along the lines of your television, your movies, and your other entertainment.

Is there another query at this time?

**T:** Does online gaming play any part in the creation and development of a social memory complex?

We are those of Q'uo, and are aware of your query, my brother. The gaming itself does not have the characteristic of building a social memory complex.

We would find it interesting to see what entities who are interested in games could do to create a game [which has] the stated purpose of working with metaphysical principles in order to examine the life, the society, and the age-old questions of, "What is truth? What is beauty? What is goodness? What is justice?" and so forth.

The phenomenon of the [world-wide web on the] internet in general has the characteristic of creating far more of a global awareness for all of the people who are looking for information on the internet and forming a global group. This is, as this instrument has said, a kind of training-wheels exercise, getting people ready to think of all of the tribe of humankind as one tribe. When one is on the internet and bouncing around from site to site, one bounces all over the planet, depending upon the links which one is following. One quickly begins to grasp oneself as a member of the global community.

Further, it seems to be a very friendly, interactive and lively community. Thusly, we would look at the internet itself as an experience with what a social complex feels like rather than confining that to the gaming.

Certainly, any large group of entities all getting together to experience one event has that feeling of a global group. However, the events for which entities gather as a global group are fleeting and therefore there is not the continuous experience of the self as part of a

global group when watching, say, the Superbowl or the final playoffs of any of your sports such as soccer or hockey.

Is there another query at this time?

**T:** Since free will is utmost as a principle for us to respect, what is our proper attitude to [take when we] talk about online games with kids?

We are those of Q'uo, and are aware of your query, my brother. When dealing with other selves of any age, it is well to meet them where they are.

There is a certain amount of time available to your people; a certain number of heartbeats between birth and death. If an entity takes the self too seriously, an entity can attempt to use every minute of every day for the entire lifetime in a positive, constructive, useful way. This attitude, while commendable, results in an incarnation that is dry and arid, emotionally.

Other entities may choose to spend an incarnation doing nothing useful whatsoever. The balance, in our humble opinion, is that unique point where an entity has integrated the desire for play, the desire for good work to do and the desire for learning with the underlying desire to serve the Creator and to serve humankind. Play, distraction and recreation are very valid and positive parts of a useful working life. Therefore, we would encourage you to react to a child who wished to do gaming by playing the gaming with him, being a part of his environment, and sharing his recreation.

In general, we would suggest that the key to dealing with entities who look up to you, as children often do, is to relate to what they are saying, to listen to their concerns, and to enter into their life, not as one who must always be teaching but as one who is listening and learning. See yourself as a partner with this entity, regardless of the difference in your age. You are partners in exploring the dynamics between you. If you are older, naturally, part of the dynamic of your relationship will be the desire to protect, care for and support that entity.

As you deal with children, then, relate with them where they are, remembering always that it is who you are within yourself that the child really “gets” rather than that image of yourself which you may feel that you are putting forward.

In the end, we simply encourage honesty. You may not be completely accurate or correct in your opinions, but your opinions are your gift to a child with whom you are in relationship. Indeed, this is true of relationships of any age but your query is about children.

And when you are an adult dealing with children there is a special element of the desire to lead them in the right way. Be honest in your opinions. If you find that a game or anything else that a child is interested in has negative or troublesome aspects, discuss them with the child. Be frank and open and share your heart. That way the relationship is

clean and clear and the love of the one infinite Creator will find ways to enter into the conversation.

Your goal is to be with that child. The direction of the conversation is unimportant. It is the heart listening to another heart, the thoughts interested in another's thoughts, and the atmosphere created of love, encouragement and support that are important.

We thank the one known as T especially for asking this question, for in it he expresses his heart.

May we ask if there is another query at this time?

**T:** Since we're going to enter the fourth density soon and all artificial or man-made things will be gone, as Ra told us, what kind of games do souls play in the fourth density? I assume they need to have fun too, right?

We are those of Q'uo, and are aware of your query, my brother. We do not find that this question is one we can answer. We apologize for our inability to respond in a way that is helpful.

We may offer some general concepts on the topic of what is fun in higher densities. My brother, when the veil is lifted which hangs so heavily over your eyes and your senses in third density and you behold the creation with the eyes that are unveiled ...

(Side one of tape ends.)

(Carla channeling)

...you will find that it is literally bursting with the most extravagant excitement, passion and joy. The inner workings of your mind are exteriorized. Imagination becomes palpable. What would you do if you could create a shape, a picture, or a story so that others could see it? Would you lack for fun?

Again, we are apologetic that we cannot be more specific. However, there are issues of free will involved in this query that are subtle. Yet they stop us as substantively as if it were a brick wall.

Is there another query before we leave this instrument? We are those of Q'uo.

**Jim:** (*Responding on behalf of T.*) I believe that's it, Q'uo.

In that case, we shall leave this instrument and this group, thanking each for dedicating the time to seek the truth. We thank the one known as T also for initiating this session and we thank each of you for the beauty of your vibrations. We are known to you as the principle of Q'uo, and we leave you in the love and in the light of the one infinite Creator. Adonai. Adonai.

## **Special Meditation**

*April 1, 2006*

**Jim:** Our first question today has as its focus the role of the spirit guides in the ascension process. We would like for Q'uo to tell us what this role is.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greeting in the love and the light of the one infinite Creator. We come to you in the Creator's service this day. Thank you for asking us to join your circle of seeking. It is both a privilege and a great blessing to be with you, to marvel at the beauty of your vibrations, and the intensity of your seeking for the truth. As always, we would ask each to use discrimination in considering the ideas that we offer. If they have resonance for you please feel free to work with them. But if they do not, please leave them behind; we would not be a stumbling block to any. We thank you for this consideration, my friends.

You have asked this day concerning the role of spirit guides in the ascension process. We find this somewhat humorous because this instrument has been working for the past several days upon a manuscript of channelings from the Holy Spirit, which is this instrument's spirit guide. Consequently, this instrument is steeped in that companionship and comfort which is the role of the guidance system of each entity.

Your guidance system, whether you characterize it as this instrument does in the Christian term of Holy Spirit or whether you characterize it in other ways, is, nevertheless, a part of the interwoven consciousness of Creator and created. You are never without your guidance system.

A key concept to remember when thinking of your guidance is not what form or shape it takes, but what its essence is. The essence of that spirit that companions you throughout and incarnation is unconditional love, absolute support, unending compassion, and a clarity of understanding that takes in the full sweep of the octave of densities within which you now enjoy consciousness.

It is not an event that occurs in a moment to ascend. Ascension is rather a process. Think of third density, if you will, as a spiritual distillery. You know of how a distiller creates spirits from the fruit of the vine or grain using various substances such as yeast, hops, raisins and many other choices of ways to create a chemical reaction which will distill the raw ingredients into the finished wine that is full of the delicious taste of all of its ingredients and due to the chemical processing has transformed its nature. Such is your process in enjoying incarnation upon planet Earth.

We have observed that the dogma-driven thinking of your religions, especially the one known as Christianity, has skewed the thinking about the ascension process and has created of it not a joyful celebratory event, but a fear-driven, doom-filled event. It is not

the intention of the Creator that the process of ascension be narrowed down to an event of any kind. However, were a very narrow view to be taken of ascension so that one could see it as an event, it would be an event that was as full of positive emotions as one's birthday, one's wedding day, or any other celebration or party to which one looked forward greatly. The whole concept of ascension as a terrifying moment when the world ends and suddenly you are standing before a righteous judge, is far from the Creator's mind, as far as we understand the Creator's mind and we note here that our understanding is faulty; we offer only our humble opinion at all times.

Your life is a process of gradual ascension. You start with raw ingredients. Throughout your life, each choice that you make advances the distilling process. At the moment of death, the gateway to larger life opens and you yourself are able to see with the enhanced vision of time/space where you are in your ascension process. You are the judge that you have so feared. Your spirit guide, guidance system, or higher self, is there with you as a resource to you.

From our point of view, we see the term spirit guide as somewhat lacking in specificity. We would rather discuss the higher self for in terms of the structure of this resource of the self, the higher self comes from a place in the circle of your personality stream, shall we say, or your soul stream, that is far in advance of your consciousness within incarnation at this time. The higher self is your self at a point within sixth density where the lessons of unity have been so far advanced that you as an entity have become aware in sixth density that you are moving away from close contact with that which has been laid within your memory as the occurrences of all of the densities up through sixth.

They are falling away from you at this point and your mind, heart and will are turning ever more toward the face of the Creator. You are acquiring enough spiritual gravity that you are aware that this is your goodbye to the self of this creation. You are not any longer interested in your personality shell. You are ready to be absorbed into the godhead principle once again.

And so you turn in the midst of sixth density in this very precious and pivotal point in the distillation of your soul and you leave a resource behind as a gift to yourself. It is available in third density, fourth density, fifth density, and, if needed, in the beginning of sixth density for that soul and spirit that you are. (*Inaudible*) inextricably bound into your consciousness. It must be asked in order to be heard. The spirit, or higher self, will not speak unless it is asked; it can not intrude upon free will. It must wait for your interest, your desire, your questions, your cries, your groanings, your rejoicings, and any other conversation that you wish to have. It waits patiently, full of love, knowing you because it is you but you at your highest and best. So there is color to the spirit. There is energy and liveness, [but] there is not is physicality. The spirit is uncreated. It is a resource, an essence if you will.

Therefore, at the moment of death your higher self is with you, part of you, supporting and encouraging you as you walk into the light of larger life.

Is there a follow-up query to this question before we move on?

**B:** Q'uo, are there other selves that act as spirit guides, like angels or other forms?

We are those of Q'uo, and are aware of your query, my brother. There are indeed other entities that help to guide. This is why we were attempting to be more specific about the term that we were using, for the term spirit guide can mean any of a dozen things or more.

There are so many sources of guidance that are around you that to discuss them in depth is impossible, but we can simply name them. They include, as you said, angels—and there are many varieties of angels—pixies, elves, fairies, nature divas and spirits of all kind, the essences of elements, their spirits such as undeens, sylphs, niads, dryads, and all of the totem with which you have been associated in past lives. As well, there are many entities in the inner realms who are drawn to you when you are conspicuously loving, patient or intent upon the truth. Passion for goodness, for fairness, for love, or for devotion to the one infinite Creator all draw to you entities that dwell within the inner realms in one capacity or another. And so you may have about you literally dozens of helpful, loving sources of inspiration and guidance. Each is in harmony with the other sources of guidance that are about you and they constitute your family in the unseen realms. Also to be considered are those entities which are associated with you in other densities, especially for those of you who are wanderers.

When you have incarnated as many times as each of you has incarnated, the web of connections becomes truly amazing, expanding infinitely and including virtually everyone on the planet. Consequently, the concept of one spirit guide or two spirit guides or a limited number of them is not accurate in our opinion, for if you are sufficiently motivated to focus your will to that laser-like quality that it can achieve when your emotions and your desires are coherent, you call a very large percentage of the unseen realms to aid you and support you. Thus it is that we encourage entities to find their passion and follow it.

May we answer you further, my brother?

**B:** No thank you. Jim?

**Jim:** Our next question: “Q'uo, could you tell us what the role of the guardians is in the graduation, in the ascension?”

We are those of Q'uo are aware of your query, my brother. The guardians of your planet are a group, some of whom are inner planes entities and some of whom are Confederation entities. There is a rotation of those who are responsible for planet Earth at any one time but a constant number of those who guard and keep stewardship of the planet, its people, and its resources, and by that we do not mean the kind of natural resources of which your peoples general think when they say the word “resources,” but rather we speak of the metaphysical resources of the planet as it moves through its own ascension process, shall we say.

The role of the guardians is to care for and be a steward to the people and the planet. During the ascension process, the guardians stand by the steps of light which are walked by those who are moving ascension or graduation. They look carefully to be sure that the gradations of light are precise, steady and stable. They look to be sure no one stumbles or is confused, for they wish each to walk comfortably into the light until they have chosen their most comfortable place. So they guard the sanctity of this process. It is by this process that each decides or chooses the nature of its next experience. If walking into the light and stopping one has stopped at a place that is yet in third density, then that entity shall next incarnate in another third density planet elsewhere. For the planet you call Earth has begun its fourth density positive incarnation and is even at this time accepting new entities as they graduate through the natural processes of death.

May we answer you further, my brother?

**B:** Is there another process besides death to make the transition?

We are those of Q'uo, and believe we understand your query, my brother. There is not in the duties of the guardian any process other than that which occurs at the death, as you know this walk through the gateway to larger life. We are aware that there has been discussion among your peoples of that which this instrument calls the rapture and indeed this instrument is aware of the teachings of the one known as Jesus who said that when the time came there would [be] two people in the field—one would be taken and one would be left. It is our understanding of this teaching—and again we offer it humbly—that this was as were almost all of the things that the one known as Jesus taught, like a parable in nature.

The literal meaning of the stories that the one known as Jesus told was not intended but rather the stories were those stories in which the parable pointed out metaphysical truths rather than physical ones. Therefore, it is indeed so, in terms of the functionality of the graduation process, that in the moment of choice on the steps of light, an entity either chooses third density or fourth density and therefore moves into life in third or life in fourth density. We do not believe it was intended that there would be this adventurous drama suggested of a sudden and fell rapture in which life as you know it stopped suddenly and [completely] and entities were either tossed into the pits of hell or lifted up to heaven.

We believe that the reality is less dramatic but much more understandable. We believe that the reality is that you, each of you, will choose the manner of your being. You will choose it not because you judge yourself but because you realize that there is a sweet spot in the light for you. Walking those steps of light, you are not looking to push past your abilities, you are looking to find that place where you belong, and when you have found just the right place, it does not matter if it is third density or fourth density, it is the place that you have earned, it is the gift of your long and adventurous life and all that has brought you to that point at which you were vibrating in a certain way when you passed into larger life. That vibration is your being. You want your being to be comfortable. You

want that being that you are to be placed where it belongs. This as we understand it is the process of graduation or ascension.

May we answer you further, my brother?

**B:** No, thank you.

**Jim:** Our third question is [about] ensoulment. When and how does a spirit enter the body in third density to take part in the third-density incarnation?

We are those of Q'uo, and believe we grasp your query, my brother. The body which you inhabit during third density has its own anima. It is not precisely a soul; it is of the nature of second-density entities, inhabiting a great-ape-with-very-little-hair gene pool, if you will. When the physical body that you are using, that serves you so well now, dies, it, as opposed to your consciousness, will sink back into that pool of naked apes that constitutes the human race as a second-density species.

Therefore, it is independent of the need for a soul or a spirit. It can live, enjoy its nature, and pass from life all without the need for a third-density spirit inhabiting the body.

When a woman becomes impregnated, the arrangements, shall we say, for the birth of a certain entity to that woman are already fairly well advanced. There is a great demand for opportunities for incarnation. Entities must wait for an opportunity to inhabit a particular physical vehicle. An entity and its higher self, or its guide, will have pondered the idea of an incarnation for some time, as you would call it, and you will have created a plan or an agenda for the creation that involves being born to a certain woman, living in the family of a certain family, and meeting various key people throughout the life experience. When you and your higher self plan an incarnation, you are redundant in your planning. You have not one or two or three possibilities, but virtually endless possibilities lined up so that if one straight road to Rome does not avail, the next straightest road—with a little kink in it and a little curve there—comes up. And if you stray off of that road, another comes up. They all lead to Rome.

When a woman actually becomes pregnant, this seals the opportunity. There is to some extent an unconscious agreement betwixt the soul of the entity who is the mother and the soul of the entity who is going to be her child.

The time of the entry of a soul or spirit into a physical vehicle with its anima varies widely. In some cases, within three months of the woman becoming pregnant the soul will already have begun inhabiting the physical vehicle that is the fetus within the womb. In other cases, as the other extreme, an entity may not inhabit that body until after the birth. There is a target of opportunity from conception to about three months after birth for the entry of the soul into the body. The choice of when this connection is made has a good deal to do with the relationship of the child to its mother in terms of how that relationship will function as catalyst in the lifetime to come.

May we answer you further, my brother?

**B:** I have a question from D, Missouri who wants to know, “Can a physical body exist without a soul?”

We are those of Q’uo, and are aware of your query, my sister. That is affirmative. The physical body is capable of living without being ensouled. It is, however, very seldom that this situation occurs. When the consciousness of an entity is withdrawn from a physical vehicle, that physical vehicle is without a rudder, shall we say. It is not geared to functioning as a natural second-density entity but, rather, it has given its life over to carrying consciousness. Generally, when the silvery cord—as this instrument calls the connection between spirit and body—is severed, the anima of the second-density physical vehicle, or animal, is not strong enough to maintain the health or life of that physical vehicle and it perishes because of the lack of the soul which it was designed to carry.

Is there another query at this time?

**B:** I’ve got one from L in England. She would like to know what happens to the chemical complex at the time of fourth-density transition.

We are those of Q’uo, and are aware of your query, my sister. The term ashes to ashes and dust [to dust] is familiar to all and would be the burden of our response if we understand your question accurately. Therefore, we assume that we do not understand your query.

May we ask if you could phrase it in another way, my sister? We are those of Q’uo.

**B:** It may take a moment to type her response.

(Pause)

**B:** Jim, why don’t we go on to the next question and we can touch the last later.

**Jim:** Our fourth question has to do with how social memory complexes talk, how they relate each to the other, and to other social memory complexes.

We are those of Q’uo, and are aware of your query, my brother. This instrument can feel us laughing for the challenge of this question is such that we doubt our abilities to express, in any way that is useful, the response that would make sense.

Imagine that the entire creation is dancing. Imagine that it is dancing in a way that is unified and harmonized so that every speck and mote and iota of the one infinite Creation of the Father is dancing in perfect harmony and in full awareness of the vast and infinite reaches of that dance.

We who are not of third density incarnation, whether we are dwelling between incarnations or are essences that were uncreated and therefore have not incarnated at all, are part of this dance. It is the dance of the heavens and the Earth, the elements and the essences of creation. In infinite variety and color, the patterns of the dance swirl in sacred geometry, in joy, in thanksgiving, and in grace and symmetry that create a beauty that is never ending, ever flowing, and an expression of unconditional love in its every facet and coloration.

Communication betwixt social memory complexes is that kind of communication that you may have experienced at times with those to whom you were very close. Perhaps you have known what someone else was going to say. Perhaps you have felt that there was someone else in the room with you and you turned around and there someone was. You felt the palpable energy of their presence. So it is when coherent energies wish to speak with each other; the wish creates a connection, it is instantaneous.

May we answer you further?

**B:** I have one clarification request on what does it mean, “essences that were uncreated”?

We are those of Q’uo, and are aware of your query, my brother. To begin with, the Creator is uncreated. The angels that you know of in your Christian mythology are uncreated beings. Nature spirits are uncreated beings, they have never had incarnation. They express the spirit ...

(Side one of tape ends.)

(Carla channeling)

...which lives in elements such as earth, air, wind, and fire, and second density-creatures such as your plants and animals. And even in the stories that entities tell over long periods of time in which entities which never lived become real and have lives within the inner planes of your planetary sphere.

May we answer you further, my brother?

**B:** Going back to ensoulment, a couple of quick questions. E would like to know, “Does the self or higher self attempt to choose a father as well as a mother?”

We are those of Q’uo, and are aware of your query, my brother. And may we say that it is a wonderful thing to respond to each of you. The energy of each of you is a blessing to us and we thank each of you for taking this time to tabernacle with us.

The father, the siblings, the authority figures, the mate, and the friends of an entity are all considered, indeed, in creating the opportunity for an incarnation. However, in terms of choosing when to be born and in what circumstances, it is the relationship with the mother that is the most pivotal. The relationship with the father is one step removed in

that the woman who is a mother carries not only her consciousness as guardian and guide to her unborn child, but also she carries the ocean of infinity and eternity within the springs of her womb. Consequently, it is her energy that is most intimately connected with the one infinite Creator in the process of sacred birth.

May we answer you further, my brother?

**B:** T in New York would like to know, “Does abortion incur the need for karmic reparations for the mother or father?”

We are those of Q’uo, and are aware of your query, my brother. There is no one answer to this query, my brother. And we are aware that it is a very tender subject, certainly in this instrument’s heart as well as many others. However, each entity creates an agreement with the mother. If the mother is considering abortion, then it is well for that mother to sit in mediation until it feels beyond a shadow of a doubt, subjectively speaking, that it has made contact with that being that is knocking at the door for the opportunity to incarnate.

Some entities are perfectly willing to move on and find another opportunity. Other entities have a great desire to be born to this one person and be placed into incarnation in just this way. Therefore, each case must be decided on its own merits by the woman involved and by no other source. Only that woman can make contact with that soul that is asking for incarnation and ask for permission to pass up this opportunity.

An entity who is attempting to incarnate does not want to cause its mother difficulty. Therefore, if a mother can take the time to commune with that child that is to be, it is entirely possible that there is no karma necessary to experience as a result of choosing to abort when circumstances are not opportune. The child understands as well as the mother.

However, it is well to go through this period of inquiry and communion with the child and to have a very deep and profound discussion as to whether or not that child is happy to have another opportunity with the same parent but at a later time, or with another family altogether.

May we answer you further, my brother?

**B:** We have one more from P who would like to know, “When does the seed of thought begin?”

We are those of Q’uo, and would like to say that this shall be the final query of this session. We thank the one known as P for this question, it is an interesting one.

The seed of any thought is thought itself. The Logos is the original Thought. All thoughts spring from the Logos. Unconditional love is the essence of the Logos. Therefore the seed of every thought is love.

May we answer you further, my brother?

**B:** I think we're all set! He said he should have thought of that.

We are those of Q'uo, and we thank all who have gathered for this most adventurous and exciting type of meeting. It is an unusual occasion and one we celebrate. Thank you to each.

We offer our seeds of thought to you with a humble heart but a happy heart indeed. May each of you thrive and enjoy the adventure of incarnation. May you realize the stunning excitement of the possibilities that await you this day. Within you lies the power to reshape your world according to the way you think, the way you hope, and the dreams that you dare to dream.

This instrument and the one known as Jim have been reading a book called *Handbook for the New Paradigm*. And in it there is discussion of how a few people dreaming together can re-imagine the Earth. That is the function of the spirit as well, that guide that is ever at your side. It also hopes that you shall reach up to the one infinite Creator and to all of the guidance that you have and ask each and every day, "What is your will for me this day? How shall I serve? What shall I learn? And in what shall I rejoice?"

We leave each of you in the power and the peace of this adventure. We are those known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai.

## Sunday Meditation

*April 2, 2006*

**Jim:** The first question is from A. It reads, “I am soon to be a high school teacher. I had some classroom experience about a year ago and found the emotional environment nearly overwhelming. Many students want to test the boundaries on an authority figure, which is normal behavior for teenagers. However, so many students doing it all at once is difficult. How can I best maintain my strength over a sustained period?”

(Carla channeling)

We are of the principle known to you as Q’uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege and pleasure to be called to your circle of seeking and we thank you for this honor. It truly gladdens our hearts, because serving by sharing our thoughts is our chosen means of service to the one infinite Creator at this time. Consequently, you offer us the opportunity that we treasure the most: that opportunity to serve the Creator by serving those sub-Creators that, like we, are moving in that divine circle from one heartbeat of the infinite Creator to the next.

As always, we would ask that each of you be responsible for discriminating between those thoughts of ours that seem resonant and useful to you and those thoughts which do not. Please do not be concerned with any thought that does not seem to be something that you knew already but had forgotten for a moment. Things that resonate like that are apt and appropriate for your work. If they do not resonate, they may be wonderfully helpful to someone else but they are not part of your process and we would not wish you to be led off your path by our stray thoughts. We thank you for this consideration.

We thank the one known as A for the query about how to create the most pleasant atmosphere for both teacher and students in a classroom. As you already know, my brother, the mechanics of discipline are simple. We do not believe you are truly asking concerning discipline but rather how to deal with your dislike of disharmony. However, we would say that it is appropriate for a teacher to be an authority figure of a kind. That is, you and the students together have a precious gift to share. That gift is time.

When a group of students does not have boundaries and limits set on their behavior by a helpful teacher, the gift of time tends to be squandered in such a classroom because there is not enough energy left over from the ongoing and somewhat off-the-topic discussions of students that are not engaged in learning.

Therefore it is helpful to the students as well as to yourself to make a few simple rules and then to be very careful to act precisely the same way each time a rule is broken. The usual means of discipline is asking the student to spend time—again, that gift of time—paying his dues for the infractions of the rules. This is usually done by means of

detentions or extra study halls. This is a perfectly good solution to misbehavior as perceived by the teacher.

As long as the rules are simple, understandable and maintained carefully with no favoritism or injustice of that kind going on, the tendency in such a classroom will be that that group of students becomes aware fairly quickly of the necessary ways to act in order to avoid punishment.

There is, however, another aspect to discipline. That is that aspect which involves the teacher or authority figure opening his heart and becoming vulnerable. For you, as a teacher, my brother, are also a student. You and the students in the classroom, together and equally, are students of the life experience itself. It is well to remember that what you are doing with them is a partnership and a group activity.

Consequently, see what you can do to open your heart to your students and explain to them at least once how you feel about being in the position that you are. Explain to them that you are going to need their help. If you are going to create an environment and then fill that environment with learning and laughter, shared experiences and deep comradeship as you hope to do, then you shall need their help, for you cannot create this atmosphere by yourself.

Indeed, this instrument at one time in her life was a librarian and she had to keep all of the study halls of that particular institution in which she taught. Therefore, she had students in her library at all times. And naturally, she was involved in disciplining them in order that the rest of the students could enjoy a quiet study hall and get their homework done.

Her technique for maintaining quiet was to go directly to the leader of whatever group was misbehaving and ask for that person's help. She would explain that she had the need to keep order in the library and there was a bit of conversation going on that was making it difficult for some of the other students to concentrate. She would then ask for that particular person's help in reminding others at her table if such a conversation began again.

Naturally, faced between two fires—one, helping the teacher who was asking pleasantly and courteously for her help, and [the other] being assigned detention, which would take away the fun of Friday afternoon—the trouble-maker would immediately agree to help, and, reluctantly or not, she would from that time forward be able to help the teacher maintain order at her table. This was all done without threats, raised voices or any accusation of wrongdoing.

Being vulnerable and asking for help are a very good ideas. It brings out the best in people if you are honest with them and explain what it is that you need and why you need it.

However, your question is more deeply and spiritually, or metaphysically speaking, more centrally a question about attitude.

It is well, when approaching the teaching of young souls, to remember beyond anything else that you and they are one. You are in this adventure together. It is easy for a teacher to assume that he will teach and that the children will learn. In actuality, it is always a teach/learning, learn/teaching situation.

In fact, you will find, my brother, that you learn more than they do. It is amazing what young souls have to offer. They do not have life experience but they have active and inquiring minds and they have, in many cases, hearts that have not yet been bludgeoned, as of yet, by the various cultural offerings of your society in ways that numb and deaden emotion. The thinking of the heart is emotion based.

Therefore it is well to remember that you are dealing with young plants who will turn to the sun of emotion. Therefore, see what you can, my brother, to be the sunshine in their lives. Think of what they would like to know—not only what the curriculum would like you to teach them. Become their advocate. Put yourself in their shoes. See things, as best you can, from their point of view.

Therefore, that seeping down into the deeper parts of your thinking as you move towards the day's work with the children will prepare you to deal with them as who they truly are: sons and daughters of the infinite Creator, as are you.

Even in cases of difficulty, we encourage you to maintain a remembrance of unity that underlies the relationship betwixt yourself and any and all of those who are in your classroom. A kind word in a bad situation is often a turning point for a tender mind or heart and you will have the power to offer either kind words or unkind words.

We also encourage the relaxation into what you are doing. You chose this type of livelihood because you hoped that you would be able to offer the gifts of your affection, your understanding, and your knowledge to those minds who are eager to learn. Do not be dismayed that they do not know yet that they are eager to learn. You may need to create for students that motivation that they now lack by making the things about which you are teaching pertinent, interesting, challenging and relevant to an ordinary, everyday life.

All of these positive ways of making the classroom time more fun, more challenging and more interesting will balance the fact that you must indeed serve as the authority figure that a teacher is.

As we said, to sum up, the key to discipline in the classroom is attitude. Walk softly, speak softly, be fair and the job will soon be done for that class, for that school term. It shall always, as you said, my brother, need to be done again when you have a new group. And sometimes there are entities in the classroom whose enjoyment is to disturb a classroom's pleasant aura of calm. Therefore, some discussions may be protracted.

However, in the end you will find your students grateful to you for creating a good atmosphere and increasingly responsive to a teacher who really, truly wishes to share the knowledge, the affection, and the comradeship that he has to offer.

Is there a follow-up to this question? We are those of Q'uo.

**Jim:** No, I don't believe so. Our next question is from B who lives in Michigan. For the last couple of years she's been suffering almost continuous psychic attacks and she has to pray continuously through the day for relief.

Her question is, "As Jesus instructs us in *A Course in Miracles*, 'All your problems have already been solved.' Can you please take me to the future, to the point in time when this problem that I'm now experiencing with negative entities and interference has already been resolved and I have been experiencing the desired state of peace and freedom from these causes and patterns of a negative interference for at least one year. Please ask my higher self exactly what I did to get to the desired outcome. Tell me the steps that my higher self suggested to the solution from the future, from the infinite wisdom of my higher mind, that I may better serve God and others."

We are those of Q'uo, and are aware of your query, my sister. We cannot tell you what your higher self would say to you concerning this or any other issue. We are not your higher self and your higher self indeed is within you.

We find in this instrument's mind that she has had other people ask her questions similar to yours, my sister, and she has always suggested to them the following technique if they are unable to break through to their own guidance system in the normal way, which is simply to pray and then to listen and to write down, as you would in a journal the ideas that come to you. Her suggestion has always been this: to find a hypnotherapist and to ask the hypnotherapist, after inducing the hypnotic state with you, to take you back before birth so that you are free of the veil of forgetting and are able to speak with your higher self.

You would then have the hypnotherapist ask you to contact your higher self. In the hypnotic trance state, this is a do-able thing and this instrument has seen it done, not once but many times.

The hypnotherapist then would ask the question that you wish to ask of your higher self and you would repeat that which the higher self says to you. It would be taped, for you would not necessarily be very able to remember exactly what was said if it were not taped. Therefore, be sure that such a session is recorded. In this way, you will use your free will to do your learning in your way.

We find that no question was asked concerning the spiritual principles involved in this kind of sustained psychic greeting so we will keep our comments minimal and simply say that it is well to think of such attacks as gifts. Think about the writings in the New Testament that are called the Beatitudes. "Blessed are they who mourn." That does not

sound like a blessing. Each of the Beatitudes is similarly dour and sorrowful in its apparent nature, and yet each is a blessing. Why are they called “blessings” by the one known as Jesus the Christ? This is meat for you to ponder.

We are with you. Your guidance system is with you. Consciousness itself is with you and is you. The psychic greeting that you are experiencing is also part of you. It seems to come from elsewhere. Yet the creation of this experience within your life is as much of a gift and is as much a part of your learning as any other portion of your incarnation and its experiences.

Consequently, it is not something which it is appropriate to attempt to escape. Rather, we would suggest an attitude of quiet confidence, even though the surface of your emotions is roiled by the suffering which you have undergone. Dig deep within yourself for the underlying peace and power of your nature. This visitation has its purpose.

May we ask if there is another query at this time?

**Jim:** What are the metaphysical qualities of water?

We are those of Q’uo and are aware of your query, my brother. The metaphysical qualities of water begin with its place in creation. It is one of the classical four elements that this instrument learned in reading about white ritual magic of the West in the books by the one known as William.[1]

Water is that aspect or element of the creation which contains the sacred energies of the Archangel Gabriel. Water holds gifts and powers that move from the simplest physical observations to the most abstruse and occult applications of spiritual principles. But the central gift of water is its acceptance of the impressions of consciousness. Water can be magnetized to hold pure emotion. Consequently, water is a very magical element, a crystal that can be solid, liquid or gaseous, and yet is a crystal in terms of the way that it can hold ideas, thoughts and emotions.

This instrument was telling the one known as B earlier about a vision that she had several months ago, when she read an article by a scientist who had done experiments with water crystals.[2] He asked entities to project as pure an emotion as possible to these crystals and then he photographed the results. Interestingly enough, the crystals, when magnetized by thoughts of thanksgiving, joy and love, developed beautiful, flower-like patterns of crystallization. When ugly and angry thoughts were projected to these ice crystals, the ice crystals became malformed.

The intimacy of thought and water is very appropriate to consider as you look at your physical body. Your thoughts are impressing every cell of your body. You are a very watery being. A large percentage of your body is water. You are, therefore, a creature of the tides of your inner emotions. Be aware of how easy it is to magnetize water with an idea or a thought or, most importantly, an emotion. Tend your everyday self to thoughts of thankfulness, thanksgiving, praise, appreciation and joy. Remember how powerful you

really are and impress your own body with the fire of your love. Let that love do its healing and organizing work within your physical body.

Is there a follow-up to this query? We are those of the Q'uo.

**Jim:** Our next question is, "Can you tell us what you know of the Creator, including any specifics regarding the masculine and feminine aspects?"

We are those of Q'uo, and are aware of your query. We do not know a great deal about the one infinite Creator, for the Creator is shrouded in mystery. We know that the Creator is not a being and does not have organs or eyes or a physical vehicle of any kind. We know that the Creator's very nature is love. We know that the creation which the Creator cobbled together out of this Thought of love and free will is a creation of love. We learn about the Creator by observing ourselves and other beings, all of whom carry the energy of the one infinite Creator within them.

Is there a follow-up to this query? We are those of Q'uo.

**Jim:** We have another query: "Can you discuss the numerological significance of repeating or recurring numbers?"

We are those of Q'uo, and are aware of the query. Numbers are interesting entities. There is a character and a personality to each of your digits, zero through nine. And indeed, larger numbers as well have energies to them in some cases either because of something inherent to that number or because it reflects the doubling or the tripling of another number that has significance.

For the most part, if you wish to use numbers as they are often used in systems like the *I Ching* [3], it is best to stay with the single digit numbers.

We are not saying that you can create a meaning to numbers but rather that numbers, in and of themselves, have a character that you may come to know. In terms of repeating numbers, it is interesting to know what number is being repeated. Sometimes, there is no meaning to the repetition except as a wake-up call. If it is 11:11 when you have just thought a certain thought, if you look up and see that number, it is as though the creation were saying to you, "What did you just think? That was an interesting thought. Pay attention to that thought."

In other cases, the number does have significance. Eleven, for instance, is a master number, so-called by this instrument and by the numerology books that she has read in the past. Therefore, if you are seeing 11:11 frequently, you are actually seeing a master number repeated, indicating that transformation is at hand. If you see 12:12 repeated, the energy of that number is an energy of completion. You may look further for yourself at the various numbers, one through nine and zero as well, to investigate this line of thinking further.

However, the most likely meaning of repeated numbers for entities who notice these things is that synchronicity from spirit that simply says, "Pay attention to your thoughts."

Is there a follow-up to that query? We are those of Q'uo.

**Jim:** I don't believe so. We have one more question here: "From your point of view, Q'uo, if you were to write a short pamphlet concerning the Earth for all those civilizations that have been transplanted here and are visiting here, something containing the basic information and spiritual insight on how to best make use of this Earth opportunity, what would you say?"

We are those of Q'uo, and are aware of your query, my brother. My brother, were we to write such a booklet, we would attempt to find as many ways as we could to describe the environment of Earth in such a way that entities could see into the way to work it.

We would develop an operating manual that would let people know that they were creatures of love; that their consciousness was love, but that they were carefully blocked from a direct apprehension of their nature so that they could use the school of third-density life in order to find that nature once again, by choice and by faith.

We would talk about the dimensions of that choice and why such a choice was necessary. We would talk about faith; not faith in something but the faculty of faith. For it is faith that tells you that all is well when the apparent picture is that all is not well. And it is by faith alone that the spiritual seeker begins his journey and moves his footsteps upon that path once it has begun.

We would talk about Earth as a spiritual distillery. This is a concept that we were speaking about in a channeling session done recently. It is helpful to understand, when one is an Earth being, what the situation is, what the rules of the game are, for there are rules to the game. There is a very simple dynamic that entities may observe.

All things have their opposite. The choice is a choice between the two largest dynamics that govern and help to create your experience. Those are the dynamics between the light and the dark, love and fear, helpfulness and greediness, service to others and service to self.

Those are two distinct paths. We would encourage people to choose the path that they wish to take and then to take it as purely and as honestly as possible, today and tomorrow and the next day, for the rest of a life.

Your school is a simple one. The subject itself is extremely difficult to comprehend. That is why you have a lifetime to work on it.

Is there a follow-up to that query? We are those of the Q'uo.

**Jim:** I don't think so, but I think T might have a question.

**T:** Yes, I recently had a feeling. It was just a state of mind that came over me as I was meditating. It just seemed like what I was meditating on became very clear and very easy to hold in my mind. This lasted for six to eight hours, maybe. And then the next day it was basically back to the same. It didn't come as easily. And while I'm still trying to do this, I would like to know if there is anything special that I can do when something like this does happen, how to nail it down maybe, and be able to come back to it. A linchpin that you can hang your hat on and come back to later and help to create that again.

We are those of Q'uo, and are aware of your query, my brother. We find in this instrument's mind memories of similar, special times, times in which she has been transported from the mundane world to a place of light where the perfection of the divine plan was quite clear.

It is a wonderful gift to have enhanced awareness and immediate apprehension of truth, or gnosis, as this instrument calls such experiences. We believe that your experience was of this type of gnosis or knowing that has nothing to do with facts but has everything to do with focused and centered emotion. The knowledge of the heart is of this nature.

(Side one of tape ends.)

(Carla channeling)

We must share with you the fact that we do not know a way reliably to help you nail down such a state of mind. Such enhancements are gifts. They let you know that things are possible that are outside the box, shall we say, of ordinary intellectual mentation.

They let you know that there is a greater truth, a higher reality, that overarches and interpenetrates that experience of everyday. It is immanent, nearer to us than our very physical vehicles. This awareness is so close to everyone at all times that it is surprising that such times of enhanced awareness do not occur more often.

However, we can encourage you, my brother, to appreciate those times when they come, and know them for the truth that they hold.

In terms of how to encourage such experience to happen more frequently, we encourage the basic concept of spirit. When you move into the silence, be aware that you are a crystal. Like a radio station, you may be tuned to different frequencies. We are not suggesting that you manipulate yourself, saying, "I want to be of this setting or that setting." We are suggesting that when you enter the silence, you enter it aware of its sacred nature and aware of yourself as a being worthy to rest in that sacred place.

Those things that brought you to that moment wherein a door opened for you and you were able to slip into a different frame of mind were a combination of your passion, (*inaudible*) [4] the rhythms of your body, your mind, and your spirit, and all of those elements within your universe that are cyclic.

Sometimes you are much more physically ready to experience (*inaudible*) depend upon the planets and the moon. To a certain extent they depend upon the health of your body. It may depend on many things. However, it is certainly always helpful for you to enter that silence aware of that sacred place that is the nature of silence. All of the universe lies within the stoppage of the busy mind.

May we ask, my brother, if there is a follow-up to that query?

**T:** No, that's fine. Thank you very much.

We are those of Q'uo, and this instrument has energy for another query, if there is one.

**R:** I have one question, Q'uo. Can you tell us how this circle of seeking looks to you, as opposed to the other times where we have just people in this location? [5] Do you see a double circle? Or is it brighter? We have people who are listening but not physically with us in this room.

We are those of Q'uo, and are aware of your query, my brother. We give this instrument the image of a lei. It is term used for a necklace of beautiful flowers. When this instrument was in Hawaii, she was given several of these flower necklaces. When you have a circle of seeking that is local, that is all in one place, it has a different energy to it than when there are entities from many different places that are coming together from all over the world.

It is not that it is brighter, but that it is a larger circle.

It is, however, of the same nature as a local circle in that the beauty lies in the relationships of all of those within the circle with each other and with the Creator. It forms a kind of kaleidoscope of color and texture and even sound, from our point of view.

When you have entities who are tuning in from varied locations, there is, in those entities, a good bit of passion and emotional focus because of the difficulty of dealing with the technological aspects of getting the connection made. So even though the entities are far away in terms of their being a part of the circle, there is not a double circle. It is simply a larger circle.

We ask you to pause for a moment and appreciate yourselves. Appreciate your beauty. Sense into your relationships with those entities you cannot see but whom you know are like birds of a feather that flock together in ways that you (*inaudible*). We can see the (*inaudible*) affection, inspiration and love. We can see the health and wellness of this group and we can see its power to create a shift in consciousness. Each (*inaudible*).

We would ask at this time if there is a final query? We are those of Q'uo.

**R:** Not from me, Q'uo, but for those who are listening or cannot speak to you, I know you can hear them, I thank you for your kind words.

**B:** No more questions [from the internet listeners].

We are those of Q'uo, and we thank you, my brother, on behalf of those people that are not physically present. We thank you for bringing those messages of thanks to us. Indeed, we are the ones who offer thankfulness and gratitude from the depths of our many hearts to you. It has been a true pleasure to share with this circle of seeking.

We leave you, as we greeted you. For all that there is, is love and its child, light. The unmanifested and the manifested worlds are created (*inaudible*). In those two elements of Godhead, we leave you. We are known to you as the principle of Q'uo.

**B:** Thanks from the internet people.

Adonai. Adonai.

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[1] William E. Butler.

[2] Read more on the web site, [www.masaru-emoto.net/english/entop.html](http://www.masaru-emoto.net/english/entop.html).

[3] Learn more by checking this site, [http://en.wikipedia.org/wiki/I\\_Ching](http://en.wikipedia.org/wiki/I_Ching).

[4] Throughout the latter portion of this session a large thunderstorm rolled through Louisville. Both of our tapes were compromised. After hours of careful work, comparing the two tapes, B was able to recover about 95% of the session's text. However, some words were too garbled to recover, as the lightning strikes seemed to cause the tape to entirely fail to record at times.

[5] This session was being broadcast into a "chat room" environment where a total of 23 people, from many places around the world, logged on and listened in.

## **Special Meditation**

*April 14, 2006*

**Question from J:** Could you offer a word to those whose energetic profile matches service-to-self entities, who have strongly developed lower and upper chakras and a muted heart chakra, and who are working to effect their positive polarization now on this planet.

For example: they have the advantage of possessing a great deal of personal gravity, will, intuitive force and perceptivity. Also, they have significant insight into the machinations of dark force operations now haunting this planet.

On the other hand, ingress into the heart of such is a tricky business because it demands the balancing of polarized emotions of immense charge. It's not so easy to accept one's complicity in perpetrating the horrors of creation.

The first question: can you recommend avenues of restitution and service?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this evening. It is a privilege to be called to your circle of seeking. We thank each of you for reserving these moments of your incarnation for seeking the truth and for calling us to your circle.

As always, we would ask of each that care be taken to discriminate in listening to our thoughts. If something seems resonant to you, by all means, use it. However, if our thoughts do not seem resonant to you, please lay them aside. Your cooperation in guarding the gates of your perception is much appreciated for it will allow us to speak freely and not be concerned with abridging your free will or your sacred spiritual process.

We would gladly speak a word to those whose profile matches the service-to-self energy pattern of well developed red, orange and yellow-ray energy centers, and well developed blue and indigo energy centers, but poorly developed green ray.

We would suggest that such entities experiencing this pattern of energy expenditure may profitably consider that they may well have chosen to incarnate in third density upon the Earth at this time in order to effect a more harmonious and full balancing of the energies which you may call love, light, power and peace. We offer these words to indicate the dimensions of love and wisdom, or the lessons of fourth density and fifth density, that are studied in sixth density in order to unify and solidify the point of awareness that contains all of the consciousness that is granted to all aspects of the creative principle.

Those who have experienced a far more comprehensive course of study in wisdom than in compassion move into third density not only to be of service to the planet and to its

people but also to tackle a kind of strenuous metaphysical boot camp, if you will, in which your preincarnative desire is that you shall effect, within theathanor of incarnation, a more equitable and just integration of the energies of love and the energies of light or wisdom.

We wish to indicate that this is not, for an entity overbalanced into wisdom, a *beau geste* that is particularly easy to grasp or effectuate.

The chief stumbling block to one overbalanced in wisdom is a basic attitude with which this instrument is familiar that she calls pride. When she sees this element of character within herself, she confesses her pride.

However, we would perhaps use the term arrogance rather than pride. In pride, there is a conscious element: one is proud of something. There is a quantitative aspect to this concept of emotive structure. We do not wish to indicate that there is any conscious aspect to the structure involved in those who are wise at the expense of love. Therefore, we suggest the term arrogance, for arrogance is an unconscious attribute carried by those who are aware of the efficacy of their thinking processes.

We would say to those whose profile matches this distortion that it is time to become willing to be grounded in humility.

We would offer one figure before taking further queries. This instrument attended one of its Holy Week services yesterday evening. This particular service was devoted to focusing upon an evening meal held in an upper room tended by thirteen men, including Jesus the Christ.

During this meal the one known as Jesus offered two mandates as suggestions for loving each other. His first suggestion is memorialized in what this instrument calls the Holy Eucharist. The teacher known as Jesus took bread, the common, ordinary bread that was the substance of the night's meal. He blessed it. He broke it. And he shared it with all who were at the table.

And he said, "When you break bread, do it in remembrance of me."

And he took the wine, which was their common drink, blessed it and poured it out, sharing it completely with those present.

Again, the one known as Jesus said, "When you drink, do this in remembrance of me."

A second mandate, as a teacher that evening, as recorded in your holy work known as the *Bible*, was to ask those present to remove their sandals so that he could wash their feet. The one known as Peter at first refused, for he felt that it was far too humble a task for a teacher to offer to his students.

But the one known as Jesus said, “Unless I wash you, you shall not be clean.” And so Peter immediately said, “Then, Lord, wash all of me.” The one known as Jesus said, “You are clean and yet it does not hurt to wash the dust of the day off your feet.”

Having washed the disciples’ feet, he said to them, “If I am your teacher and I wash your feet, then perhaps you may see your way clear to washing each others’ feet.”

The one known as Jesus seldom spoke directly. However, you may see his intention was to indicate not only the value of service to others but also the value of absolute humility.

We ask all of those who find themselves wise and who know themselves clever, has it helped you to love? Has it opened your heart? We have often spoke through this instrument of the most difficult journey an entity such as those you have described will ever make. That journey is the fourteen or so inches from your head to your heart.

May we ask for the next query, my brother?

**J:** Can you make suggestions which make easier the polarization of these ones in particular?

We are those of Q’uo, and are aware of your query, my brother. We have perhaps made a modest beginning at suggesting the general strategy for working towards the full integration of wisdom and love. We have talked before about the heart chakra. It is a much misunderstood energy center encompassing two distinct aspects.

It is impossible to make a direct assault upon the closed heart. The heart itself is protected within what this instrument would describe as an outer courtyard. The overarching dome of light that signals the presence of consciousness is gently enswathed in the basilica of the inner heart.

Outside of that *sanctum sanctorum* is that place where entities come, in all their dirt, to see if they are ready to enter their own heart. The difficulty that entities find when attempting to enter their heart is that they must needs integrate all of their personality shell into that entity which stands at the door and seeks entrance. All entities carry the full 360 degrees of personality. The entire spectrum of light and dark lives and thrives within each spirit sent forth by the one infinite Creator before the world was.

For those who carry that arrogance of wisdom, there is subtle work to be done in emptying the pockets of self. It is lonely and unforgiving work to break yourself open to the point where you can see and acknowledge all of the factors that go into what on the surface is a simple and seamless attitude of confidence and self-knowledge. Nevertheless, this is the task ahead of one who wishes to open his heart.

It is a difficult thing to grasp because there is no cleverness involved in opening the heart. There is only the acknowledgment of the falsehood of any claim that one may wish to

make to true wisdom. For wisdom uninformed by love is not stable or balanced, in terms of that lesson which entities such as yourself incarnated in order to balance.

The wiser an entity is, the more narrow his ability to see beyond his own intelligence. The ability to use higher chakras further confuses the issue, because from the viewpoint of manifestation, there seems to be such a likelihood that such powerful knowledge will be useful to the self, to the Creator, and to the planet.

In orienting you and those like you to the actual situation, we would ask each to move back in perspective until there is a broadness that takes in all of the third-density pattern. A pattern involves a choice of how to be and how to serve. In third density, the path to graduation involves a simple choice followed by a series of congruent choices which progressively tune the spirit under such discipline to the point where that spirit is able to surrender to love.

The difficulty is in releasing all of the intelligence and knowledge that is so proudly carried and so skillfully used in the outer manifestations of life on planet Earth.

In order to dig down into the treasure of self, you must break the container that holds all of that pride or arrogance of accomplishment. When you have released this structure, you will find that you are as vulnerable as a tiny kitten, such as the one that is snuggled up against this instrument's ankle at this moment. Only when you have become as a tiny child, free of the burden of your wisdom, can you at last break the bunker of self-consciousness.

My brother, how deeply and how truly you seek to do that! And yet how clever are the many, many thoughts and strategies that will gladly entrain your intelligence and distract your will. These forces within you do not wish for you to open your heart. They like having full pockets. They do not want you to empty your pockets of these things which, to the surface personality, seem to suggest selfhood. Yet there is a powerful voice within you that says that this is not true consciousness. And you hunger for that.

What is the "I" of a person and of a soul? When consciousness itself is the "I" of you, then shall your heart be free to open and blossom and radiate infinitely. And from that perspective alone shall you at last be able to march from the *sanctum sanctorum*, fed and strengthened, in full knowledge of who you are for the first time and ready at last to do serious work upon balancing the wisdom which you offered to yourself as a gift and as catalyst.

You seek to wend your way from the penumbra of articulated thought to the daylight of love. We wish you every good fortune in your seeking and we commend you for your awareness of the basic situation.

May we ask for the next query, my brother?

**J:** Can you speak of the response on the inner planes to those who choose to relinquish their status as spiritual achievers and surrender their proudly held, imbalanced acquisitions for the common good?

We are those of Q'uo, and are aware of your query, my brother. The response to one who has at last been able to lay aside pride, break the pottery of intellect, and offer the naked soul, as it is, to the one Creator in all humility, is embrace, inclusion, comfort and support. Indeed, these are the responses of your guidance system and those spiritual forces which surround you regardless of your circumstances.

However, to one who has indeed cast aside arrogance, the voice of spirit becomes quite audible and there is a liveness of interchange that is not possible while the egoic structure of the personality shell retains its knowledge of its self-sufficiency.

We speak as if there is a “we” and a “they,” a “you” and an “I.” And this is not precisely correct. For there is an ever-flowing movement of energy along lines of force which are created by your thoughts and feelings rather than there being a dynamic of two.

You are experiencing ways of structuring the self so that it may be known to the self. We do not wish to take away every structure of your thoughts in an instant. Rather, we would that you would conceive of this journey as a dance. It is a dance in which your movements express a gradual increase in your ability to be naked and without personality.

In the privacy and the intimacy of your silent meditation, allow all to fall away as it will and sit with that which is left until it, too, falls away. And then sit with that which is left until it, too, falls away. Repeat this process until when you sit, you simply sit.

May we ask for the next query, my brother?

**J:** I find in myself a strong affinity for higher-density planes of both polarities and information about them. This and other things have led me to believe that I have wandered through higher-density planes, both positive and negative, and then chosen to hop back into the maelstrom of third density. Could you please verify this and discuss the phenomenon of individuals exploring both polarities into higher densities? Could this be merely a grand way of deferring true polarization?

We are those known to you as the principle of Q'uo, and are aware of your query, my brother. We tread close to the limits of free will as we respond to this question. In our opinion—and we offer it for what it is worth—the pattern which you describe is that of a sixth-density wanderer whose fifth-density experiences were felt by the sixth-density entity to have too marked an effect upon the basic ground of being which is represented by the pallid word “love” and by the activity of the student of fourth density in realizing fully ...

(Side one of tape ends.)

(Carla channeling)

... the depths of that ground of being. The Thought that created all that there is was not a thought of wisdom. It was pure, unconditional, love. Consciousness is a Thought which creates and destroys the universe. That consciousness is a consciousness of love.

It is difficult to bring into focus within third density the function of wisdom. Perhaps the most skillful thing we could offer at this juncture is that which has been noted by all, we feel sure, and that is the difference between the thinking of the intellect and the thinking of the heart. Each entity knows people who seem to think with their hearts. Whether their intellects are great or modest, the solutions to the catalyst within their lives seem to involve the creative aspects of love.

Practices which aid an entity in becoming more aware of his own heart are those practices which are very momentary. It is difficult to discipline the self to use the present moment. But it is in the present moment that you may practice opening the heart.

Stop and think about your facial expression. Are you smiling? Are you frowning? Place upon your face the beginnings of a smile and each time that you become aware of your expression, curve up the edges of your lips into a slight smile. Over time, examine the results of this seemingly completely superficial practice.

When you become aware that you are entering the presence of another, take a moment to acknowledge, accept and admire the perfection of that individual. Naturally, that perfection is not apparent to the outer eye in most cases. Do not let that stop you. You know that each entity is the Creator. Take a moment to establish that acknowledgement, acceptance and admiration.

Before you arise from your bed, call for help. Your guidance system cannot begin to act actively in your life unless you call it, not just once but every day and every moment.

Wisdom has a tendency to create within an entity the feeling that he or she is powerful and self-sufficient. In truth, when power has been wedded to peace and light has been wedded to love, true power emerges. And in that power is rest. In that compassion is wisdom. But the ground upon which you stand in order to do this work of reconciling and harmonizing those factors that blend into who you are is love.

We find that this instrument's energies are waning and we would ask for one more query before we leave this instrument.

**J:** Why is it that fourth and fifth-density negative beings don't work in conjunction with their higher selves to see where the negative path leads and then switch over to the other polarity? This would seem to be so much more efficient! Is it fondness for the game, the enjoyment of feeling strong, inflowing, apparently fulfilling energies and fear of annihilation or interminable misery that keep them enthralled in their mischief?

We are those of Q'uo, and are aware of your query, my brother. And, indeed, we find that you have offered many fine answers to your own question. Therefore, since this instrument's energies are waning at this time, we would ask for another query before we leave this instrument.

**J:** Now that the era of service-to-self activity on this planet is coming to an end, are there scholars in the inner planes who are tallying up the lessons learned? What do we do better to understand now about the lure and the explication of violence and selfishness? From observing such difficult passage of a planet to fourth density, how can we better understand the properties of the service-to-self vortex as it reflects to us a distorted image of unending love?

We are those of Q'uo and are aware of your query, my brother. We thank you for the subtlety and the beauty of this question and, indeed, for the great thought that you have put into all the questions for the session.

We truly have no words to offer but only the humility of silence to those who would seek to know the one infinite Creator. When such hopes and desires are expressed, it is time to move to the bare beginnings and to take up with joy a condition of infancy, and then to surround that beloved, precious, infant spirit self with the greatest of faith that you as an entity may find within your self.

For it is faith alone that cleanses the intellect, that simplifies the abstruse, that brings the flight of fancy back to the most simple and profound truth of the one Creator.

Who is counting the beans, my brother? You are. This instrument is. Each entity does it for the self. And as the self acknowledges, accepts and admires with great affection the self, the Creator harvests all of that complexity and strains it into self-awareness that is without vice.

That which you seek, my brother, is closer than your breathing. Remove the stumbling block of self, with a small "s" and, as you are able to peel away layers of maya,[1] consciousness shall emerge and you shall become transparent to eternity.

We thank each again for the pleasure of this interaction and for the beauty of your vibrations. We leave you, as we found you, in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai.

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[1] Maya is a Hindu term meaning illusion and used to indicate the earth world.

## Sunday Meditation

April 16, 2006

**Jim:** (*Reading question.*) “Q’uo, many New Age seekers and fundamentalist Christians believe there will soon be a rapture or ascension in which the true believers or chosen people will be whisked away by UFOs or angels, leaving the rest of humanity to suffer the tribulations of these last days. I don’t believe that any true Christian or service-to-other seeker would want to leave Earth before their fellow seekers could leave too. Could you speak to the difference between this idea of a rapture or ascension and the [Confederation channeling’s concept of a] graduation to fourth density that follows the death of the third-density physical body? What spiritual principles could help us think about these possibilities?”

(Carla channeling)

We are those known to you as the principle of Q’uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for the great privilege of being called to your circle of seeking. We rest in the beauty of your vibration.

We are most glad to speak with you concerning the query about the so-called rapture. But before we begin we would ask each of you to guard the gates of your perception carefully. Do not allow our comments and thought to sway you unless they seem to be particularly resonant to you. If they do appeal to you, by all means work with them, but if they do not appeal to you and do not seem lively and helpful, then please leave them behind.

We are no more of an authority for you than you are for us. Please realize that you are the authority for your spiritual journey and use your discrimination well. If you will do that for us then we will not be concerned about infringing upon your free will. We thank you for this consideration.

Before we approach the fundamental query we would like to address a matter that we find appearing frequently in entities’ queries when they have to do with ascension or the rapture. We would like to address the thinking of those who were involved in creating the concept of the ascension or the rapture, at the time in which the *Bible* was put together.

At this time in your history your Middle East, as this instrument would call that region of your globe, was the home of many civilizations that shared this area. It was not the native land of [any] but rather a place where many cultures mingled.

The common belief system at that time for many Jewish entities, as well as for the many other religious groups that populated that area at that time, was in reincarnation. The difficulty with a belief in reincarnation, if you are looking at that belief from the standpoint of one who wishes to get the attention of a populace, is that if an entity believes absolutely that he is part of a soul stream that will incarnate many times, then

that entity is not particularly concerned with whether or not he is virtuous in this life because he assumes that he shall have another chance to make things right in his next incarnation.

Therefore, the concern of teachers was to focus the student on this life and the behavior that was required in order to create a shift in consciousness from the old ways of doing things to the new way of doing things. For the one known as Jesus, the old way of doing things was the way of the world. The old way was the way of money, power and influence. The one known as Jesus was suggesting that it was time for people to wake up, to turn from their worldly ways and release their concepts of the importance of money, power and influence.

The one known as Jesus had another kingdom in mind than the kingdom of the world. He called that the kingdom of heaven. He was interested in turning people's minds from the world to heaven, from fear to love.

As he talked about the end times, therefore, this entity was speaking in stories and parables, not attempting to teach literally but attempting to create an atmosphere in which the truth would become clear.

Many times this entity said, "He who has ears, let him hear. He who has eyes, let him see. He who has a heart, let him understand." He was asking entities basically to move from the environment of the mind and from one way of thinking to another environment of the mind in which the heart did the thinking.

We cannot address the concerns of those who would read these words from the standpoint of a faith in the literal truth of them. We do not wish any to believe, word for word, in what we say, and we do not wish to persuade those who believe the *Bible* word for word that they are wrong.

We would simply ask that those who believe in that fashion not attempt to work their way through what we have to offer you, for we assure you that the view of your church authorities, though narrow, is penetrating. You will be able to follow the instructions and the teachings of the one known as Jesus the Christ without reference to what we have to say. And for your own peace of mind we would suggest that you not proceed further with any but those sources that are accepted by your leaders, for we truly would not leave a stumbling block before you.

Now let us move on to the basic query of this session.

It is so that the one known as Jesus spoke of the day of rapture, of a time when one person would be left in the field and one would be taken. We have indicated that we do not believe that this is a literal scripture nor that the teacher known as Jesus intended it to be taken literally in terms of space and time.

However, my friends, there are other ways to look at this concept that perhaps may create for you a more understandable story.

There are two ways in which there is an absolute ending to the open possibilities of the present moment. The first is that moment when you, as an incarnate being, pass from this world to the next. At the moment of the physical cessation of breath, as the life leaves your body, so does your consciousness. And that tuning or vibration which you carry at that moment is absolutely the final tuning of your incarnative experience.

It is at that resting point at which you leave the incarnation that you move on in consciousness to that vehicle of light which you have enjoyed as it has interpenetrated your physical body throughout your incarnation. And in that body of light energy you shall move through the process of graduation. That moment in the field is that moment that you may call death.

In a larger sense, and this is from the standpoint now not of yourself but of the planet as a whole, there is also an ending point to the possibility of being able to sustain third-density choice-making possibilities. The third-density energy on your planet wanes at this time. There will not be many further third-density incarnations.

Those who have been incarnating lately, for the most part, are those entities who have volunteered proudly and sacrificially to enter this waning third-density environment as pilgrims of fourth density. They are like unto those led by Moses in the desert. They shall not see the Promised Land, but they shall create the Garden of Eden upon your planet once again to the best of their ability.

Thusly, treasure this incarnation and realize the gift that it represents for each of you. This is your last opportunity to make and sustain the choice of polarity that shall lead you through graduation and into your taking up higher-density work. Those who do not make a choice of polarity and sustain that choice until polarity is built up to the point where you are able to bear the light of higher densities shall experience another cycle of third-density incarnations upon another planet and shall once again take up the lessons of love.

We emphasize that in our opinion there is no true downside to this equation. If you are not ready to make that choice, you have all the time in the world to consider it further. If you are ready, then this is the opportunity to seize the day, to take hold of the direction and path of your spiritual evolution and to invest your walk into the light with every fiber of your being, every hope and every joy and enthusiasm. Give thanks, my friends, for these are wonderful days for those who wish to make that choice and to walk that path towards the light.

In terms of what physically is going to happen upon your planet, we are not able to tell you precisely how the possibility/probability vortices will work themselves out. Your people are waking up at a phenomenal rate. It seems to be spreading exponentially, not only in the area of the world of which this instrument is aware, the United States and

North America, but in every continent; in every culture, and in all peoples, no matter what their circumstances.

Indeed, my friends, those whom you would think would know the least about these troubled times—that is, those indigenous tribes and natives in various parts of your globe—are fully aware of the situation and have not been distracted from direct and intuitive communication with all of the densities, both inner and outer, by the distractions of civilization. It is actually the civilized nations, so-called, that are the furthest from a direct apprehension of the situation as it exists at this time.

We do feel that there is little or no danger that the Earth herself, in her movement into full fourth-density existence, shall need to express a global catastrophe that would cause a physical rapture to occur. As we have said before through this instrument, what we see as we gaze into the mind and the heart of your people as a global tribe is a troubling tendency to seek aggression and war instead of diplomacy and conversation. This tendency multiplied throughout a power-hungry world could result in your nation-states acting aggressively in such a manner as to set off a true doomsday with their bombs. This is possible.

And we would ask each of you to be aware of this tendency in the human heart toward aggression instead of patience insofar as you are able personally. We would encourage each of you to choose communication over aggression, patience over impatience, love over fear, and hope over exclusion.

What you as a person do may seem to begin and end within yourself. But we say to you that you act not only for yourself but for humankind. The choices that you make, if made purely and with conscious intention, can change the world.

Yes, you are that powerful, that magical, and that influential! You have within you the consciousness that was in Jesus the Christ. It is buried, in some cases, beneath the rubble of a carelessly spent life. Begin this day, then, to live with care, patience and love, being consciously aware that you stand for Earth this day, not only for yourself. Do not let this concern you or weigh you down. But know that your choices truly make a difference.

You have asked what the dynamic or the difference is between this theory or story of the rapture and ascension and the Confederation's teachings concerning graduation and walking the steps of light.

In a sense, the differences are slight because both stories focus upon each individual soul making a choice, of his or her free will, as to how to be and how to serve. Shall you be a radiant servant to others, a servant of light? In that case make each choice with that in mind.

For those few who read this who are dedicated to polarizing in service to self, in terms of your graduation we say to you, my friends, focus carefully each time you choose upon who you serve and how you wish to express your choices.

To those who persist in their choices, graduation is almost inevitable, for you are full of the desire to move on and when you organize that desire into a focus and point your will, nothing can stop you. You can be in prison and you can still make your choices for love, service, devotion, joy and gratitude. You can be on your deathbed. You can be on your sickbed. You can be in any circumstance whatsoever, and as long as you have the will to make these choices, you are already in paradise.

It is those who do not wish at this time to engage with this weighty choice of who to serve and how to serve that shall not graduate. For they simply have not become people of power. They have not chosen. Few there are, however, at this point, who are not aware that there is a choice to make.

You have time to direct your thinking and to pursue your seeking. There are some years yet of third-density energy. We do encourage you, however, to move ahead at this time with your choice-making and to be as faithful as you can to the intention of that first choice. For you enter now into a time, in perhaps six or seven of your years, when you shall no longer be able to make that initial choice. Time is short.

It is not that you shall die when this energy wanes from third density. It is that the vibrations will be simpler and will not contain those energies that mount, spiraling upward. Therefore, life shall be sustained, and those who come into the environment having already graduated, as many of those born now have done, will carry with them that energy of graduation and will not need to be concerned at the end of their third-density existence. Those to whom we speak now, however, for the most part have yet to graduate. Therefore, we speak to you, not with a sense of urgency but with a desire to share the information that will help you make skillful choices in your present and in your near future.

In terms of the way we see what shall occur in your next few years, we do see the difficulties and the inconveniences which are involved with the Earth moving through the changes that it must make in order to achieve a stable balance within fourth density. This is calling for third-density Earth to realign itself. That realignment is well advanced.

The work of this group and many, many others like it, as well as many individuals working alone in terms of physicality, have created a grace period. Since 1998 in your counting, you have been living on grace alone. This grace continues. It shall not continue beyond a certain point. For you see, at a certain point it is as though there were energies mixed in a glass of water.

We apologize for the oversimplification of this figure, but we are using a non-scientific instrument.

The energies are all mixed in a glass of water and to a certain extent they continue to be melded within each other, but at a certain point, the heavier elements sink to the bottom and the lighter elements rise to the top and there is a separation between the two levels. That point is coming for third density on planet Earth. This is not a tragedy. This is not

the rapture. This has nothing to do with ascension. It is the natural, evolutionary process by which spiritual evolution of people and of planets occurs.

Your Earth shall become, in the fullness of time, a fourth-density positive planet. However, there is a golden period that is coming for your people. It is a time when those entities who have graduated third density and who are very concerned with the karmic patterns of their past are going to be able to create a time of restitution on planet Earth.

It will be a difficult time. It will be a challenging time. For the technology that you have currently created will not be adequate to the needs of the future. You will be creating new ways to do things. But the energy that is among you will clear tremendously from that which you are experiencing at this time. Those entities among you at this time that are attempting to graduate service to self will have moved on. Those entities who remain upon the planet shall be those positively-oriented entities whose concerns involve restitution to this planet.

There is another group of entities who shall be upon your planet for some time into the future if they so choose. These are entities who are not able to graduate into fourth density, or higher densities if they were wanderers, but who yet feel that karmic pull and wish to make restitution. Those include many who are alive at this time, and you will find that many entities will be attempting more and more to refocus upon the needs of the planet and its resources. They will be wishing to clean its water, its air, and its soil.

These entities are hoping not to graduate but rather to go to a kind of summer school, if you will, where they can free themselves of the habit of carelessness. For it is a careless thing to misuse the environment. It is also a careless thing to misuse people, relationships, societal entities and groups.

So this is a time of great excitement and hope upon your planet. Many are attempting to graduate. And many who do not feel that they can graduate at this time are attempting to make restitution so that they are free of the karma of having destroyed or hurt the planetary beings upon which they lived in the past.

This is how we see your present moment, not as one in which there will be a sudden change but one in which the changes are continuous and metaphysical in nature rather than physical.

We thank the one known as Jim for asking what spiritual principles are involved in thinking about this question, for that allows us to ponder with you that great and central spiritual principle of unity that governs the outworking or manifestation of spirit in the world.

We said earlier to you that if you could consciously make your choices knowing full well that you choose for Earth, you would indeed be part of the creation of a shift in consciousness for planet Earth.

Unity consciousness is very powerful. When you see people making distinctions between those who belong and those who do not, you see clearly the marks of service to self.

(Side one of tape ends.)

(Carla channeling)

No matter how logical the explanation for leaving out certain entities in any grand design, the underlying truth is that such thinking carries delusion and error. To the Creator, all of us—we, you and everything that there is—are one being. The concept of rapture has within it the seeds of service to self, for it chooses some and not others, and condemns those who have not made it to this final destination of heaven to a final destination of hell.

And we say to you, your heaven and your hell lie in the present moment. You make of your world a heaven or a hell. He who approaches life from an attitude of love creates a heaven wherever he goes. We find in this instrument's mind the example of an entity named Dietrich [1], who in the Second World War was condemned for preaching the gospel and put in prison. These entities were on starvation rations and were expected to die. This entity knew code, and he would tap out prayers and encouragement on the bars of his cell and other entities who knew code would carry on and pass the word. He would do this every day. He would create services and prayers that sustained an entire prison block of entities through the Second World War. He did die a natural death, but not before he had carried with his love and with his faith an entire community of imprisoned souls into light and love simply because he kept talking, the only way he knew how, about the only thing that mattered to him, which was love.

Let your lives be about love and you shall make of your world the heaven it surely is. When you walk through the gates into larger life you shall only see more of the same, my friend, for you have been there all the time. This day you are in paradise. Believe it and act on it and let the word spread that heaven is on earth today. It is in your hands. It is on your lips. And it is in your heart.

Is there a follow-up query at this time, or would you wish to ask another query at this time? We are those of Q'uo.

**Jim:** We have another question: "In order to choose the light we must first acknowledge and understand the darkness. That is the only way we can consciously exercise our free will. The question concerns the nature of the darkness. There has been much given about negative entities that bring disease and disharmony to those seeking the light. But is there a separate class or type of negative entity that brings disease and disharmony to service-to-self beings as well? Are the service-to-self beings themselves what have been called dark angels or demons that have been cast out? Could you offer any spiritual principles that would help me to think about this?"

(Carla channeling)

We are those of Q'uo and are aware of your query. My brother, we would untangle your question a bit before we respond fully, for we find that there are two questions where you intended only one. Therefore, we would remove one question from the other so that we may answer cleanly.

The situation in which an entity might help to create illness within a spirit in incarnation is rare. There are such situations. However psychic greeting is able only to accentuate preexisting faults, or as this instrument would say, chinks in the armor of light.

For instance, in this entity the chink in her armor that created the possibility of a rash of unfortunate falls and difficulties that have resulted in this instrument having a broken ankle and other difficulties, bruises and so forth, was her tendency to be forgetful and not to be aware of where she is or what she is doing because of the fact that she is thinking about something.

It is a habit and a pattern of absent mindedness that this instrument has carried since birth and has accepted because it actually has physical roots in birth defects that have to do with her amygdala. Her eye was pushed into the amygdala at birth and therefore the connection between long-term and short-term memory was severed at that time. She has compensated well, but she has an inborn tendency towards faulty memory and absentmindedness.

And so when she was indeed greeted lately in an attempt to distract her from those good works in which she was engaged, the target of opportunity was her physical body. And so she has sustained what she calls "dings" to it. It has not dismayed her or distracted her. Nevertheless, this is a good example of the kind of ingress into physical health that an outside force has. It is not great.

The general cause of disharmony within a body system is disharmony within an entity's thoughts. There are very toxic thought patterns that can be guaranteed to result in a less than optimal physical configuration.

Thoughts of fear drive out peace. Thoughts of love build up inner peace. It is as simple and as challenging as that. As your mind, so shall your body go.

That which you worry about, that which you fear, you call to you. We would encourage you to watch your thoughts like a hawk. When you find them becoming toxic, ask yourself to stop thinking along those lines. Ask yourself how your highest and best self would approach the situation that has you in worry and fear.

When that thought comes to you of what the highest and best would be, try it on, my friend. See if it feels more comfortable to you, more profitable, more skillful, and more helpful than your fearful thoughts. This is the kind of choice which does not look like a choice of polarity, but it is. The choice of fear is the choice to have life be about you. The choice of love is the choice to have life be about the one infinite Creator.

Is there another query at this time? We are those of Q'uo.

**Questioner:** *(Mostly inaudible. The question was about whether the inner and outer densities are the same as the inner and outer planets.)*

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. It is so that the inner and outer densities are the same as the inner and outer planets. This is so, my brother.

**Questioner:** *(Mostly inaudible. The questioner asks something about a break point.)*

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. There is no difficulty in having both. There is no break point, as it were. There are inner planes in each density. All densities have all densities within them in sub-density form. In third density you have all densities, one through seven, in the inner planes. They are inner-plane densities as opposed to outer-planes densities in that they are time/space in configuration rather than space/time in configuration.

May we answer you further, my brother?

**Questioner:** *(Inaudible)*

(Carla channeling)

We are those of Q'uo, and would ask for a final query at this time.

**Questioner:** *(Mostly inaudible. The question has to do with how the Q'uo group sees the group gathered on the internet from around the globe as it sits for this circle of seeking.)*

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. We give this instrument the image of the planet itself, with the kind of view down from a height that this instrument has seen from an airplane flying across the continent from one big city to another.

As she looks out the window at night she can see the lights that twinkle such a far, far distance below. From miles up, she can still see the lights of the farmhouses and the little towns in the smaller, less populated areas of your country. And so we see your lights as you exist about the globe.

And yet at the same time we see you that are absent from this group as it sits in Kentucky, those that sit in one room, being together in one locality. This is because by opening up

the group to non-local members, you are truly acquiring time/space characteristics in the midst of your space/time, real-time presence.

It is a very exciting experience for us to have this time/space component which is created by the non-local entities joining this local group. It is a beautiful grouping in which, although you are probably not aware of it, your auras are interpenetrating and so you are creating dynamics that are inexpressibly subtle and yet quite ineffably beautiful. The coloration as one entity's soul stream touches another, that touches another, that touches the next, is perfectly marvelous and we feel very lucky to be a part of this group.

We greet all of you and we thank all of you for taking the time out of your very, very busy lives to seek the truth in this circle of seeking. This instrument's energy wanes so we would at this time leave this instrument and this group in the love and the light of the one infinite Creator. It has been our privilege and our pleasure to be with you and we thank you for calling us once again.

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

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[1] Dietrich Bonhoeffer. Please see [www.dbonhoeffer.org](http://www.dbonhoeffer.org) for more information.

## Special Meditation

*April 18, 2006*

**Question from J:** In the *Law of One* series, Ra mentioned several people: Jesus of Nazareth, Edgar Cayce, Taras Bulba, Genghis Khan, and Rasputin. I found out there's a common trait of these entities, that is, regardless of their polarity, they all learned their ability via the remembering process. This remembering process seems to have an accelerating effect on these entities' learning and growing process. Is my thinking correct?

If it's correct, I wonder if there are some effective methods to help us to activate such a remembering process. For example, Edgar Cayce's self-hypnosis or some special type of meditation.

And I wonder if Q'uo can describe the practicing details of these methods and also any precaution that we need to be aware of?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings, in the love and in the light of the one infinite Creator, in Whose service we come to you. It is a privilege to be called to your circle of seeking and we thank you. To be able to share our humble thoughts is our chosen service at this particular time and you greatly help us by giving us the chance to perform that service. It aids us in our evolution to serve the one infinite Creator in this way. We thank you for taking the time out of your extremely active lives to form this circle of seeking and ask for truth to be shared. As always, we would ask you to monitor your reactions to our thoughts carefully and discriminate between those thoughts that resonate to you and those which do not. Please leave those thoughts that do not resonate behind—they are not for you at this time. If you observe this discrimination then we feel much more comfortable in sharing our thoughts freely, for we would not intrude upon your evolution.

We are aware of the query of the one known as J concerning the various entities who remembered facets of their soul stream's history and are aware that you wish to know more about what you call the remembering process. We would offer some general thoughts before we respond to details of your question. The purpose of third density existence is not to penetrate the veil of forgetting or to know anything of a worldly nature at all. Certainly, there are times when it naturally comes to entities to remember this or that detail of a past life or to get a general impression concerning the background of that entity that you are that has come into incarnation in this lifetime.

However, it is unnecessary in terms of preparing the self for graduation from third density to penetrate the veil of forgetting. Indeed, it is far more important, in preparing for graduation from third density, that one come finally to the understanding that one knows nothing and can know nothing of the mystery that is the one infinite Creator. Reaching this level of humility and emptiness offers to the seeking student a peace and a

confidence that are lacking when one is striving to know more and seek more deeply into the history of the self before this incarnation.

The veil of forgetting was put into place not in order that it may be penetrated but to set up the conditions for a life in which the choice of polarity and the continuing choices of polarity that follow such an initial choice might be played out without any possibility of proof. The choice of service-to-self or service-to-others polarity is intended to be made against the backdrop of unknowing so that one must literally take a leap of faith in order to choose how to respond to the catalyst of everyday life. In each situation where there is a decision to be made that has ethical overtones, the whole point of that veil of forgetting is to clear the canvas of any paint except that which you wish to apply in the present moment. Your choices, then, are made very cleanly—not because you feel there was karma from this or that previous lifetime or because of any other fact that you feel that you have come to know but because, by faith, you wish to choose your manner of being in a way that expresses your heart's desire.

Therefore, while we are glad to speak with you concerning ways to penetrate the veil of forgetting, we do so with a careful warning to those who wish to do this. That warning is that that which you know or feel that you know about the larger picture of your soul's history and its business within this incarnation creates a heavy responsibility. If you know something, you are responsible for that knowledge. Decisions that you make, then and thereafter, need to be made carefully and with utmost focus upon who you are and why you are in incarnation on planet Earth at this time. Any information you feel that you have gained needs to be carefully remembered and carefully applied, for you have gained in responsibility.

We call to this instrument's mind the story of Adam and Eve in the Garden of Eden. They were asked not to eat the tree of the knowledge of good and evil. They chose to ignore this request and to eat this fruit. Their eyes were opened to issues about which they had been blessedly unaware of previous to the eating of the fruit of this tree. They became aware that they were in a natural state but that they were not simple beings, free and innocent like the animals and plants—they were entities with an awareness of ethics, morality, good and evil, as the story goes.

They immediately began judging themselves; they decided that their natural, naked state was not acceptable. Modesty was born, repression was born, they became responsible for the knowledge that they had acquired. It is a heavy burden to have knowledge and it is not necessary to have this kind of knowledge in order to make the choice of service to others or service to self and to persevere in continuing to maintain that choice and that focus throughout the remainder of incarnation, thereby gaining polarity sufficient to graduate from third density.

Further, in general we would suggest as a focus for gaining information of a certain type that is helpful within incarnation, we would suggest that a more skillful focus for gaining information is an attempt to get in touch with your guidance system. We have in other

sessions discussed in some detail methods for doing this and would refer the one known as J to the information contained in such sessions.

We would now move to a discussion of the details of ways to get in touch with more information about the self in previous incarnations. There are two basic ways which you may find efficacious in getting in touch with the information concerning past incarnations. The first way is organic and slow. Usually it involves simply expressing to the self each day the intention of coming—we correct this instrument—of becoming more aware of the experiences that have occurred to the self in other parts of the soul stream before and after this incarnation. It may be helpful to express this intention by looking at the self in the mirror. You may look into the eyes or you may simply look out of focus at the face. Either technique is efficacious for some entities. You may indeed find the image of your face in the mirror beginning to change into different faces as you gaze into that mirror for some time—we would suggest five of your minutes as the appropriate cutoff point; certainly between thirty seconds and five minutes at a time is enough intensity for you to experience at any one time. We would not suggest doing this more often than once a day. Such work as this may seem slight; however, it is substantive and powerful. When you harness your will and focus it, you are a person of magic and power and that which you desire will come to you.

If you desire to work with this information in a quicker way, the second technique would appeal to you. That technique involves using a professional and highly trained hypnotherapist. The technique involved is to ask the hypnotherapist to take you back, once the hypnotic state has been achieved, beyond birth so that you are not in this incarnation nor are you in any other incarnation. You will have instructed the hypnotherapist to ask you to make contact with your higher self. You will also have offered to the hypnotherapist the question that you wish to ask your higher self. The hypnotherapist may then ask those questions that you would wish to explore and the higher self, then, will respond through you to the question that the hypnotherapist is asking on your behalf. Since you as a person may well find it very difficult to recall what your higher self is saying speaking through you, it is well, if you pursue this avenue of investigation, to use a tape recorder or a CD recorder so that you have a record of that which was said.

Your remaining query had to do with the dangers that might possibly be involved in penetrating the veil of forgetting. We believe that we have expressed a sufficient degree of caution concerning this avenue of exploration. It is entirely up to you as to whether you wish to move forward with this investigation. Certainly it is fascinating to discover details of past lives and to muse and ponder upon the information that you have gained. There are times that spontaneous information will come to you—we correct this instrument—there are times when such information will come to you spontaneously. When it comes to [you] spontaneously and organically, it is part of the flow of your natural process of spiritual evolution. It is an indication that your higher self feels that you are capable of being responsible for this information and putting it to excellent use.

If you persist in speeding up the process of penetrating the veil of forgetting, please recall that you need to be very careful to use such information in a spiritually mature way, not judging yourself or spinning tales [of] adhering karma and dire consequences. We ask that you refrain from moving through such judgmental patters. Look at the information that you may have gained as a kind of story that will help you to have a larger and a more informed point of view and remember that it is not what you know that is important but how you respond to the present moment. This incarnation of yours, my brother, is not about acquiring information or wisdom, it is about opening your heart and becoming able to share and carry the maximum amount of light and love as it flows from the Creator to the Earth and through your physical and metaphysical bodies. If you can open your heart in this moment, you are doing the maximum amount that you can do to serve the Creator and the creation.

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

**J:** When one activates his remembering process, does he accomplish via experiencing some things or is he guided by higher beings in the time/space?

We are those of Q'uo, and are aware of your query, my brother. There is always guidance coming into your aura, my brother, from what you would call higher beings. Your guidance system is always with you and many entities other than your higher self are attracted to those who are seeking and attempting to experience the truth as they understand it. This kind of metaphysical activity alerts many entities within what this instrument calls the unseen realm or plane of existence. You have within your aura, shall we say, many helpers waiting to be asked for help. It is truly written, "Ask and you shall be answered; knock and the door shall be opened; seek and you shall find".

Information cannot flow to you unless you open the door to it by asking for it. When you do not know that for which you should ask, simply ask for that which your higher self sees fit to share with you in the present moment. We encourage you to ask for this help before you arrive each day, and during the day when you have a moment to reflect, ask again that the spirit may speak to you. When you ask, you open the door to the potential of the present moment and spirit will find many ways to give you hints and inklings. Watch for repetitive numbers. When you see them, ask yourself what were you thinking? Whatever you were thinking at that moment, it would be helpful for you to move further with, to seek more deeply and more profoundly.

Watch for curious coincidences. This also is an invitation that the thought that you were thinking when the coincidence occurred is worth exploring more deeply. Or, if it is indeed a repeating thought that is the coincidence, examine that thought ever more deeply. Sit with it and see how your deeper self responds too.

In terms of the experience of discovering more about your soul stream's history, it is not the activity of higher beings, precisely, that is involved. If it happens organically and spontaneously, it is the action of your higher self, which in concert with that portion of your consciousness that exists between incarnation is responding to the conditions of

your being as you meet the present moment. There are times in your life when you become aware of an entirely new level of the self and it is often at such times that your higher self is particularly active in responding to your needs because a great deal is happening at such times. These are usually times when you have been through a dark night of the soul and as you come to the dawning that lights up your life at the end of such a difficult period, many epiphanies and realizations may hit you like waves coming in from the ocean. It is at those times that spontaneous, new information about your larger self and its history may come to you. Otherwise, what you learn about your soul stream's history is likely to be because of your focus, your will, and your desire.

May we ask if there is a further query at this time?

**J:** During the remembering process, would one see some images in his visual screen or inner eyes?

We are those of Q'uo, and are aware of your query. It is usual in cases of the spontaneous penetration of the veil of forgetting that you will come to the information in a non-threatening manner. This usually takes place during the dreaming portion of your sleep. You will have a dream that seems particularly vivid and it will constitute the discovery of the way a previous incarnational experience feels or felt. Within the dream, you are simply in the other incarnation and experiencing life from that point of view.

The characteristic experience of one who is learning through this bleed-through experience of dreaming is that the dream will seem preternatural vivid, colorful and detailed. It is rare that such information streams into the conscious mind while you are awake. Although, certainly under the pressure of a sustained request for such information, it may be that such information will come as in a vision, or in the case of one working with the mirror, seen dimly or with increasing detail in the mirror itself during the experience of looking into the mirror with the eyes out of focus.

May we ask if there is another query at this time?

**J:** What requirements does one need to activate the remembering process? What is the maximum possible degree of total remembrance that one can achieve?

We are those of Q'uo, and believe that we grasp your query, my brother. The requirements for penetrating the veil of forgetting are a sincere feeling that this is an important piece of information that will help you in your spiritual evolution. If the desire is pointed in the direction of this information, then that activates the process of coming into possession of more information of this type. The maximum degree of penetration of the veil of forgetting is variable. Different entities will be able to bear different percentages of the full weight of the experiences that have been embraced and assimilate by the soul stream.

The density and weight of such information is incredibly great. You, my brother, would find it difficult to believe the amount of information and the kind of information that you

have accreted to your soul stream during the very long and busy history of your beingness. You must realize that you have existed since before the planet upon which you now draw breath was created. You are a portion of the Creator Itself. You have experienced all densities within this octave of creation. In the non-local or metaphysical sense, you are even now in all of the densities, accumulating information to yourself to offer up as a gift to the one infinite Creator. Consequently, to know even one percent of your total history would be far too much information for you to bear within incarnation.

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

**J:** If one wants to open the gates of intelligent infinity, is it necessary for him to remember all things in his past lives?

We are those of Q'uo, and are aware of your query, my brother. Indeed it is not necessary at all to remember any of the details of your past lives. In order to achieve harvestability within third density, it is necessary only to intend to love and to allow the self to be loved in return. Loving and being loved are the activity that shall open your heart and create in you a cleanliness, a peace, and a power that expresses the love and the light of the one infinite Creator in its truth and its beauty.

We thank the one known as J for these queries and for seeking the truth. We thank all of those in this circle for the privilege of being allowed to share our thoughts and for the beauty of your vibrations.

We leave you as we found you, in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai.

## Sunday Meditation

*May 7, 2006*

**Group question:** “I would like to ask the Q’uo for your thoughts on the spiritual principles involved in the process of disease and in the process of healing disease both in ourselves and in our serving as conduits for the healing of other selves, such as in Reiki healing.”

(Carla channeling)

We are those known to you as the principle of Q’uo. Greetings in the love and the light of the one infinite Creator. We come to you this day in the Creator’s service. Thank you for calling together a circle of seeking and asking us to join you. Thank you to each of you, both in the room physically with this instrument and in the world at large. Truly, in the temple that you have made together by creating this circle we are all in one time and one metaphysical space and we are honored to be among you.

We would ask, as always, that each guard well the gates of perception and discriminate between those thoughts of ours which hit the mark and those which miss it for you. Be very careful before accepting any of our thoughts to work with. Be sure that it is truly a resonate thought for you, for we would not wish to lead you astray. We thank you for this consideration.

You have asked this day concerning the principles involved in the process of disease and in the process of healing—whether the healing is done upon oneself or whether the healing is done for others. The two are two sides of one coin and that coin is the mystery that you behold before you in the mirror: your physical vehicle, its energy body, and all of the attachments thereto.

Let us look at the model which we would use to talk about you as a physical being that has something called wellness or health.

The body that is your physical vehicle is the outward and physical sign of your consciousness. It is not your consciousness. The physical body, left to itself, is as any animal among your many species of animals upon your planet. It has an instinctual life and it owns a brain which you generally experience as that brain that makes decisions. That is what your physical body’s brain was created for, as a choice-making tool. It makes choices on a hierarchy of priorities, the first being survival.

When you took upon yourselves the ambition of entering incarnation, you agreed upon a process that would inextricably bind you to this physical vehicle which you now enjoy, for the duration of your incarnation.

The consciousness that you possess as a citizen of eternity moved into interpenetrative intimacy, body upon body, so that the body of your consciousness—which some call a

light body, some call the energy body and others call the chakra system—interpenetrated the physical form and connected with it in a very careful and specific way.

We give this instrument the vision of a plant which grows up within a pot. The pot has the soil necessary for the growth of the plant. The energy which creates the ability for that plant to grow is found in the soil of the pot. That is what your physical vehicle is. It is a clay vessel.

You, as consciousness, made an agreement with that body or physical vehicle, before incarnation. That body agreed to carry you. In a sense you may see yourselves, all of you, each and every one, as a walk-in, to use the New Age term familiar to this instrument. You, as a human species are a species of walk-ins.

Into the natural physical vehicle your consciousness walked in, made its connections with each of the various facets of your energy system that connect directly into your physical body along the line of the spine and you settled in for a shared experience together where the physical vehicle would have the privilege of carrying consciousness and you, as consciousness, would have the privilege of having an incarnation in flesh. It is a beautiful and a carefully made collaboration which you enjoy.

Left to the choices of the physical body, the kind and degree of illness which you experience as human beings would not exist. You would be healthy until your physical vehicle became weary. Given that you had food and water and the things that you needed for life, you would undoubtedly remain healthy until that illness which offered you the opportunity to leave the incarnation presented itself.

The drama of stress and tension that you experience and all of the emotional and physical aftereffects of such difficulty within the so-called energy body would not be experienced. Yours would be a life as natural as that of a cat, a horse, or a grizzly bear. In your environment you would thrive if there were enough food, enough water, enough salt, and so forth. Life would be simple.

For the human being the simplicity of that life becomes hidden. You cannot reconnect with the animal body and become a simple animal. The nature of your consciousness militates against such a choice.

No matter how deeply you attempt to bury your faculty of judgment, you as a human being are all about judgment. It is a judgment that is carefully created as a kind of instinct within consciousness which propels you forward in a metaphysical sense. As you form opinions and make choices, consciousness, which has links in the inner planes and throughout the universe, creates a reverberating sounding board which bounces your decisions, your choices, and your judgments back to you for review.

Until you begin to grasp the power and the responsiveness of this system, you may well experience a wide range of catalyst. As you become more skilled at realizing the dynamics of the natural system in which you are involved, energetically speaking, you

will begin to realize that there are attitudinal choices that you can make that create within your experience much more of a feeling of participation in the process of experiencing catalyst and choosing to respond to it.

Until you grasp just how powerful a being you are as one possessing consciousness, you will be completely at the mercy of catalyst. Conversely, once you grasp the rules of this game of incarnation you are playing and begin to apply the rules of the game, which are relatively simple, you may well find yourself in a process of transformation.

Things may begin to simplify themselves for you once again. But the simplicity will be the simplicity that moves in a spiraling fashion up to the unified level of body and consciousness. This is not precisely the same thing as the psyche and the soma or the mind and body, as psychology has it, for you are more than your psyche and your body. Health [and] the process of illness as well have a great deal to do with that “more than” that you are.

In a way, you may see yourselves as pilgrims who carry their packs not over their shoulders wrapped in a kerchief, as the mythical hobo figure does; rather, you may certainly see yourself as that pilgrim on the road, the journey of spiritual evolution. The pack that you carry lies within. What is metaphysical food? What does your pack hold? The answers that you offer to that may well indicate the true nature of your wellness.

We would, in passing, distinguish between health and wellness. It is well to realize that no matter what the age or health of the physical body, by examining such things as the eyes and the general feeling that being around a person may give you, you may discover that many seemingly physically healthy people are not well. You may also discover that many seemingly frail people are extremely healthy. The actual state of wellness within your organism is a function not only of the state of your physical body and not only the state of your mind, it also contains an element that is difficult to quantize.

In consciousness there is a ground of being. That ground of being is love. You are an expression of the one original Thought. That is the gift that you carry in your physical lifetime. You don't carry a little love. You carry the love that creates and destroys. It is at once your glory and your biggest woe because when you do not focus and direct the awesome power of your personality, your character, and your belief system and instead you allow it to follow its impulses without giving them particular thought, you may find yourself in the situation where life experiences are occurring to you that do not make sense and to which you do not know how to respond.

This being said, your basic health is like a default setting. If you were born with radiant health, then that is your factory setting—that is how you came from the manufacturer. Your light body, your energy body, or your chakra system copies that group of settings before birth as part of the integration process of soul or spirit and physical vehicle or body. The memory of that default setting, which is health, radiant and unblemished, is retained by every cell in your body and by every iota of energy in your energy body.

The process of disease occurs when the balance that is the default setting for wellness in your particular physical vehicle and energy body becomes upset. Such balances can become upset because of purely physical and mechanical reasons. If you fall and break your bone, there may be no higher interpretation of such an event. You simply had an unlucky accident. However, if you are a seeker on the path, it is well to open up your mind and your thinking to the possibility that some imbalance in your energy body threw you off so that you were literally out of balance and so you fell.

If you look at health as strictly physical, you will go with an unlucky accident. You will go to the doctor, follow the doctor's orders, and eventually you can get well. You will not have learned anything. Your physical vehicle was damaged and then it repaired itself.

If you go with the latter explanation, that there were imbalances within your energy body, you may still go to a medical doctor for help with healing the body, but you may also go within to that divine healer that lives within your consciousness. When you choose to examine your thinking, your actions, and the possible ways to look at the balances of your energy system, you open yourself up to a whole level of powerful possibilities that are not there if you stay strictly within the physical parameters in your thinking.

Consequently, when entities decide to work with the game of incarnation at a deeper level than the physical body, [they] have made the choice to move into a faster lane as far as the pace of spiritual evolution because the sufferings and the woes of the physical existence are created as part of the work which lies before the consciousness you carry. That consciousness will use every bit of the suffering that you are able to penetrate [with] your faith. It will use it to learn how to return to the default setting. Many supposed miracle healings have been done simply because of the depth of an entity's faith.

In general, when there is a movement away from perfect balance in any part of the energy body, the key word in looking for cause is fear. There has been a contraction away from the relaxed and peaceful default setting of the emotional and mental part of your physical vehicle. That contraction has pulled some part of your energy body into imbalance. That contraction was in one way or another caused by the faculty of fear.

If you see the perfect body and wellness itself as a state of love, then you will see that fear is a choice which turns one away from the face of love. Therefore, the choice for healing is a choice to lose fear and choose love. Because it is sometimes difficult to drop all fear, healers exist which work with the energy body rather than the physical body. What they do is to offer to the entity who seeks healing the opportunity in a neutral atmosphere to drop fear and choose love.

We realize that we have barely, barely looked at the top layer of an enormously profound subject and we have a desire to speak further with you at a later time. However, this instrument informs us that there are other queries that she would like to focus upon to some extent this day, and we, too, would like to respond to the great privilege of having this wider group that is non-local. And so we would also like to turn from this query for now in order to field some of these other queries.

May we ask the one known as Jim to read from the sheet which the one known as R has given him?

**Jim:** “I’m interested in knowing what transition may be like for a dual-activated person. Will the transition between third and fourth density bodies be seamless or is it more abrupt, like the death process? If so, exactly how does it work? Is it more of an individual process or is it more of a process done by the social memory complex?”

(Carla channeling)

We of those of Q’uo, are aware of your query, my brother, and we thank you for it. Third density is third density. And while you are in a third-density physical vehicle you will primarily be a third-density entity. The fourth-density activation, however, enables you, far more than those about you, to be tough. We think that is perhaps the simplest way to put that.

The interpenetration of third density with fourth-density energy in the time/space sector of this development is bombarding the Earth with wave after wave of a denser kind of light that brings all entities’ worst fears to the surface and plays them out.

It is a separating device, if you will, between wheat and chaff, in biblical terms. There are tares sown among the harvest of good that you have created in your life[time]. These waves of energy call for the truth from you, and, so, many of you are facing parts of yourself you never wanted to see and at which you don’t want to look.

The fourth-density-activated entities or dual-activated beings are tougher at looking straight in the mirror of the self, seeing the weeds, and deciding on a form of weed control.

It is up to you to decide how you want to deal with this judgment of self. We especially want to indicate that in our opinion it is not well to judge the self in the way of this instrument’s experience of the Old Testament. We do not want you to condemn yourself. We want you to see that when a plant is not wheat, that plant is a weed.

Do you want to pluck it out by the roots? You may, but it will take time. Do you want to snip it off so that it may grow again but for today it does not show? You may do that. That is your choice. But the dual activated body will unerringly give you the toughness of mind to go for the root and to do the work in a timely manner.

In terms of what body will be activated when: they are both activated now, but you are in a third-density physical vehicle. You are living on a third-density planet. You are here for a reason. Many, many others are here for the same reason.

Those with dual activated bodies have graduated and have come back. Just as the Elder Race, when it graduated, chose to return, so have you returned. You do not want to go on to the exciting and even thrilling prospect of fourth-density existence, with its greatly

enhanced options for learning and for service, until you have done your utmost, not only to help others of the human tribe to move on into fourth density with you but also to restore and reconstitute the health of Gaia, [1] of planet Earth, in her living form.

For many of you in dual activated bodies there is a feeling of great and passionate desire to connect with the Earth and to love and be a good steward to the Earth. For there is that within your consciousness as a person and in your consciousness as part of a race of beings that you have, in the past, been part of the destruction of a planet, a continent, a city, or family. And that destruction has caused the Earth to grieve, to mourn, and to become disoriented.

By the time you leave this planet, the planet will know that it is loved. That is a very large factor in many of those who are dual activated and is their primary reason for being on the Earth at this time.

Of course, because of the fact that you chose to come into third-density incarnation, you are always subject to the basic rules of this game. You need to polarize in this lifetime towards service to others to an extent that enables you once again to walk the steps of light and walk into a higher density.

Otherwise, you shall simply move on with those still in third density at the end of this time to another third-density planet where you will continue to be of service and to gain in memory of who you are and why you are here, until such time as you once again get yourself on the right road, the road of your own deepest choosing, and then walk that walk, step by step, in great thanksgiving and joy, every day that you are privileged yet to be alive and breath the sweet air of [planet Earth].

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

**Jim:** The next query is: "I, for one, would like a nice summation from Q'uo on this whole transition phase, how the pieces come together, if we are allowed to know.

"As I currently understand it, a convergence of the dark brown companion star comet cluster and wave or energy surge ushers in the shift or realm border crossing for planet Earth from third to fourth density and all kinds of service-to-others and service-to-self spectators are coming to watch the show. The Ra and Q'uo groups have mentioned the cessation of third density around 2012. Is this correct? An aspect of service-to-self entities aren't agreeing to this or accepting it. So after that is supposedly a thousand year transition period on this service-to-self and service-to-others choice.

"What does this thousand year period entail, a weeding out process between the two polarities? Perhaps a last chance for those newly awakened; those whose choice is not quite firm enough to allow full entry into fourth-density form? Or how does this change in classrooms apply to the various groups such as service-to-self, service-to-others, wanderers, indigos, dual-body activation, etc., etc."

We are those of Q'uo, and are aware of your query. There are portions of your query that do not make sense to us and about which we will not comment except to say that in attempting to imagine those things which bring about the harvest, there are sources which use information which may be seen in a non-literal sense with much more helpfulness from that construction than attempting to make literal sense out of some material.

Concerning the basic setup of the transition, there is a moment of transition in terms of the planet itself. That moment of transition is at some point near to the winter solstice of 2012. It is fairly set—cut and dried, as this instrument would say.

For the human tribe that inhabits the surface of Planet Earth, things are not so cut and dried. The time of choice is greatly limited now among your peoples. This is not a cause for great concern for most of those, if not all of those, who shall make that choice for graduation have already made the initial choice of service to others. There is still time to make that initial choice, but you may do the calculation necessary to see that the time is short. [The year] 2012 is within [the] lifetime [of] each of those to whom we are speaking. This is something that you may choose and you may do completely and well in the next few years.

For most of you, indeed, as we said, the choice has been made. You have decided to be of service to others. Let these next few years that remain before 2012 be a testament to your stability, your spiritual maturity, and your ability to persevere. Bloody mindedness and sheer guts is sometimes part of what it takes to make the choice of love.

You have to look beyond your own feelings and your own first responses and ask, as this instrument has heard often from us and from those of the Ra group, “Where is the love in this situation? Where is the light in this moment?” When you are prompted to ask this query of yourself, you may well find that you are the only source you can find in that situation of love and light.

(Side one of tape ends.)

(Carla channeling)

Yes, my friends, you! You are only one being, but you have within you consciousness. That consciousness is what this instrument would call Christ consciousness. It is the consciousness of unconditional love.

Go looking for that consciousness. Ask for help in finding that consciousness. Your guidance system is just waiting for you to ask for help. The angels that surround you are breathless with anticipation that you will remember them and call for them. They love you with a love that we cannot describe to you. It is the love of the one Creator. They are bits of that consciousness; uncreated, sent forth in purity, unable to enter incarnation and able only to help when asked by incarnated beings such as yourself. Remember to ask for that help.

After these years of choice have been lived through, you may well live for quite some time thereafter. You will not notice changes in your own ability to breath and eat and do the natural functions of a human being. You will be able to live out your life.

The one known as Jim was saying that in *The Ra Material*, the period of transition was suggested to be perhaps between 100 and 700 of your years. The reason it is so approximated is that we do not know who shall inspire whom with love and with the daring to make courageous choices at difficult moments. Every choice that you make for love extends that transitional period. And it is good to have that time, simply to work with the earth energy and to reconstitute and restore the health of the planet.

For those who graduate in a positive sense, their next incarnation will be on planet Earth, unless they are wanderers and have chosen to move after graduation into other realms or densities for further work as a wanderer.

For those graduating in the negative sense, they will go to a negatively oriented fourth-density planet unless they are wanderers, in which case they will be able to, after graduation, move back into whatever they feel would serve them the best.

For those who have not chosen either service to others or service to self as a polarity, there is still work to do in third density, the density of choice. You shall have some more time to make that choice and it shall be upon another planet.

Once third density winds down on planet Earth, it shall be inactive for a time. This is due to the need of new fourth-density entities to learn the ways of invisibility. There is no desire in fourth-density entities to disturb or surprise third-density entities. If fourth density were visible to third density, you would find yourself in a charming but very crowded universe made up of elementals, nature spirits and devas, totems, fictional entities who have gained inner-planes life because of the continued thoughts of many and so forth.

It would be an enchanting and diverse experience but it would be too much for you to bear. You are veiled from fourth density and all other densities that would give you these experiences because you are here in third density to discover who you are—that is, an ethical being—and to decide what you want to do with that troublesome consciousness that you have found.

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

**Jim:** No, but we do have another question, Q'uo, if you have time. It is from A: “We third density humans tend to categorize things—the time of the year, the races and classes of people, the species of animals and even the flavors of ice cream.

“As we've been told many times, fundamentally, all things are one. Does the need and purpose of categorization diminish as we advance toward the higher densities? Do we eventually lose all differentiation between ourselves and all that exists?”

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. We find this to be an interesting query in that it assumes almost the direct opposite of what is true, but it does so because of the logic of third density. We do not operate according to that logic.

As one rises in densities, one becomes aware of the tremendous, unimaginable array of information. Each density has a quantum leap of information involved. It is as if the light had more facets so that it could carry more information.

As your souls crystallize in the way water is a crystal, they become much more easily magnetized and you become a much more fluid and responsive being. In higher densities you are aware not of less organization but of more, for you are not veiled and shielded from the dance of creation as a whole. That dance is endlessly, beautifully, rhythmically, gracefully organized. All parts of the creation are aware of all other parts of the creation.

You are familiar with this kind of dance because you see it in the second density and first density about you all the time. The trees, the air, the oceans, and all of the energies of nature are responsive in one holistic system, of which you are a part, but a bumbling, awkward and unknowing part. For the most part, you don't catch the rhythm of existence and so you don't celebrate life. You just accompany it. You're missing out on the celebratory aspect of this wonderful dance of life.

So, my brother, in brief, as you rise in densities, you see the details in much more full array than you do now. But you also see the organizing principle of love that drives the dance. This overarching love is the consciousness of which we were speaking earlier. Each of you possesses it and as you rest back into both yourself and the essential nature of the world around you, you will be led closer and closer to the immediate apprehension of the beauty of this dance.

We would encourage you, my brother, to try, as an experiment, the experience of resting within a natural environment, far from clusters of people, and drumming or beating upon a piece of wood with your hand or anything that enables you to begin to express the rhythm of your being. For you have this dance within you. Allow civilization to take a back seat for awhile and just beat the rhythm of the beat of your heart for a while. It does not have to be a terribly long time. It is a way of putting you in touch with the part of you that is in rhythm and dancing with all of the rest of the unified creation of which you are an integral and loving part.

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

**Questioner:** What would Q'uo recommend that doctors, nurses and family do in hospitals to reduce or eliminate the fear of their patients?

(Carla channeling)

We are those of Q'uo, and we are aware of your query. We find that our first response may be impractical but we will offer it to you anyway.

In the first place, if it is possible to avoid an institutional setting when you are ill, it is well to do so.

The one known as Norman, whose last name this instrument requests us to give—it is Cousins—wrote a book which this instrument read, in which he spoke of being given a terminal diagnosis. And what they suggested to him had a great deal to do with hospitals, radiation and so forth. He decided that he did not wish to heal himself in this way.

He figured out what it would cost him to enter a hospital for these machinations by the medical community and realized that he had a fairly large budget. He chose to put himself into a good hotel with room service, which happened to be a very good room service. He installed a video player so he could watch movies. He watched all of the Marx Brothers movies, all of the old Jerry Lewis movies that are part of this instrument's memories as a young girl, all of the Three Stooges movies, and any other comedies he that he could lay his hands on. He laughed himself well.

Rather than focusing on the illness and his fear of dying, he decided to focus on his wellness and his love of life. In this entity's case, it worked well because this entity had done the work before he was given this diagnosis to be able to come up with this scheme.

Therefore, our first suggestion is if you can find a way not to enter an institutional setting for healing, I encourage you to do so.

If you are going to take the institutional setting in order to accomplish things that need to be done and you have become convinced that this is an appropriate thing for you to do, then we would suggest that you remember that you can create your own environment wherever you are. You can override the environment around you. But you must know that and know it very well before you enter such an institutional setting.

The institutional settings of so-called "health" [industry] are cesspools of negatively-oriented energy. In the first place, my brother, there is the fear of the patients. In the second place, there is the stink of the physical setting itself, which is by nature and by necessity cold, easy to clean, cleaned often and never quite cleaned to the point where the distressing odors that have been cleaned away go away. There is always the remainder of the various waste products of the human body that is ill that remain within the physical olfactory senses of all those who enter it. It is a depressing place to be, simply physically speaking, esthetically speaking, and so forth.

Thirdly, there is an aspect to doctoring, as you call it in your culture, which is heavy and dark because of the overwork of the doctors involved in the system and because of the completely needless attitude of utter dependency that many patients employ in relating to doctors, nurses and other authority figures within the health industry. This creates an irritability and an impatience within those supposedly attempting to heal you.

And lastly, there is the metaphysical atmosphere of a hospital or other health facility. Inner-planes entities and outer-planes entities find fear and suffering to be excellent food and so they congregate in such places looking for targets of opportunity.

All in all, it is a very unhealthy place to be ill and it is obviously to be avoided if possible.

If you cannot avoid these places—and certainly this instrument has often, time and again, been placed in the middle of a hospital situation—it is still possible to create your own healthy, light-filled environment. This instrument and the one known as Jim have, in the past, used the Banishing Ritual of the Lesser Pentagram [2] in order to cleanse the space of a hospital room or an operating room. This can be done for the self and it can also be done, if permission is given by the other entity, in absent healing for another person who is perhaps too weak to create this cleared space herself.

We find that this instrument's energy wanes. We realize that we have barely touched upon these queries and we welcome refinements of them in the future.

Meanwhile, we thank each of you for the beauty of your beings, the harmony of your coming together and the depth [of] character that it takes for entities as busy as each of you are to make a special time to seek the truth. It has been a pleasure and a privilege to share our humble thoughts with you and we would leave you at this time, as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai

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[1] Gaia is a name for planet Earth which comes from Greek mythology, in which Gaia is goddess of the earth and mother of Cronus and the Titans.

[2] This ritual and the explanation of why it is effective are contained in William E. Butler's book, *The Magician; His training and His Work*.

## Sunday Meditation

May 28, 2006

**Question from A:** *(Read by Jim.)* Our question today is this: “You’ve mentioned before that the harvest of this particular sub-logos, planet Earth, is not typical. You’ve said that other sub-logoi have had considerably less difficulty at their times of harvest. Would you consider our sub-logos’ use of combined free will, together with strong veiling, to be an inefficient combination? And can you compare that to the harvest of third density on Venus? Both Mars and Maldek had warlike societies, and we were wondering what the third density was like on Venus and what major factors and catalysts went into their societies to bring them to a service-to-others choice. They must’ve done something right. So could Q’uo speak to the harvest that is now happening on planet Earth and perhaps contrast it with the harvests on Mars, Maldek and Venus?”

(Carla channeling)

We are the principle known to you as the Q’uo. Greetings in the love and in the light of the one infinite Creator. It is our privilege and our pleasure to serve the Creator by offering ourselves to groups such as this one which may have an interest in material such as is channeled by this instrument. It is a great privilege to be called to your circle of seeking and we thank each of those who have taken the time and the space out of their very busy daily round of activities in order to create a sacred space in which to seek the truth.

As always, we would ask of each the care with the discrimination in listening to what we have to say. We may not hit the mark for you. If our thoughts do not resonate to you, please lay them aside without a second thought. We would not wish to be a stumbling block in your way. Sometimes, if the wrong thought is held in stubbornness, when resonance is not there, it can do harm. So we would appreciate your being very careful about those thoughts that you allow past the gates of your perception.

Your query this day is about the differences between various planetary entities’ take on third density and what was done differently on the planet you call Venus that allowed that planet to have a more harmonious and far more successful journey through the third density.

The one known as A asked whether the combination of very clear and starkly delineated free will and the fairly profound veiling that is apparent on Earth’s third density, or the Density of Choice [1], was a combination that spelled a difficult and challenging third density for those of planet Earth. And we would agree with this assessment of factors involved in the creation of a somewhat challenging Density of Choice for planet Earth, especially in regards to comparing it to the Density of Choice on the planetary energy called Venus.

For indeed in that third-density environment, there was less of a heaviness involved in the veiling. The free will was as marked as is the factor of free will upon your planet. However, there was, for the entities of Venus, a transparency in the veil which was just transparent enough to allow processes which you know as envisioning, journeying and dreaming to have a more robust life within the conscious processes, as well as the subconscious processes, of the entities in third density upon the planetary influence you call Venus.

This is, in fact, the one difference between the third density of the planet known as Venus and the other planetary influences of which you are aware.

The problem with the somewhat transparent veiling process upon third density is that the choice is not made in an atmosphere of boot camp. Therefore, when the third-density entity becomes a fourth-density entity, and then a fifth density entity, the energies move along with utmost smoothness until fifth density, at which time the lack of challenge in penetrating the veiling process shows up as a dynamic that is negative with respect to being able to work well with the opening of those energies of wisdom which seem dark to the naïve and unsophisticated seeker.

Consequently, the work and challenge came for those entities experiencing the [higher] densities on Venus' influence instead of in third density. Those who graduated into sixth density from the influence of the planet known as Venus, then, have often, in coming back into third density on your planet to serve as wanderers, been faced with a very challenging, self-given agenda of learning. That agenda is in rebalancing love and wisdom in order to value them in such a way that they are able to interpenetrate each other in true sixth-density unity.

The benefit of the more impenetrable veil is that it creates for the third-density entity attempting to choose between service to self and service to others a stark and seemingly profound experience of suffering which this instrument would call Golgotha.[2] The third density of your planet calls forth from the seeking entity a purity of humility and surrender that is, in our humble opinion, a far more favorable plinth [3] upon which to build the character that will move through all the densities of your octave than the third density where there is always seen the benefit of teachers and the benefit of taking another entity's word for something. Third density with a lighter veil creates a wonderful [place] for entities to put themselves in the teaching situation. And the system of guru and chela, as known among your Buddhists, is very similar to the kind of enjoyment that third density upon Venus created.

However, it was found, in this early third-density experience, that indeed there were difficulties in higher-density work that were engendered by the seemingly quick and easy move through third density. What this has to offer to those asking this question is our assurance that those within Earth's third density at this time have received a powerful gift. In receiving such a difficult and challenging third-density atmosphere, you have faced those shadows that await you, if not in third density, then in more subtle work [in higher densities] where those shadows are more difficult to deal with. Your present environment

is a powerful environment; powerful, that is, just as a loaded gun is powerful. The question is, “Where do you wish to aim this experience when you pull the trigger on tomorrow?” Where would you like to be headed? Because the choice of heading is indeed yours.

You are in a position, each of you, my friends, to make powerful and life-changing choices this day and every day because you must deal in faith alone. When you do choose to move in faith, the planet moves with you. You take the power of your being and focus it upon your intention, and that which you choose is chosen. We cannot express to you the power that you have over your destiny. We cannot express it, nor can anyone, because that which you choose must be chosen in faith alone.

What we can say to you, my friends, is that there is ample companionship for you. It is unseen, but it does not have to be unfelt. Ask for your guidance to be with you in these difficult days and in these difficult moments. For each of you has particularly difficult moments either at this time or in the near future.

That is the nature of these times, my friends. That is the nature of these somewhat inconvenient times. Nevertheless, they are times extremely fertile and rich in learning and in service. Please do not be concerned that you shall be responsible for some learning or for some service, for all has been, is and will be attracted to you as you are ready to express it.

Therefore, allow the spirit to move through you when you feel that it is your time to speak, your time to envision, your time to pray, or your time to heal. For when you sense the resonance of that moment and act upon it, all of the heavenly worlds support you, my friends.

Is there a follow-up to that query at this time, or another question at this time? We are those of the Q’uo.

**Jim:** We have another question. The question is: “As a practicing Reiki master teacher, I’m interested in what Q’uo has to offer about Reiki energy. Specifically, I’d like to know what can be shared about the nature of the physical and spiritual characteristics of this energy that, in my experience, can bring about profound improvements. What are the mechanisms by which Reiki energy can heal? How are the physical cells in the body affected by Reiki energy? Is it necessary for the recipient to believe in and accept Reiki energy for healing to occur? What’s the source of Reiki energy? Is Reiki energy protected or guided by higher spiritual beings?”

(Carla channeling)

We are those of the Q’uo, and are aware of your query. We would ask the one known as Jim, after we have responded through this instrument, to review the questions upon this subject and to re-ask any which we did not touch upon in the first response. We thank the one known as Jim for this aid.

We are not aware, because this instrument is not aware, of the roots of the meaning of Reiki. We do not know this word as such. However, we examine the physical vehicle of this instrument which has experienced a great deal of Reiki energy given through various practitioners and masters of that art. There are, indeed, some strictures upon what we can say concerning this energy. However, we may touch upon some of the queries that were asked.

We would say that this energy is the energy of the one infinite Creator which is modified by its travel through the chakra system or the electrical body of the practitioner who is offering healing. It is not at all an energy which comes from the practitioner. However, it is helpful when thinking about offering Reiki energy to think about the concept which we have suggested through this instrument before in other applications of the being or soul as a crystal.

Each of you, both in the physical body and in the electrical body, has some of the characteristics of a crystal. Physically, in your watery body, you contain a great deal of that crystal substance known as water. And therefore your entire body may be easily tuned and magnetized to whatever vibration you wish to tune it. This instrument carefully tunes its physical body as well as its energy body before each session of channeling by singing hymns, offering prayers, and protecting the self by various means; calling the Archangels and focusing down into a more focused state within the physical body, the emotional body, and so forth. So does each entity have this ability to focus the energies of the physical body as if the body were a crystal and it could be tuned.

Now when the physical body is well tuned, it then may choose what kind of energy it will pick up—it chooses the radio station that it wishes to play, let us say. For a channel such as this one, the radio station is us. The channeler tunes the body, tunes the spirit, prepares itself, and then calls for the highest and best radio station in its capacity to receive. We show up. The instrument offers its faculties to us, and we speak through the instrument.

For a healer, it's a slightly different contact, but it is the same kind of result. The practitioner tunes itself by aligning itself to open up its truest, deepest and most honest self. It tunes to its own highest and best self. This is one of those areas into which we cannot probe because of the fact that Reiki teaching is of a certain type, and we would not wish to infringe upon the teachings of this particular kind of energy work. Nevertheless, there is tuning involved, and it is a freeing kind of tuning where much of the self is dropped away that is irrelevant to the essential or core self, and that core self is freed from its normal strictures and allowed to become the dominant part of the mind, body and spirit.

This tuned being, then, this crystal, is now ready to carry energy. The energy that it receives comes into the crystal self as the entire spectrum of energies of the one infinite Creator. This power source is infinite, and the amount [of energy] that may be given at any given time is also infinite. The Creator is endlessly generous.

Now the nature of the activity within the crystal before the energy flows through the hands and from the body of the practitioner and into the energy system and the body of the patient, shall we say, is most closely approximated by a discussion, in brief, of the act of Holy Eucharist, or Holy Communion. In that rite of worship in the Christian Church, the body and the blood of the one known as Jesus the Christ is called into being either in literal or in symbolic form, and then is drunk by the communicant who receives the strength and the energy of Christ Consciousness.

In the Reiki energy exchange, infinite love comes into the physical and electrical body system of the practitioner of Reiki. That practitioner breaks itself open, blesses its unique vibrational characteristics, and offers them to the energy that is coming through. The energy that is coming through is then particularized and colored by the crystalline properties of the Reiki master, and the Reiki master blesses the resulting energy that is moving through it, and releases it in its altered form to flow into the energy system of the patient. Thereby, an impersonal, universal energy has been particularized and personalized by the genuine love and the open-hearted compassion of the practitioner.

This is not done in any kind of intellectual way. In fact, when intellect is applied to this art, it falls apart. It must be done from direct feeling. That is the way the heart thinks. The heart knows and then immediately it produces that which, in thinking, would be a process.

May we ask the one known as Jim to repeat the portions of the query about Reiki upon which we have not touched? We are those of the Q'uo.

**Jim:** "How are the physical cells of the body affected by the Reiki energies? And is it necessary for the recipient to believe in Reiki energy?"

(Carla channeling)

We are those of the Q'uo, and are aware of your query. The energies of Reiki move through each cell, and their information is coded so that each cell may pick up the energy involved. Let us be clear in stating that there is no push or pull to Reiki energy. It is not something that is given. It is, rather, an environment that is created. For the time that the Reiki work is being done, the patient lies in an increasingly Edenic environment. The distortions that create illness are suspended. The crystalline nature of the energy pouring through creates an alternative environment, and if the person chooses to accept the new environment, healing may occur. If the person chooses not to accept the healing environment, then it is as if it never occurred. No harm has been done, but also no healing will have occurred.

It is not at all necessary for an entity who is being healed to believe that anything is occurring. However, it is necessary for the entity to accept the new configuration of energy. Some entities are completely able to do this without believing at all in the entire exercise. They are able to say, "Given that such a thing occurred, then I accept the healing." It is not belief that is necessary, but the willingness to accept a new environment that is required.

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

**Jim:** We have a series of questions about names of various entities. What can you tell us about the original Yahweh, now a name. Is it a social memory complex? If so, what density did Jesus come from?

(Carla channeling)

We are those of the Q'uo, and are aware of your query. The entity known as Yahweh is an inner planes entity, as opposed to an extraterrestrial entity. It is an essence native to this particular sun system which has been involved in the guardianship of the Earth sphere for thousands of your millennia. It is a combination of energies which are male and female. Rather than creating a hermaphroditic entity, however, this entity holds the energies of male and female in a sacred dynamic. One might as well call such as entity Adam and Eve, but it is both Adam and Eve. And it is not in any way, shape or form that which has been incarnate, but rather, it is of the angelic realm.

It is ironic in the extreme, we feel, that it is this entity which is responsible for creating conditions under which the male aspect of the species has become so unbalanced in its dominancy over the female aspect of deity, which in the original Yahweh energy was in perfect balance.

May we ask if there is a follow-up to that query, my brother?

**Jim:** Ra refers to this entity as unnamed, as Yo-Heh-Shin-Vau-Heh, and its meaning as "He comes." Can you explain the abundance of names and non-names? And finally, Arcturus also means "He comes" and is an Egyptian name. Is the positive Yahweh from Arcturus?

(Carla channeling)

We are those of the Q'uo, and are aware of your query, my brother. The entity Yahweh is not from Arcturus, but rather, as all angelic entities are, is part of the energy involved in your sun body. However, this entity has been involved with Earth, as we have said, for a great deal of your time. The naming of entities, and its seeming confusion, is due to the fact that in both lower and higher densities, naming does not necessarily occur. It is not necessary, for each thing has a unique vibration. Your vibration is a much more eloquent signature of your character than a name that has been given to you by someone who is not aware of the sacred nuances of your character.

The attempt to name essences and energies is generally done because there is a third-density being involved who feels more comfortable and more in control knowing the name of an entity, and not just how that entity feels.

The energies involved in Yahweh became aware that the work that they had done in creating an enhanced DNA signature for the human species had not had the results which

had been hoped for. That entity moved into a time and space of deep and devotional meditation and prayer asking how it could begin to make amends for the mistakes that it had made.

The addition of Shin to Yod-Heh-Vau-Heh was chosen by Yahweh in order to adjust the vibrational nuances of its name in order to indicate Christ Consciousness. It is as if Adam and Eve changed its name to Emmanuel. There was a move from the feeling of the Old Testament to the feeling of the New Testament. That was a move from worth by being chosen people to worth by a certain level of consciousness which was love. This was indeed, for this entity, a valuable adjustment and one which has reflected down from the heaven worlds into the Earth world as that environment into which the one known as Jesus the Christ came.

Is there a follow-up to this query, or is there another query? We are those of the Q'uo.

**Jim:** I think R may have some questions from the internet group.

**Internet questioner:** (*Inaudible*)

(Carla channeling)

We are those of the Q'uo, and are aware of your query, my brother. And may we say parenthetically what a joy it is to be in touch with you and with all of those who visit with this group from a non-local location. It is a treat to us, indeed, to work with this non-local group and the enhanced energies that it offers for communication and for fellowship.

Anything that affects the physical body will have a rippling effect upon the non-physical or form-making or electrical or chakra body. However, it is impossible for us to pinpoint how physical effects ripple over into the non-physical, electrical body. It is completely the product of how each person's chakra body is wired. Each entity is wired in a unique way. We do not mean that simply some entities have stronger red ray than orange ray, or stronger orange ray than yellow ray, and so forth. It is not only that to consider. There is also to consider how the chakras are wired within themselves and between themselves. The complexity of this, and the many, many different ways that people do set up their energy flow, make it impossible for us to discuss how diet and exercise and so forth would affect the energy body.

What affects the energy body most is the thoughts that one has. Therefore, if one is improving one's diet, and is happy about it, the information of the improved diet moves into the chakra body as good news. If, on the other hand, an entity is plodding through a dietary regimen that is prescribed for an illness, but that entity is unhappy and feels constricted by this regimen, then the information that is given to the chakra body will be quite different. It will seem like a negative thing to the chakra body, rather than a positive thing, for the chakra body is not listening to the doctor nor is it listening to ideas that contain the word "should." It is only listening to the feelings and the thought forms involved in the translation of physical effects into the feelings and the sensations of the

body. A happy heart is more helpful to the chakra system than a good diet. A peaceful mind is more helpful to the chakra system than exercise.

There are times when it is wise to follow the needs of the electrical body and the chakra system rather than the needs of the physical body. We encourage all of those who must guard their health by means of diet, exercise and other regimens of this kind never to let duty press out the joy from the life. No matter how essential it is that the right things are eaten, and the right things are avoided in a diet, or how important various exercises are, in looking at the health of the entire organism, the faculty of joy is primary.

Find a way, if you must follow a regimen, to inject joy into it, and then even the bitterest of herbs, even the most stringent of diets, even the most aggravating of exercising routines will be part of that which makes you joyful, peaceful and strong. No matter how essential it is that you take care of your health, remember always that your health begins with thanksgiving, praise, joy and the open heart that embraces the Creator, the self, and all other selves as one beautiful, perfect, interrelated pattern of love and light.

May we ask if there is another query at this time?

**Internet questioner:** How may we increase the positive polarization of our connection?

(Carla channeling)

We are those of the Q'uo, and are aware of your query. The key to increasing positive polarization with the Earth is to realize that the Earth is already positively polarized. You are not attempting to do anything to the Earth when you attempt to polarize positively with regard to it. You are joining it in its dance.

The Earth is dancing a dance of love and joy. Every flower and tree waves in harmony and ecstasy, dancing perfectly with all of the other elements of Creation surrounding it. We feel that many of you have had experiences where you tapped into this dance, the song of nature, the wonderful jig of Creation. Some of you have seen the mountains clap their hands, and the seas and the oceans leap for joy.

Enter into the joy of the dance of Earth! It is already ongoing. You have only to cast aside every doubt and every thought that would keep you from being purely an elemental part of Creation and join in its dance. Many have attempted to make this a complicated thing. It is not at all complex. It is a matter of shedding complexity and embracing what is.

We find that this instrument's energy is beginning to wane. Thusly, we would ask for a follow-up to this question or for one final query at this time.

**Internet questioner:** Is a non-local group better than a local group?

(Carla channeling)

We are those of the Q'uo, and are aware of your query, my brother. We would not use the word "better," as in saying that a non-local group is "better" than a local group. We would say that there is a difference. In a local group, there is a certain level or grade of energy which is possible for that group. It is that which is created by the members sitting in the circle, plus their unseen friends—their guidance system, angels that are with them, the rest of the social memory complex that overshadows wanderers and so forth.

When you create a non-local group, it is as if you've raised the energy or the plane of the group by one level. It is as if a flat circle has become a sphere. The non-locality of the group creates a more complex and intricate family system that is backing up the entities that are sitting in the group. Further, the fact that you are not local means that there is a global aspect to the group that is not obvious to the group when it is a local group. That is, a local group represents the planet, just as a non-local group represents all of humankind. However, it is not self-perceived as a group that represents all of humankind.

Whereas, in the perceptive web of each of those attending this session, there is a self-awareness that they are part of a planet-wide circle of seeking that is seeking to know the truth. This activates an enormous amount of energy on the inner planes of your planet and, indeed, in the surrounding families of those who serve to guide or offer angelic assistance to the members of the group. Consequently, it is a larger entity. It is an entity of a different level or quantum, and that difference is such that we are far more able to surf on the energy of the group in working with this instrument. So there is that aspect of a smoother and more universal channel which is opened through this particular instrument. So, as you can see, there are differences between a local group and a non-local group that cannot be accounted for simply by the numbers being greater in a non-local group.

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

(No further queries.)

In that case, having greatly enjoyed each and every moment of our time together, we would at this time take our leave of you. We leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of the Q'uo. Adonai, Adonai.

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[1] These two terms are used interchangeably by the Confederation sources.

[2] Golgotha is the small hill outside Jerusalem upon which it is said that Jesus the Christ was crucified.

[3] plinth: a flat or slab-like member at the base or bottom of a column, pier, pedestal, architrave or other architectural vertical member.

## **Special Meditation**

*July 7, 2006*

**Question from A:** What guidance can you offer for my spiritual seeking? What spiritual principles would you recommend that I take thought on in my development?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose name we come to you this day. It is a great pleasure and privilege to be called to this circle of seeking. We would thank each of you in this circle for carving out some time in your very busy lives to seek the truth.

As we experience this instrument slowly relaxing into a more penetrating clarity of focus, we realize the tenacious hold that the details of the day have upon each of you and we congratulate that effort to move to a more spacious point of view and to spend that precious coin of time in attempting to move to the center of your self, your being, your purpose, and your nature.

As always, we would ask each to use discrimination in responding to those things which we may have to say this day. Be aware that we do not always hit the mark with our comments and be guided by your own perceptions of relevance and interest. Look for the resonance of those thoughts that we share. If our thoughts are not resonant, we ask you to lay them aside and move on until you find something that truly opens your heart or engages your mind.

You ask this day concerning the situation of being in the midst of an incarnation and looking at the spiritual principles that may aid you at this point.

We find that there is much of the past which has been very productive in one way or another, my brother, in your seeking. There is a substantial amount of information which you have become fairly well able to call upon and to use.

We find, further, that whereas in many cases among your people, there is a lack of passion and determination to persevere in the spiritual life; this is not true of you. Your interest in seeking the truth is stable and you have won through those energies that test one's decision to be of service to others.

We would say that there is much progress that you at the soul level and your guidance system will be very pleased to observe when you next meet after incarnation. You are at a point in your maturation spiritually, my brother, that you share with a great many others. You know many things and you have had some real success in applying those principles that you have learned so far.

Perhaps the principle we would suggest for you to consider at this time is that simple principle of oneness, the oneness of the system of which you are a part. It is easy to focus upon details, and in a way it is reassuring to focus upon details. If one is concerned with meditating, for instance, at the correct time, meditating in the proper posture, and so forth, there is a quantity of things to work on and a product that you can admire at the end of it—a finished meditation done properly.

However, my brother, you are at a point in your development where it is profitable to you to go deeper than the form of the meditation. It is time for you to become aware of yourself as part of an enormous, indeed, an infinite pattern. You are one with the Earth. You are one with humankind as a tribe. You are one with the Creator. You are one with truth, and the values of that system in which truth is a living being, that system of time/space, or the metaphysical universe, in which your soul and your spirit live and move and have their being.

It is time to move beyond what you know and what you can know, and to keep a part of your consciousness free to observe as much as you can of the larger picture into which all of the details of your life and your thoughts fit.

When one begins the spiritual search there is a tremendous eagerness for new information. There are many interesting and fascinating subjects which seem to pertain to the spiritual walk—and we use that term, walk, advisedly. The process of spiritual evolution is a journey and it is taken one step at a time.

It is not about progressing or chalking up accomplishments. Rather, it is about finding the grace to allow those things about you that are not serving you to fall away.

It is about beginning to penetrate your own outer self, that self that so fascinates the psychologists. Beneath that personality shell lies consciousness itself. You share that unified consciousness with every iota of the Creation. You put your own spin on it as it comes through you but you participate in the dance of being. You are not cut off from the pattern and its so-called implicate order.

Therefore, we would suggest that the principle that is most helpful to you at this time is that great principle of oneness which underlies and makes possible the universe and your own unique place within it. The adventure of seeking the truth can be seen profitably as caving. Remember, as a spelunker, to carry your lamp and keep it burning brightly. Hold faith itself to be your safety lamp, and replenish your battery by dipping into the silence of your own sacred space within your heart.

May we ask if there is a further query, my brother? We are those of Q'uo

**A:** I believe my son, Seth, has an activated fourth-density body. In thinking about this, what spiritual principals would I consider?

We are those of Q'uo, and are aware of you query, my brother. We can indeed confirm this dual-activated nature of your son. This entity experiences life slightly differently than do you because of this double activation.

In the short run, such double-activated entities have a difficult time, from time to time, in the growing-up process, as this instrument would call the process of developing into a mature physical being. The sense-awareness matrix of such entities allow more sensory input and as this instrument would say, it gets noisy in there from time to time, more so than an entity who is activated only in the yellow-ray physical body.

While this is inconvenient both for the child and the parents, there are advantages to being wired for both densities: the density that is now being experienced upon your planet and the density that is interpenetrating it. As this entity becomes a mature being, physically as well as emotionally, the inherent stability and toughness of the basic structure of the double-activated body will be of great help to this entity.

As the interpenetrating energies of green ray buffet this planet more and more, the challenge to all entities is to be able to face the truth of themselves clearly and straightforwardly. Double-activated entities have a head start in being able to become completely honest with themselves. This creates an atmosphere in which they may be more calm and serene under conditions which may seem challenging.

The forces of evolution create a forward movement which is the response of nature itself, shall we say, to the rapidly changing environment of planet Earth. We encourage you therefore to relax into an awareness of the rightness of such changes. They may sometimes seem to be those changes that are inconvenient. However, the overall plan is a good one and your child's hope to serve as this entity desires to serve within this incarnation he is experiencing is not in vain.

May we ask if there is another query at this time?

**A:** Do you have any suggestions for establishing and maintaining an optimal working space, metaphysically speaking, for teaching and learning in a high school classroom?

We are those of Q'uo, and are aware of you query, my brother. The conditions of an environment do not end with the dynamics of the dimensions of the room, the heat of the room, and so forth. A classroom is far more than a physical space. It is in some ways a cocoon where the larva enters to find a little quiet and time for thought so that he may ultimately emerge as a butterfly.

In some aspects a classroom is a sacred space. It is filled with souls. They have been thrown together by circumstance, and there is a rough influence from authority figures, such as principals and other entities which create curricula and give textbooks and so forth their place. Yet, at heart it is a place where the teacher and the students shall create together their environment, their experience in their path of learning and service together.

It is as much of a work environment for the children as it is for you, my brother. This is the practice that entities receive as children that is intended to train them to take their place in society as entities with a good work ethic and a good moral ethic in the ability to participate in their democratic environment as citizens.

Yet these are also flowers who need sunshine and rain. They are living entities with hopes and dreams; they suffer as much as any grown person. They struggle and they deal with a tremendous amount of incoming catalyst, just as do you, my brother. Yet, because of your situation you are the leader of this little band of souls. As an ethical person who is desirous of serving, we know that you wish to start with the first distortion [1] in considering how to move on in creating this environment of classroom.

The first distortion of the Creator's universe is free will. In considering how to handle situations with your students, recall that principle and attempt to apply it to the situation at hand. All entities are deserving of respect, and their rights are in your hands. See what you can do to maximize their experience of personal freedom without minimizing your experience of a comfort zone for yourself and for the whole class.

The second distortion of the creation is that Thought which chose to create the universe that you experience at this time, and that the rest of those parts of the Creator that are we, this instrument, those in this circle, and everyone else, experience also. Remember, this love was so powerful that it set into motion those forces that have created all that you see and all that is unseen as well in endless and amazing order.

Find the springs of love within yourself that are not attached to any students or any personalities whatsoever, but are attached only to the Creator, so that you are seeing the Creator in these flowers of the field that have come to you. No matter what they are doing, their nature is love. Let the love within your soul respond always to that same love which lies within them. They may not have become acquainted with that portion of their personality, but as you look deeply within them, past the misbehavior and the personality quirks, and see them clearly, so shall they then see themselves as in a mirror for the first time and perhaps even begin to recognize their own true worth.

The third distortion is light, that light that manifests all things. A great part of your function, in terms of the teach/learning aspect of a classroom, is involved in this illumination. Information is the light of the mind; it is the food of thought. Encourage entities to think. If the curriculum as you look at it does not excite you, how shall you make it exciting for them? Therefore, as you prepare for your students what you do not find illuminating, move to one side and instead venture forth into those aspects of what you are teaching that you do find interesting and that you feel your class may find interesting as well.

Indeed, we would encourage you in this regard to pay close attention to the questions that you are asked, and to those subjects that are brought forward. There are often opportunities for teaching that lie completely beyond the bounds of any subject. Be bold at laying aside your textbooks and your lesson plans and saying, "Today we are going to

talk about what you just said, because this is something that you need in life. You need to think about this.”

There is much that we could continue to say to respond to this question because in being a teach/learn learn/teacher, you are entering into a transaction that is of the most deep and profound character. When you, yourself, look back upon those forces that shaped your life, you undoubtedly recall special teachers that told you that you had worth and that sparked your interest, so that you wanted to know more. What were the characteristics that you loved about them? Think about that, my brother, and develop within yourself those characteristics that you most admired in your own favorite teachers and inspirers. For you are a voice in the wilderness to which they will listen. Circumstances have brought you together. Take this opportunity to maximize that environment for freedom, for loving, for learning, and for exploration.

Why is it that entities must go from their homes out into the world and engage in work? What is it that pulls people together for goals and ambitions that lie beyond the needs of survival? What is it to be human? What is it to learn? As you shape this environment for yourself and your students, ask these questions without having to answer them. Let them be those questions that open the windows and let fresh air into your own thoughts in the processes of your own professionalism as a teacher.

May we ask if there is another query at this time?

**A:** Does the curvature in my spinal column indicate an energy blockage or imbalance which I will not be able to correct in this incarnation? If so, what is my best metaphysical response? Or does it indicate a condition which I set in place before incarnation? If so, what was the plan? Any thoughts which you would find helpful to share about my mind/body/energy and suffering I would appreciate hearing.

We are those of Q’uo, and are aware of your query, my brother. There are aspects of this query which lie beyond the boundaries of the Law of Confusion.[2] This is an active question in your own metaphysical development at this time, my brother, and so we will step lightly around part of your query and focus upon the response, which is the same regardless of the details of why you are suffering at this time.

In many cases, before incarnation there is set up a fail-safe system that kicks in if during incarnation if you as a personality shall forget to focus on that which you as a soul wished for the incarnation to be focused upon. In other cases there has not been a preincarnative arrangement made, but there has been sufficient difficulty within incarnation that there has been illness that has occurred.

In either case, when the suffering is part of your environment, the most skillful first assumption to make for a seeking soul is that it is a good plan. It is a plan to get your attention and it has succeeded. Therefore, you may give thanks that you have awakened within the dream of life to one of the aspects of this experience.

It is not usually a one-to-one or linear relationship between pain or suffering and the metaphysical reason for the pain. It is a comfortable and easy thing for outsiders to look at someone with a bad back or an ulcer or a cancer and say, “Oh, that person may be carrying too much, and that’s why the back hurts,” or “Oh, that person must be worrying too much and that’s why the ulcer is there,” or “That person must be feeling great anger inside and that is why the cancer is there.”

My brother, this is often not at all accurate. It is less linear and more filled with grace and charity than that. Being in pain or being ill is a way of narrowing your attention. It is a way of distracting an active and energetic soul from loitering on the playground of life when there is work to do in the classroom, for life itself may be seen profitably as a school.

The density of choice [3] is a certain type of classroom. Before incarnation you had a plan for this incarnation. You wished to learn certain things—not linear things, but rather qualitative things. And you wished to be of service.

You brought grist for the mill with you so that you could learn. You chose your parents and other relationships. You chose many more relationships than you actually needed, because you knew that you would move through relationships. So you have a great deal of redundancy in that system. You will not run out of good catalyst that will help you to learn.

You gave yourself gifts to share. You packed those in your bags when you came into incarnation. For this instrument, it is a singing voice, and she has sung throughout her incarnation. Everyone has little things that they can do that make others smile: a special dish that they can make or the way they greet you and obviously are enjoying your presence. Some people have that gift of hospitality. There is no end to the gifts that you can bring with you. Some are dramatic and others are not noticed, really, by those that are looking for accomplishments out there.

Trust that you have these lessons to learn and these gifts to share and that if your physical vehicle is acting in ways that limit your movement or your abilities, that part of the plan is not random. Part of that situation is for your profit as a soul. Upon what has this suffering caused you to focus? Upon what have you concentrated as a result of this catalyst of pain and suffering? Have you given thanks for it? Have you trusted a seemingly negative situation enough to offer honest and heartfelt thanks? We encourage thought along these lines, for it is in an atmosphere of gratitude and thankfulness that the beginning of the solution to the particular tangle of this puzzle will come to you.

When you assume that it is a helpful condition that is for your benefit as a soul, you shall begin to see the great gifts that illness offers. In the first place, to those who are overactive and overly distracted, it offers rest and the opportunity for leisurely thought and contemplation.

It offers you the opportunity to experience a tiny portion of the suffering of humankind as a whole. In your suffering you are one with the entity in Biafra who is starving to death, the entity in Iraq who is being tortured, the child in New Orleans who is being beaten, and the wife who is being brutally raped within the sanctity of her marriage. The suffering of the world is shadowed in your pain and you are a part of that dark beauty, a part of the whole that contains those dark notes. Rejoice, for you know the cost of living more profoundly than a healthy, comfortable person.

It is interesting that entities among your peoples know that they shall die and yet they fear it. Face that which is implied in suffering, that is, death itself, and know that this is a part of the experience of incarnation. Gaze firmly into the eyes of death. And when you have realized fully your mortality, open your eyes to the sunshine and the beauty of the night sky and know the privilege of living and suffering and sharing all things in this experience called living.

It is so intense when one is within incarnation and cannot see the greater pattern clearly, but we encourage you to find the very center of self that exists most triumphantly through any pain and suffering and so focus on that center of self that you are able to move into an environment that is free of anything, any sense input or intellectual input of any kind, and that simply contains the love and the light of the one infinite Creator.

This instrument has at times been in a great deal of pain with rheumatoid changes to her skeleton and musculature, and the effects of those changes can be very limiting. Because this instrument is a Christian she used some of the holy words that she had learned as a child from her *Bible*. The phrase that she used over and over during this period was that which is found in the writings of the one known as Paul who said, "If I live, I live in Christ and if I die, I die in Christ, so whether I live or die, I am in Christ and Christ is in me." [4] Substitute the words "unconditional love" for "Christ" and know that this is the reality of your experience, in or out of incarnation, in or out of pain.

You are unconditional love. You have poured that love into a package that carries you through this incarnation, but this is your nature. Use this experience of suffering, for it is there in order for you to use it. As you use it, you may find your situation changing. Your first job then, is to embrace this opportunity.

May we say that you are never alone when you are attempting to do something like this. Your guidance system is very close to you and you need only ask for it to begin responding to you. We, ourselves, are glad to be with you and mentally requesting us will bring us to you immediately. We are there to underscore your meditative efforts and help you to feel that feeling of support and encouragement that is so precious to the growing soul.

We thank you for this opportunity to speak through this instrument. The energy of this instrument begins to wane, and so we would suggest at this time that we end the session. We thank each and leave each in the love and in the light of the one Creator. We are known as the principle of the Q'uo. Adonai, Adonai.

[1] This terminology is typical of Confederation information. The Creator is a mystery without distortion. The first distortion to this mystery is free will. The second distortion is unconditional love or Logos. The third distortion is light.

[2] The Law of Confusion is another way which Confederation channeling has of expressing the primal nature of free will. To invoke the Law of Confusion is to say that a question which has been asked cannot be answered by them without their violating the free will of the questioner.

[3] Third density and the density of choice are both terms for consensus reality, the life we are living now on planet Earth.

[4] The accurate quotation, from Paul's Epistle to the Romans 14:8, in the *Oxford Annotated Bible*, reads, "If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's."

## **Special Meditation**

*August 25, 2006*

**Question from J:** My main question has to do with knowing and understanding more about what I am and why I am here. Am I on course in fulfilling my highest potential as a wanderer and as a soul? My greatest desire is being of service to others. Please offer me any thoughts.

(Carla channeling)

We are those known to you as the principle of Quo. Greetings in the love and light of the one infinite Creator. We come to speak with you through this instrument this evening. May we saw what a great privilege it is to be with you and to be called to your circle of seeking.

We appreciate you, this instrument, and this group taking this time to seek. The honor is ours. We are most grateful to share your meditation, and enjoy the beauty of the harmonies of your flower-like auras as they blend and form a sacred temple that towers high above this physical dwelling. It is a service to the one Creator that we greatly appreciate. We thank you for sharing. We thank the one known as J for her very thoughtful query.

When we hear one whose focus is so crystal-clear, it is far more easy to express our thoughts without fearing we will interfere with your free will. The very questions that you ask, my sister, concerning who you are, why you are here, and what you have left to do define for us your ethical clarity and your character as a personality. We would not have to examine you further than that question to be able to tell you that you are on task, not only as a soul, but also as a wanderer.

As a soul, my sister, you are on track because you are alive.

As a wanderer, you are on track because you are remembering who you are. You have awakened to the possibility of being here for a purpose. You are beginning to believe that you shall flower and bloom in the service of the one infinite Creator in the time left in your incarnation,

As part of the creative principle of this planet and a steward of the spirit of this planet, and of its people, you have the rest of your days to pursue the infinite subtleties of your incarnational lessons, those things which keep repeating in your life, and discovering that which is acutely new to your consciousness but which has been coming together in your subconscious mind through time in incarnation.

The great advantage of being past the first blush of youth is the sheer repetition of patterns that constitute the material from which you draw catalyst, as well as your opportunities for evolution and service.

When an entity within incarnation awakens and grasps the basics of choice, that entity becomes a magical being. And so you have become a magical being, my sister. The challenge for you now lies in your ability to persevere with utmost dedication and focus on service while simultaneously releasing your expectations, so that those things which are new may flow into your pattern with the least possible resistance.

We do not say this simply to you, my sister, for you are part of a very large group of entities. And we should say we talk about not one group of entities but groups of such groups that have all come together as planned to help to shift the consciousness of this beloved planet which you have so enjoyed, and which you so dearly, dearly wish to serve at this time.

That which shall freely shift consciousness upon this planet cannot be found in the patterns of your culture. Although a listening ear may hear them in the patterns of your religions, the public and overt side of religion has left those voices out. Those voices of love must be your voices and they must sing a new song. And they must not do this singly. They must do this globally.

And so it is occurring. As more and more entities awaken, you and many others shall conspire, in the name of love, to create an increasingly powerful paradigm that is new. How shall that novelty be shaped, when that which you already know has proven to be effete?

Where do you find your sturdiness? Where do you find the heart of meaning?

We ask you these questions, because it is in your hands, rather than ours. It is in the hands of the people of this planet rather than in the hands of those who would serve and help you to make the choices that open you to becoming a being capable of creating outside the cultural box.

We lift to you a beacon and that beacon is yourself. We ask you to see yourself for the first time, clearly and lucidly. Light courses through you, my sister, not from you. There is no effort to being who you are. There is only the removal of blockage from the passage of light.

And you do not have to move the furniture of your life out of the way of this light. You have only to check and be sure that it has not gotten rumpled and thusly has obscured the passage of this light. Make sure that chimney which goes through your heart and out into the waiting world can open very safely, very clearly, and very cleanly.

As that energy flows through you, allow it to rise. And note and observe that which keeps it from rising. When you have a chance, sit down and look at that again and see what you think. How can you nudge that rug or that chair, or that little side table or emotion, or opinion, or judgment, out of the way? Don't manage it. Love it! Appreciate it! You spent years coming to those opinions. Value them! Just don't let them block the light.

My sister, you share with this instrument a tendency towards earnestness. This is not a bad thing. It works well in a culture which tends to pacify and patronize women. You are proof against such things. You will persevere. You will keep on with that seeking which is the heart of your heart. And that is good.

Remember always, and we say that also to this instrument, to lighten up. To relax. To enjoy. To cherish and relish the tiny things that seem silly and make you smile. For these too give you power. Rest your soul. And create balance in your life.

May we ask if there is another query at this time?

**J:** The second question is, how can I remember more authentically who I am and where I come from?

We are those of Q'uo, and are aware of your query, my sister. We pause in considering which direction to take in responding to this query because there is almost an equal balance between one level of information and another.

We will begin then, my sister, with the level of information that is closest to the surface. You may know more about who you are and where you're from by accessing resources within your mind which are not usually available to the conscious awareness. Methods for doing this include keeping a dream journal, creating a workshop and a safe place for journaling and the awareness of [consciousness.] [1]

You can also consult a hypnotherapist to move through a carefully constructed method of asking these questions of your higher self while in an hypnotic state. Because of the fact that we have answered other queries of this kind in recent years, we will allow you to investigate that which we have said to others on this subject, using the website which belongs to those at L/L Research. There is a search function on that which will give you that information which you seek.

To move to that which we feel a pull to express, we move into deeper waters, my sister. And we must ask your forgiveness in advance for being relatively unable to be clear in talking about this deeper level. However, we feel that in the end it is more satisfying for you to investigate this deeper level than to find out from hypnotic regression what you might have done in a previous lifetime or other things of that nature.

When you move into that part of yourself where the seeds of these questions truly lie, and from which they grow into that bloom which is yourself within incarnation, you move into common ground. You move into nested realities of who you are. You are you, of course, within incarnation. You are the only you that ever was and ever will be. But you are nested into your soul stream along with all of the "you's" that you have created in many blooming incarnations. You are a full garden of beings in one. You are nested into your soul group, which is nested into the entire societal clan which decided to come to planet Earth to be part of the light and the love of the one infinite Creator.

And this is nested into your being a part of Earth itself, the tribe of Earth which you became when you took flesh and laced your soul carefully into the substance of the mind, the body, and the spirit of that entity which sits within our room this evening and is able to share energy with us.

And all of this is nested into order of magnitude after order of magnitude, until you are the one infinite Creator. All is run not simply from the top down but from the tiniest iota of being upwards. And each iota of that universe of the creation contains the creation within it.

When we translate that reality back into your question, we say that within you lie rivers and oceans of purified emotion that constitute an archetypal world. You can touch into emotion that has moved through all of its more shallow expressions and into that which is beautiful and pure of its kind, leached of pity and impurity, sorrow and anger, until the emotion you experience is the essence of sorrow, the essence of pain, the essence of impatience.

When you move into those archetypal rivers of purified emotion, you become more and more aware of what kind of being you are. What an exotic, complicated and unimaginably complex, multilayered being you are! It is stunning! And when you can see how stunning you are, you see that all of your imperfections add power. You begin to see how beautiful everyone else is because you have forgiven yourself for that imperfection. And now you are ready to see the beauty of everyone else too.

As you get to this level you begin to see that who you are changes, the deeper that you go. At the bottom of that digging is a place in your heart where you are unconditional love. In that place, the Christ waits for you. To some entities the Christ is a being, a person, with eyes and hands and a voice. To some entities Christ is the energy, the creative principle that created the world, wrapped into a cloak which any entity may choose to prepare the self to wear.

The cloak of love that is unconditional may be seen as a crown. It may be seen as a mother nursing its child. It may be seen as the figure of the Christ washing the feet of his disciples and saying, "Follow me and be the servant of those you love."

It is difficult to discuss being itself. Words fail. And we can use only metaphors, stories and well known and even clichéd figures to describe the world in which that energy resides. Who you are and where you came from are things that evolve into your conscious awareness very naturally, little by little, throughout an incarnation, if you are interested.

Except for those whose karma it is, shall we say, to discover specific information, generally that information level is not given to you. What is given to you is the resonance, when you're ripe, when you sense into something that is most deeply you and expresses where you may have been.

Look then for that resonance. Wait for that feeling within yourself. The energy within yourself will move when you run into something that speaks to you. When it does, take yourself seriously. If you can't think about it right away, note it down and think about it later.

We truly are all one and you shall find that one of the great advantages of third density has been to block you from the knowledge of all of that so that you may pursue the heart of your seeking in a much more focused way.

May we ask if there is another query at this time?

**J:** The third question is how can I develop and improve my inter-dimensional communication techniques?

We are those of Q'uo, and are aware of your query, sister. We find that we have basically communicated the information to you about this question in the previous answer. The simplest way to become more able to work with inter-dimensional communication is to practice silence. We find that we are repeating, yet it always bears repeating. Go ever deeper into that silence but without any expectation. Follow your heart. Follow your practice. Experiment when you sense that something is not quite alive within you. Kick the energy when you feel it has stopped. But, in general, enter that silence knowing how sacred that quality and faculty is and how infinitely much it contains for you.

We would also suggest that from day-to-day you retain a consideration as to what the very center of your seeking is, so that you may ask and form an intention as you move into the silence, not because you expect to hear a voice telling you what to do, but because silence is a place wherein the Creator is communicating with you, and you with the Creator.

The Creator has no problem communicating within Its silence. Those within incarnation have less sense of the power of their thoughts, and so it is helpful to form an intention consciously, in the same way that you would form a list when you go out to do errands. Or form a short list of topics in your mind, as when you're going to have a conversation with someone on the phone.

We greatly enjoyed the music before the meditation this day and that image that the one known as Joan had of the Creator at the end of the phone, the only person with enough nerve to actually use the telephone being the Pope in Rome.[2] We hope that you will use that telephone very often and with great effect. The minutes are free.

Is there another query at this time?

**J:** How do I fit into the Confederation? If this question falls beyond the threshold of free will, please tell me what you can about the spiritual principles involved in looking at this question.

We are those of Q'uo, and may we say, my sister, that your adding that last sentence was our only hope of answering your query with anything more than, "We find that we are unable to speak of this particular question because of the fact that it is part of your active seeking process at this time."

We cannot learn for you. We can only be a good resource for you, if we can, as a teacher. To take over your lesson and explain it to you would be an infringement of free will for which you would not thank us, once you looked back upon this exchange from a time in your future.

These mysteries are very good to ponder. We encourage you to ponder them, this one, especially. See where it takes you.

In general, the spiritual principle involved in looking at questions like, "Where do I fit into a group?" is that if you have a resonance with fitting into a certain group, then there is probably a connection. So it behooves you to investigate it further.

That principle of resonance is the one that we would suggest to you, my sister, and certainly not just in this wise, but in many ways. There are many, many times during every day when the spirit is attempting to speak with you in one way or another. And the first obstacle to hearing that voice is, as we find, there are many people who do not catch the drift. The first job is to know that the spirit world is talking to you so that you pay attention to the street signs and the little birds and animals that visit and so forth during your day.

The second thing that keeps people from hearing spirit is that they do not value their own awareness. A passing thought will sneak into their mind and they think, "Now why did I think that?" And then they'll go, "Oh well," and then move on.

When a thought sneaks into your mind next time, stop and say, "Why did I think that? Let me put that aside for a later time when I can ponder that." Write it down. Look at it again. Follow the pattern, the thread that goes into the weave somewhere. And in that weave are interesting and eye-opening details of context.

Is there another query at this time?

**J:** How do my daughter C and my husband L fit into my purpose? If this specific information is beyond the threshold of free will, please tell me what you can about the spiritual principles I will find most helpful in looking at these relationships.

We are those of Q'uo, and are aware of your query, my sister. And again we are very pleased that you thought to ask about spiritual principles because, naturally, your family members are indeed an active part of your process at this time. You chose them specifically. The question is always, why did you choose these entities?

Naturally, you chose them to serve and to learn from. Therefore, you gave yourself some challenges with them that are only outcroppings of incarnational challenges which you set for yourself because you wish to come more into balance. We will leave it to you to decide which way the balance goes. Are you more wise and need to open your heart or is your heart too wide open and does that make you too naive to do the loving thing sometimes? Because the truly loving thing is Solomon-like and involves some wisdom. Think of Jesus-meets-Sophia [3] and you begin to have the good balance there. When you look at your life, see what you think.

And then that gives you more of an idea as to where skill lies in responding to circumstance. You know that you want to offer the highest and best response that you can, no matter what the catalyst is. The challenge is always to find that sweet spot where your heart is fully open but your wisdom has been engaged as well.

We would ask at this time if there is another query.

**J:** Is there anything specific I can take with me tonight to begin from this point to be more focused?

We are those of Q'uo, and are aware of your query, my sister. And we would say to you, my sister, that if you can take this moment with you in memory, some memory of the way it feels, the joy, the elation, the peace, the power of this holy place that you have created, not with your hands but with your hopes, your intentions, and your desire to serve and to know the truth, you will have a place where you can do your work.

And that is all you need, my sister. For your heart will lead you to the rest.

Know that you are never alone. Your guidance is with you. Many angelic presences surround you. The world of nature is very aware of you and responds to every heartbeat and every footfall of your life.

It is an interactive universe, my sister. And all of it is in love with you. And all of it thanks you so much for loving it. Keep that feeling. Remember it and let it bring you home to yourself.

We find that this instrument's energy does wane at this time and so we would leave this instrument and this group in the love and the light of the one infinite Creator. Adonai. Adonai.

[1] Carla: I think the Q'uo group were saying that being aware of one's own consciousness from moment to moment is as helpful as keeping a journal, doing dream work, or creating an inner workshop.

[2] Q'uo refers to a song written and sung by Joan Osbourne, the lyrics to which are:

If God had a name, what would it be  
And would you call it to his face  
If you were faced with him in all his glory?  
What would you ask if you had just one question?

And yeah, yeah, God is great! Yeah, yeah, God is good!

What if God was one of us;  
Just a slob like one of us;  
Just a stranger on the bus  
Trying to make his way home?

If God had a face what would it look like  
And would you want to see  
If seeing meant that you would have to believe  
In things like heaven and in Jesus and the saints and all the prophets?

And yeah, yeah, God is great! Yeah, yeah, God is good!

What if God was one of us;  
Just a slob like one of us;  
Just a stranger on the bus  
Trying to make his way home?  
He's trying to make his way home  
Back up to heaven all alone,  
Nobody calling on the phone  
Except for the Pope maybe in Rome

[3] Carla: I believe they intended it to mean, "Think of the energies of Jesus the Christ and the feminine principle of wisdom, Sophia, to feel how the combination would balance planetary energies."

## Sunday Meditation

*September 3, 2006*

**Group question:** The question today is, what work is necessary to be done by the seeker upon the chakras or the energy centers in order to facilitate the raising of the kundalini and of what value to the seeker is this raising of the kundalini?

(Carla channeling)

We are those of the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a great privilege and blessing to be with you this day, to enjoy the beauty of your vibrations, and to be asked to share our humble thoughts on what work is needed to do by the seeker upon the chakra system in order to encourage or advance the raising of the kundalini, so-called, by those students of seeking in the oriental tradition of Yoga. It has also been asked what value that project is and it is that with which we would start.

However, first, we would be careful, as always, to request your cooperation as we speak. Please reserve and retain the quality and faculty of discrimination. You are responsible for your universe, for the thoughts that you think, and for the progression of those thoughts. For us to be speaking to you from a position of authority is not an option. We need for you to see us as fellow seekers; those who have had more experiences than you which we remember at this point and therefore those who may be able to share helpful thoughts. We cannot guarantee the accuracy of our thoughts nor their appropriateness in your process and it is important to us that you be able to place the thoughts that do not resonate to you to one side and move on without feeling that you have somehow missed the point.

If nothing resonates to you about one of our thoughts, it is not you who have missed the point, it is we. Not every thought is going to work for everyone. If you will be the guardian of your thoughts, accepting only those thoughts of ours which seem resonant to you, then we will feel free to speak without being concerned that we will infringe upon your free will. May we say how much we thank you for this consideration.

The purpose of the raising of the kundalini within the system of study and worship known as Yoga is to aid the seeking soul in its progression towards perfection. It is a particularly Oriental concept and not one in which the Western religions spend much time or consideration. Consequently, for most raised within the religious systems of the West, the concept of perfection is puny or paltry. The West seems rather to want to focus upon the humbling of the self by the realization of its imperfection and then the experience of rebirth in cleansing through the intervention of a manifestation of the divine.

Redemption is not the same thing as the progress towards perfection, even though the activity is the same. Let us explicate. In, for instance, the Christian crucifixion ritual, the

sacrificial victim takes upon himself the sins of the population on whose behalf he is being sacrificed, just as in olden times when sacrifices were burned to the gods. As the fires burn his flesh and dry his bodily fluids to ash, that benediction of blood and flesh absolves and redeems the imperfect entities of the congregation. That is the illogical but spiritually viable goal of the crucifixion. The resurrection is a new twist upon the sacrifice of the slaughtered animal and represents that which the one known as Jesus, as well as many other crucified saviors, desired to bring into the concept of sacrifice and that is the resurrection and new life of the being that has been sacrificed.

That which Jesus suggested was that each entity take up the cross and follow him. When the one known as Jesus took up the cross, he was walking towards his crucifixion and eventual resurrection. In taking up the cross, you take up the nature of the cruciform reality in which you live—which is called consensus reality or space/time—and you walk with it to Golgotha. When it is your time to learn the nature of sacrifice, you place yourself upon that cross. You experience suffering. You experience your dark night of the soul and you experience the resurrection into new life. You do this not just once in an incarnation but in a repetitive and cyclical fashion, gaining the experience of winning through to new life each time that you experience these small deaths of transformational change.

It is never described to the Western religious seeker that the goal of such suffering is perfection. It is, however, implied that the experience of one who has won through following this directive of following the steps of Christ will experience an enhanced or expanded awareness after the sacrifice has been made. This is as close as the Western religious system can come to the Yogic concept of perfection.

It is a handicap of this particular distortion of a way to study the one infinite Creator. However, in the rich coloring of the story of sacrifice and resurrection, the emotive qualities of the story create an atmosphere in which it is far easier to understand the nature of redemptive love. Consequently, this is the glory of the Christian faith: that one glyph of a suffering and fully conscious Creator, perfectly willing to go through the pain of death in order to demonstrate its illusionary quality and thereby offer the realization of larger life to those who are able to view the stunning reality of the transformation of the light-struck tomb and the empty grave.

The glory of the Yogic system, however, is that concept of perfection. The Yogi is not afraid of becoming the Creator. The difficulty with that system is the opposite of that difficulty with the Christian system. Some may say that the system lacks a certain amount of color. It is more difficult to achieve an iconic representation of unconditional love from studying the systems of Yoga. It is not impossible. It is simply not as easy to choose that central icon and say, “This is unconditional love.”

The Yogic system is far more complex and far more accurate. It therefore appeals to those who are wanderers from fifth density or who simply have within this incarnation a more intellectual or mind-driven seeking process.

We cannot say that a mind-driven seeking process is superior to or inferior to a heart-driven seeking process. We simply point out, number one, that one is seeking in one or another wise, primarily, and, number two, that whichever way you are seeking, part of your consideration of moving forward may well be to reach into that part of the seeking process which you are not using and encourage balance within yourself, so that you are seeking not only with the desire of your mind but with the desire of your heart. They are two different things and there is a tremendous power in bringing those two together.

What you do when you bring the passion of the heart and the desire of the mind into harmony is to yoke will and love into a working pair of creatures that can draw the cart of your seeking process forward and engage your will, the faculty of your purified desire.

Desire drives the chariot of progression through spiritual evolution. The most precious faculty in the seeking process may be said fairly to be desire that has been well realized; that is, desire that has been harnessed to passion and purpose. To bring body, mind and spirit into union is to activate a very powerful force of nature. For you are one step down from being a sun. You are a co-creator, and to the extent that you begin to realize this, you begin to see the possibilities inherent in the human condition.

The work that one does upon the chakra system in order to raise the meeting point between the incoming love and light of the one infinite Creator and the downpourings that are called forth by questions and in prayers, creates the point at which work may be done. Normally the untuned and unconscious entity is not capable of effectively desiring in a focused manner in terms of spiritual things. The prayer or regard for the infinite Creator expressed as devotion that drives mystics tends to be missing in the makeup of the unawakened soul

Therefore, the energy within the energy pipeline flows at a variable rate and with variable efficiency. Work in consciousness cannot be done with any degree of stability underlying or undergirding the effort. There may be flashes of great inspiration and clarity in anyone, because of special occurrences that catalyze a moment of clarity and an opening of that faculty wherein the guidance system of an entity may pour in love and inspiration. And there may be long periods wherein there is no apparent connection betwixt the guidance system and the self.

When an entity awakens to the realization that there is more to life than what is seen by the naked eye, this opens the potential for that entity to seek to know more about the unseen. Such a seeker enters an area that is very mysterious in any rational sense. For spiritual seeking the rules are completely different from scientific seeking. The experiments are done within the self and only subjective criteria can be used.

It is nearly impossible to obtain scientific data that proves the existence of spirit. It is carefully designed to be very difficult to prove what faith is in any way, shape or form, what desire is, what the will is, or any other metaphysically viable tool and resource for hastening or accelerating the pace of the evolution of mind, body and spirit.

This is because the only actual progress made in polarization and the seeking of truth is made in an atmosphere of unknowing. If it is known that such and such a thing is true, there is no risk in setting out to reach that truth. It is important, indeed, it is centrally important to the seeking soul that he realize that he is risking everything with the potential for gaining nothing. He may be on a wild goose chase.

Faith requires that you walk off the cliff of known things into the mid-air of unknowing and it is in that mid-air that the seeking soul who decides to activate his desire and use it to fuel his seeking must do his work. Therefore, the only solid ground beneath such an entity whom we may call, for convenience's sake, an adept, is the knowledge of himself, who he is, why he is in the process of seeking, what he is living for, and what he would die for. That is that upon which one stands in metaphysical seeking: not physical ground but the ground of being.

Therefore, the use of the chakra system is that use which, firstly, clears the pathway through which energy flows from the soles of the feet and the base chakra at the base of the spine through all of the chakras, one after the other, and finally out through the top of the head.

Now, this basic flow goes on all the time in everyone. When one attempts to improve the flow, one is not simply tinkering with the physical system. One is working with the metaphysical system. The model of the energy flow through the energy body in space/time that is comfortable to look at is that of a self-contained system. However, in the metaphysical view of this pipeline, while on the level of consensus reality or space/time it is indeed a self-contained system, on the level of time/space it is an open system. At each point it is open to the density that equals that color and to the entities that people that true color.

Further, when entities are working on a certain difficulty, as the one known as M pointed out, they may be working in two or more chakras at one time. The one known as M gave the example of having low self-worth, which is worked within the orange ray as well as in the indigo ray and, indeed, to some extent, that low self-worth shall be worked on by each and every one of the chakras in one way or another.

Consequently, when one takes up the goal of clearing the chakras, one is doing a great deal more than clearing a physical system. One is doing more than clearing a pipeline. One is asking the self to perform the mental actions necessary to create a change in the way one sees the self.

If one is blocked in a certain way in one of the chakras, one is seeing the self in a certain way. One is giving honor and respect to that issue which is blocking or overactivating the chakra. In working to clear the chakra, then, one becomes vulnerable to the need to rest and examine that blockage; to sit with it and to gaze into the workings of that blockage. When does it occur? How does it arise? What was the first thing that you thought of that made you realize you were caught? How have you experienced this before? What pattern surrounded this thought when you had it before? What about the time before that? Can

you find the first time that you were blocked in this way? What was the exact circumstance of that blockage?

The closer that you can get to the source of your blockage or your overactivation, the more chance that you have of unearthing the ore that contains this gem of information, this piece of crystallized pain. When you do this, you hold in your hand the gift of much suffering. Wash it! Polish it! It is a gem you have earned, but it is not a gem that you need weighing you down.

There comes a time to lay down a piece of crystallized pain that is emotional in nature, mental in nature, or spiritual in nature. You will know when that time comes. We do not encourage you to hurry yourself. However, it is indeed a wise person who harvests such crystallized pain, realizes it, thanks it, and moves on. It is not necessary to carry behind you that great sack which bears the accumulated pain of your incarnation.

The process of doing this work is a process which clears the chakras and strengthens their integrity. As you clear yourself of those blockages you experience in each ray, you are doing an exercise that, upon repetition, becomes easier. Eventually you will find that you are hungry for clearing your chakras and you wish to do the clearing as quickly as you can after you experience blockage. This is because the experience of wellness—speaking emotionally, mentally and spiritually—is a wonderful elixir compared to that murky, unwell experience of being confused or caught within the details of whatever drama has caught you away from the free flow of the present moment. You are here to get caught in the free flow and stop the flow so that you can examine the catalyst that you have just caught or that has just caught you.

Nevertheless, when you are caught the appropriate reaction is not self-pity or floundering in despair but rather the realization that you have been given a gift. You have been given a puzzle to solve and in the solution of this puzzle you will come across a version of yourself whom you have not yet met. The working out of the puzzle may involve suffering, especially if one is new to the practice of the discipline of examining one's thoughts and responding to them as if they had worth and honor, but repetition makes every attempt to do this easier than the one before it and as you gain results from doing this work, that too will give you the courage to make even bolder attempts to understand yourself and to allow to fall away those distortions which do not serve you.

Inherent in the process of the raising of the kundalini is the concept of the possibility of perfection. One must be able to accept one's creatorship or one will never be able fully to utilize this whole concept of the raising of the kundalini. For when one has attained the supposed goal of the raising of the kundalini and the kundalini has settled at the brow chakra, the gateway to intelligent infinity can swing open—but only for the one who is able to consider himself a creator.

Now, what is the use of this process of the raising of the kundalini from the indifferent movement in the lower three chakras and occasionally the opening of the heart to a steady rise up into the indigo ray? For many people there is no use in it whatsoever. It is a

highly individual, personal and even intimate decision for each as to whether they wish fully to utilize this powerful resource of the human mind, body and spirit.

We find it difficult to put into words what motivates an entity to have the ambition fully to use the resources of his incarnated soul energy to attempt to become, in a word, an avatar. Yet, this is the potential for any. Christhood is as a cloak or a crown that may be worn by choice by the one who wishes to walk in sacred symmetry. It is a choice that is highly personal. If chosen, it is a choice that will consume the rest of the incarnation. Yet it is a choice with tremendous advantages for the entity who values the possibility of moving forward in polarity and in moving forward as well in the learning of those structures of knowledge that enable an entity to be of service in a more efficient way.

The signpost of magic is the slogan, "I desire to know in order to serve." The entity who chooses to work with the kundalini is an entity who is choosing to become a magical being and whose motto is to use that knowledge that is gained only in service to others.

Naturally there are negatively oriented magical beings and their desire would be to know in order to serve the self. We are not those who discuss service-to-self practices, for we are service-to-others oriented and do not have the ability to teach in any other way. However, since we are speaking exclusively to those who are service-to-others oriented in this circle, we feel that we are in good shape in being able to express that which you would wish to know.

This energy that comes from the central sun into the sun of your planet, into the center of the Earth, and from there into the soles of your feet and upwards through your energy pipeline and out of the top of your head, is in infinite supply. As much energy as you can run, that energy is available. As high an amperage as you wish to run it, that energy intensity is available. Therefore, the portion of the raising of the kundalini having to do with the clearing of the pipeline is a matter of an infinite journey into discovering how to clear yourself, for the more that you are able to clear and drop away from your personality the more wide open that you may run that energy that's pouring into the base of your spine.

The energy that comes down through the gateway to intelligent infinity, down through indigo and then from indigo to green or to blue or staying in indigo, is that energy you have called forth by your desire and your will. Therefore, hone your desire with every fiber of your being. Keep the edge of appetite keen for the truth. Call upon the energies of justice, fairness, beauty, truth and equality. Bring to mind the qualities of compassion, mercy, hope and faith. Know that these are the elements upon which those who wish to serve cut their eyeteeth. These are the structures—or beings, if you will, for they are living structure—that stand like sentinels along the path of light, through your body and through your spirit.

You are capable of embodying that which you can pull through from above by your desire. If your desires are for lust then you shall leave your kundalini in red ray. If your desires focus upon personal relationships, then you shall raise your kundalini to the

orange ray. If your true desire is for marriage and a good work situation, then you shall raise your kundalini to the yellow-ray level. If your deepest desire is to open your heart, then you shall raise the kundalini to the green-ray level. If your deepest desire is to learn how to love with wisdom and to know what it is to have compassion while invoking justice, then you move into those energies of acceptance and of justice that are invoked in blue ray. And when you finally desire above all things to be devoted ultimately and completely to the one infinite Creator and live in the precincts of faith, then by your desire you have pulled up the energy into indigo.

But you cannot simply desire to love the Creator and expect to have full energy into indigo. You must keep the pipeline clear while keeping your desire clear. It is a true discipline of the personality to pursue this goal and it is one which is like housework: it never ends. There is always, in the moment after a fully experienced perfection, something that pulls you back into the world of maya or illusion. And there, you must get a grip upon your new situation. Then you assess it. You sit with it. And you use it in the way that you feel is the highest and best.

Naturally, it is always important to ask for help in making these decisions. Invoke your guidance as often as you can. However we would advise you, in order to have a balanced invocation, to spend time daily focusing not on what you need but on your thanks, your gratitude, your joy, and your devotion to and love of the infinite Creator. Do not be reactive but proactive in this regard. For it is not the entity who waits to have a conversation with the Creator until there is a need to whom realization is given but rather it is to the one who goes to the Creator as to his lover because he cannot stay away, because he cannot stop thinking about the beloved One.

(Side one of tape ends.)

(Carla channeling)

It is this hunger that is the key to the raising of the kundalini. You will have to judge for yourself whether this is an asset you wish to develop within yourself. There are simpler ways to envision service to others. There are simpler ways to achieve a harvestable polarity. However, the concept of pulling your energy upwards from the grosser to the finer aspects of your body, then your mind, and finally your spirit is a concept that has a tremendous amount of power and certainly its structures are stable to those who seek truly.

This instrument is informing me that the principle needs to let this question lie as it is. Certainly, it is a question that could be developed and we apologize for moving on but we are sure that there are other queries that entities within this group would like to ask at this time and so we would like to ask if there is another query at this time or a follow up upon what we have said so far. We are those of Q'uo.

**S:** I have a query. Many of us begin our seeking with great flames of enthusiasm and desire to serve and proceed quite rapidly at the beginning until we find that which

somehow matches our seeking and feeds us. And then we carry on upon our chosen path for a substantial time finding eventually, however, that the vicissitudes of life and the struggles that we get caught up in have somehow diminished that original desire and we find ourselves in a position where it can even be the case that our perceived requirements of service seem to be militating against the desire to seek itself. So I wonder if you could speak to how one might keep that flame alive or attend to it in such a way that a balance between the seeking and the service results and enables the seeking to invigorate itself as it finds it needs to.

We are those of Q'uo, and are aware of your query, my brother. Certainly we cannot respond in a way that is specific but, in general, we might suggest two avenues of procedure.

Firstly, it is well, when the outer circumstances of one's life militate against the outer expression of seeking, to build an ivory tower, shall we say, within one's heart of hearts that is a safe place in which one may seek the Creator. It is well to keep this place a secret and to cherish it as a treasure deep within one's hidden treasure house. There is no one to ridicule or disturb that entity who has built for himself a sacred space within.

Once that sacred space has been built according to the precise desires of your heart, then it is available for you to go to, to enter and to rest. If you are too tired, spiritually and emotionally speaking, to seek further than simply basking in the presence of the Creator then you may rest and be fed, and this is a positive step. Perhaps it is all you may do for a while but you are gaining in battery strength, shall we say, until you reach a point where your light is able to be switched on and in that light you are able to descry some of the mystery you seek. Even a tiny rune of the great tablet of wisdom and love available to the seeking soul is often enough to recharge the inspiration that has gone lacking for lack of exposure to the process itself.

It is not encouraged to jump into seeking in an attempt to jumpstart the process. Rather, it is encouraged to respect the self enough to create an inner place, a place in time/space, within the inner planes of the self, to which one may repair for rest and for learning when enough energy has been built up.

The second thing that we would suggest as something to consider as a resource for rebuilding desire and inspiration is fasting. The process of setting an intention is a very subtle process but a simple one at the same time. The group today has been talking about analogs and whether or not they are real. Working spiritually it is possible to work upon an analog to something and have the analog itself become real. Because the body is the creature of the mind, that which is capable of being thought, exists, once it is thought, and will continue to be real until there is no one that thinks that thought.

Therefore, if one wishes to set an intention for a new life, one can use the body as an analog for the mind and the spirit. It is difficult directly to cleanse the mind or cleanse the spirit and if one sets an intention of cleansing the mind and the spirit before a fast, then when the feelings of hunger and then lack of hunger and increasing lightness are

experienced and the body is obviously cleansing itself, the mind and the spirit become cleansed by analogy, shall we say, by the intention of the doer of the fast. Therefore, it is well several times in the day to do that which is necessary and beautiful to the seeker as a way of reminding that seeker of what he is doing, therefore keeping that intention sharpened and that desire fresh.

At the conclusion of a fast, then, it would be well for such a seeker to give thanks and declare the goodness and the efficacy of this process, stating the faith and the hope of new life and the certainty that the potential has now been prepared and the student is ready for the transformation that is at hand. Then whatever dawn breaks, it shall break upon a conscious soul, a soul conscious of its work, its worth, and its readiness for new consecration.

We thank the one known as S for this question and would ask if there is another query at this time.

(No further queries.)

We are those of Q'uo, and if there are no more queries at this time we shall take our leave of this instrument and this group, thanking each of you for the beauty of your vibrations and thanking you as a group for the combined beauty and the towering nature of your combined sacred space. It is an honestation to the one infinite Creator and we thank you for our ability to be a witness to it and a part of it in our humble way.

May we say that a great cloud of witnesses beholds this meeting, for each of you carries with you unseen friends and family members, some from other densities and some from the inner planes, whether they be angelic or devic. It is a glorious gathering. We are happy to be a part of it.

My brothers and sisters, 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.

## Sunday Meditation

*September 17, 2006*

**Group question:** The question this week, Q'uo, has to do with the state of the world as perceived by those of us who are in it. We were wondering if you could give an idea, just in general, of the types of energies that are available now for people who wish to grow and how people who are able to open their heart in some degree can accept these energies and what you could expect in your daily life, your pattern of growth, the amount of catalyst, the ability to deal with it, and then contrast that perhaps to people who are having difficulty opening their heart, maybe not being able to do that at all, and the types of experiences they might expect from being unable to open their hearts to these energies. Could you tell us about the energies and how people are able to experience them with harmony and without harmony?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator. It is our great privilege and pleasure to be with you. We thank you for calling us to your circle of seeking. You enable us to be of service to you by this request to share our thoughts with those who would seek to know them. That is our humble desire.

We assure you that we are very well aware that there is no way in which we can be an authority for you. We can only share our opinions and we must ask of you your most carefully discrimination as you listen to our thoughts. Please take only those that have resonance to you personally and leave the rest behind. We would not wish to be a stumbling block before you. We are, as you, fellow seekers, and are glad to share our experiences and our opinions. In order for us to do this in a free manner, therefore, we would ask you to be careful in your discrimination of what you accept to work with in your process. It is a very sacred thing to us to maintain integrity and freedom of will in our relationship with you. We thank you for this consideration.

To give you a complete and detailed description of the energies that you meet on all of the levels of orders of magnitude in your experience would be an exhaustive and lengthy process. Suffice it to say that the universe is a universe of vibration. The physical vehicle within which you experience life at this time is a fairly dull instrument compared to some of your other animal species in receiving those things that may be heard and tasted, sensed by the sense of smell, and so forth.

These very simple vibrations are not to be ignored. The temperature and the comfort of your physical vehicle has a sometimes powerful impact on the thinking processes of your being, keeping you focused almost entirely within very simple energies.

Overlaid to these purely physical experiences, like how warm it is and whether the wind is blowing, whether it is raining and so forth—all of which have very characteristic vibratory bouquets to offer your physical body, as well as your emotional and mental

bodies—there are the metaphysical energies that are native to your planet and are not particularly swayed by the end of the age or considerations of that kind. You have a certain vibratory structure in this particular density of your universe as well as the other densities within that octave of densities that creates the universe that you know and see, and, as well, that reciprocal universe that is unseen and yet is felt in terms of its effects upon you, more and more.

These energies connect with you where you are working within your energy body. The infinite love and light of the one Creator flows through your body system continuously. The energy is caught by weakness or over-activation within a chakra or ray within the energy body, or perhaps a chakra is simply blocked completely because of serious distortions within that particular kind of energy.

Therefore, before one even moves into considerations of the so-called end of the age and its specialized waves of vibrations, one is already living at the center of a personal vortex of energies: energies that are incoming, energies that are flowing through, and energies that you are blessing by your thoughts, your intentions, and your actions, and allowing to go forth from you. Are you a lighthouse? Or do you turn out your own light? That is for you to decide and it does not have anything to do with the end of the age.

These are the energies of every day and they are indeed challenging enough. They are set up to aid you in receiving that catalyst that you need in order to create choices that move you forward. You have the opportunity at any time to accelerate the pace of your spiritual evolution by using the resources of your mind, your emotions, and your body in a disciplined way. And we always encourage each to look at each day with that sense of creation and authorship that you would if you were looking at a blank canvas and deciding what to paint.

There is a great deal of life as you experience it that seems to be intransigent and unable to be dealt with in any way except to accept what is. However, there is always a creative way to find the love, the thanksgiving, and the joy that are inherent in that pattern, however difficult it is.

It may be that you see the love in that moment coming from the beauty surrounding the situation, whether it is physical or whether there is something about it emotionally which is touching.

It also may be that you are the only love in that moment and that creates for you a tremendous opportunity to settle into your true vibration and share that with the situation. It may not change the outer situation, but your use of energy, your expenditure of energy at that time, has made a difference, not only in the local atmosphere surrounding the situation in which you applied love without judgment, but also because such energy expenditures are added to the fund of love upon planet Earth. For your energy expenditure, when it reaches the level of ethical choice, redounds to the tribe of humankind, not only to your own spiritual evolution.

In addition to these normal energies which buffet you as though you were a small craft in a very large sea, each and every day of your life, planet Earth and the surrounding planets as well are being buffeted by galactic energies which have to do with the fact that Earth, as you call this living being, is rotating and spiraling as is its sun system, into a new area of space/time into which it has not rotated previously.

It is time, in space/time and in time/space, for a new age to begin. It is an age with a different kind of energy and while it is not to be physically linked with the idea of fourth density or the heaven worlds, it contains more light than the light particles that you know of as the photon. Therefore, there is more information in this incoming energy from the new age.

To simplify this discussion, we will focus strictly on the time/space age which we would call fourth density. Trying to bring a physical body and a physical way of understanding transformation into the discussion is impossible for us. You will have to take it as given by us that our opinion of the process of physical death and transformation is that it is a natural occurrence which is very easy to do when the natural time for transition comes. Dying, as this instrument has said several times, is difficult, but the actual death is very easy.

We ask that you not concern yourself with such fear-based thoughts as what might happen to you that is difficult or challenging or causing death in the event of the interpenetration of third-density vibrations by fourth-density vibrations. This is not an occurrence that we see happening in your Earth world. We do not see a possibility/probability vortex at this time, in terms of the natural run of things in the metaphysical world that would cause a planet-wide catastrophe. Your planet has received enough love and understanding from the many, many groups around your planet that are attempting to communicate that love and concern and sense of stewardship and partnership with the Earth.

That which we do see as a possibility, and that which we would encourage you in all ways that you see to be helpful [to respond to], is the blocking of the pretensions of some of your leaders who are drawn by energies that they cannot explain towards the act of conflagration which would be a physical Armageddon.

Nature does not need a pole shift, so-called, at this time because the Earth's people are waking up quickly at the grass roots level. Many of them cannot explain it. They cannot talk about it. They are not confident enough to be able to say anything about what is occurring to them to the world around them.

But what is occurring to them is that they are waking up and realizing that the goodness of themselves and the goodness of other people cannot depend upon governance but can only depend upon the self and the other selves in the local area about the self, so that more and more, people are becoming awakened to the possibilities of cooperation and peace done somewhat under the radar of government and the larger culture.

We believe that there is a tremendous possibility that these pockets of love and light and cooperation will begin to proliferate as loving people find other loving people and form local groups to solve local problems in all of the different areas of life.

However, the picture, regardless of the possibility of some man-made Armageddon, at this time is a picture of a time of graduation and harvest that is already occurring. Many of your people have already graduated. For the last thirty years, you have been receiving—as children coming through the normal processes of procreation—wanderers from your own fourth density who have graduated from your present third density [and who have] realized all of the many options available to them now that they are dwellers within fourth density, and have decided, naturally enough, that what they want to do in terms of service to others is to come right back to planet Earth and help the rest of the planet shift their consciousness to the value systems that are compatible with fourth density energy.

As you begin to settle into a fearless attitude towards the incoming vibrations from fourth density and the many waves of energy that are hastening the process, shall we say, or helping it mature appropriately from what this instrument knows as the central sun, there are increasing probabilities that, for each entity, the experiences that are to come will be substantial. They will not necessarily be heavy, for heaviness depends on how you emotionally react to the incoming catalyst. However, the nature of the fourth-density energies is one of the most transparent honesty and truth.

Under the light of this energy, or shall we say, under the influence of this energy, that which is within the mind and has been shut away as unworthy or undesirable, shall move from the shadowed recesses of that inner closet into outer manifestation. There will be a situation in your life or a person in your life or just an inner thought process that will show you the shape and the basic feeling that you have about this hidden part of yourself. That's the key to understanding how to work with these incoming energies.

Resistance, as this instrument remembers the Borg saying many times in *Star Trek*, is useless. These energies have an intended effect of helping individuals who are attempting to awaken to see the shape, the texture, the odor, and the nature of those parts of the shadow self that have not yet been recruited to be a part of your round table of white knights.

Remember that knighthood is that which is attained by warriors. In working with these energies, see yourselves as warriors for light and truth, let yourself become fierce. Do not be afraid to gaze at the murderer within, the liar within, the adulterer within, the lazy person within, or whatever other distortion hits your attention with all of the power of a harsh wind or a severe rain. Stand in the wind, glory in the rain, and give thanks.

When you are giving thanks for this catalyst, you are releasing from yourself pride and pretension. You are emptying your mental pockets of all of the tools that you have in the everyday world that are supposed to fix things. You empty yourself of these tools because that which is hitting you is not to be dealt with from the level of third density. It is to be dealt with from the level of fourth density. There is no concern as to what this

means, my friends, for you have heard it many, many times, in many different ways. You are love. You are light. You are all that there is. You are not going anywhere. You are never at risk.

When you begin to get a sense of the eternal and infinite nature of your soul stream, and when you realize that you are here at this time specifically to be hit with this truth and this shining light, that realization may help you to firm up your determination to take advantage of this opportunity. You are not responsible for what you see coming in. Your area of responsibility is in how you respond.

This is not a call to martyrdom, my friends, but rather it is a call to ethical behavior. It is an encouragement to make of life a spiritual, sacred, game in which you attempt to move yourself from the still point where you neither love others greatly or yourself greatly. We encourage you to make a choice. If you wish to polarize in service to others, start gazing at others with the realization that you are here to help them just as they are here to help you. Open your minds to the creative question of what seed might you plant that may be helpful.

You also asked concerning the experience of the energies as felt by those who do not at this time find it possible to move through those actions which open the heart. Those entities are divided into two very distinct categories. We would first speak briefly of the category of those who simply have not awakened. They have not polarized and therefore they are not experiencing the same level of life as this group which has asked this question. They are completely involved in the local cultural processes of moving through life.

It is quite possible for such entities to make graduation and harvest, for the energies of graduation and harvest have to do with unconditional love, it is not a book-oriented test. It is not an information-oriented area. The final will simply be your vibration at the time of your death. If it is a fourth-density vibration, you will graduate. If your vibration is still involved in the earthly things from the standpoint of Earth, you will continue to spend time on an earth-like planet until your eagerness and your hunger for more has driven you to move beyond that particular so-called box.

Those who have not awakened, however, may well be experiencing a good bit of illness and shortened lives because of the difficulty of dealing with energies that are full of truth hitting body, mind and spirit when that body, mind and spirit complex is not able to bear the truth or even realize what the truth looks like.

This is, in a way, unfortunate, and yet in another way it is the natural concomitant of an entity who has decided at some level not to do conscious spiritual work at this time. When an entity has decided not to move forward, it is inevitable that the entity starts moving backwards.

And you see, my friends, in many of those who are fundamentalist in their beliefs and very rigid in their dogma and doctrine, in whatever religious and political system to which this applies, the contraction into fear and the tendency to see all things in very

black and white tones, when in truth it is truly a rainbow universe with not only black, white and shades of gray, but the most outrageous combinations of bright and creative colors, as entities have emotion, express suffering, and find in all sorts of energy exchanges more and more truth, more and more light, more and more grace, so that which they understand or feel begins to be coherent and they begin to achieve a metaphysical stature. This is the kind of work which begins to equip one to deal in fourth-density ways with third-density catalyst.

The last category, of course, is those service-to-self oriented entities who have decided that their way to the Creator is to love themselves more and more purely and to attract to themselves those entities which will help them and then put them to work as, shall we say, slaves or very obedient servants. You may see this kind of structure in place in organizations like your armed services and some of your churches.

The truth of the service-to-others polarity is just as viable as the truth of service-to-self polarity: no more and no less. Therefore, it is not surprising that some entities choose the service-to-self polarity. We are not of that polarity and have never been drawn to approach that polarity. We have found that the Creator of this particular sun system, of which we are also a part, has a bias towards service to others.

And we find that it is a straighter and more muscular path, one that is more fun to work with and one that yields a much greater harvest as one moves on. It is straighter, my friends, because one does not at some point have to switch polarities. For the negative polarity can only go just so far. Nevertheless, from the standpoint of an entity choosing between service to self and service to others, it is a very viable choice.

For those who have not opened their heart because they refuse to do—and that is the conscious choice of a service-to-self entity—the incoming vibrations will not be particularly troublesome. Such entities have long chosen to put themselves under the most rigid discipline. Emotional affect does not serve them. Being out of control in any way does not serve them. Consequently, they cope very well with a surprising amount of difficult catalyst because they really have to be firm in their desire to love themselves and very confident before they can make any progress whatsoever in that very difficult polarity.

We do not see a great deal of the global surface being filled at all thickly with those who have made the service-to-self choice. However, those who make the service-to-self choice have a tendency to seek earthly power as well as inner power and consequently they tend to create systems of governance which tend towards the enslavement of some beings for the benefit of others. We would ask entities who wish to think about this further to gaze at the world scene with those particular thoughts in mind.

The query asked what the state of the world was from the viewpoint of the people on planet Earth. We cannot answer that very well. We do not have the viewpoint of people on planet Earth. We have a somewhat detached viewpoint. We have the viewpoint which sees the perfection of the pattern.

We see the economy with which this time of inevitable transformation is progressing. We encourage each to realize that they are powerful. Each and every one of you is a sun, radiant, infinite and loving. As you sit in this circle in the gathering twilight, feel the power of your combined love and let it bless the world from your open hearts.

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

**Questioner:** I had lung surgery a little over two months ago and I am in extreme pain all of the time. I am going to my doctor weekly. I've been to an acupuncturist and am going back this week. I'm going to start going to a social worker who specializes in pain management and I have an appointment with a pain specialist doctor in three weeks. I'm doing everything possible. Is there any other suggestion of what I can do to relieve this pain?

We are those of Q'uo, and are aware of your query, my brother. We thank you for this question and would offer our sympathy as you experience suffering, as we offer sympathy to all who suffer. We shall not insult you by suggesting that your pain is not real. What we do suggest is that there are ways to think about what you are feeling that are helpful in terms of becoming able to remain untouched internally by the discomfort that you are experiencing, no matter how fell and intense it may be.

The first asset that we would encourage you to consider is the strength of your own love of life. If you are glad to be somewhere, the discomfort involved in being there is less. Therefore, in your mind, ask the witness that is within you to pay more attention than you have been to the little things. For it is in the little things that sacredness most often shows its face.

Gaze at a blade of grass. Gaze at the shape of a leaf. Look at the quality of the sunlight as it dapples through the forest and touches your skin. See the color of something that creates in you a feeling, whether it be in a painting or a color on a wall or a point of decoration. Note that moment when you responded and know that you are part of the dance of all that is and what you see is only that part that awaits what you give back to it.

Feel yourself not as an entity in pain but as an entity that is part of an incredibly complex and yet harmonious dance. Let your spirits move outside the limitations of your body. The more spacious your universe, the smaller a physical pain.

Secondly, develop for yourself an intention. When this instrument happened to be in a great deal of nerve pain from the shoulders, spine, neck and arms, after a good deal of searching for a good focus for intention, this instrument, because of her Christian background and because of her love of science fiction, chose two points of focus. One was intended to take away physical fear. The other was intended to take away mental fear.

To take away physical fear, this instrument used a quotation from the *Holy Bible*. The sense of that quotation was, "If I live, I live in Christ and if I die, I die in Christ. So whether I live or whether or die, I am in Christ and Christ is in me." [1] This always

allowed this instrument to return to a state of fearlessness. Fearlessness is the key to working with pain. That is most helpful.

The other point of focus was a short phrase taken from the first edition of *Star Trek* and that was, "Faith, the final frontier." [2] It helped to remind the instrument to pick up faith, jump into it; throw yourself at it and don't wait to be convinced. That is emotional fearlessness. It sufficed for this instrument. It would probably not suffice for another human being. We use this example because this instrument gave us permission and because it shows the kind of work that you do in order to toughen the mind and become an athlete in dealing with pain.

The remaining resources simply have to do with recognizing that some pain is important to note and other pain is simply noise and not signal. That pain management approach that you are now investigating will offer you many helpful resources, we are sure.

Is there another query at this time? We are those of Q'uo.

**Questioner:** We have several major cultural traditions here on Earth and they've evolved over some time but some trends are rather constant. Was most of our culture developed here on Earth or was it brought from the main places that humans have come from on other third-density planets?

We are those of Q'uo and are aware of your query, my brother. Your use of the word "culture," my brother, makes it difficult for us to be accurate in our discussion. We shall perhaps answer a question that you had not asked and for this we apologize.

The underlying and fundamental nature of all of the various planetary groups that have come to Earth are enough different that they constitute a certain dynamic which, if played wrongly, is a clashing tone cluster. If played correctly, it is a triumphant symphony. Your peoples do indeed have aspects of their archetypal minds that are significantly different, one racial or planetary group from another.

The unfortunate state of affairs among your many peoples is that one particular racial and planetary group, that which came from Mars, worked in Atlantis, and is now, through many repetitions of history, experiencing power upon the globe at this time, [and] has held onto its place in the world scene far beyond its natural time of rulership of the way planet Earth feels and thinks. We cannot call it a culture because your planet has not allowed culture to progress to the point where the various archetypal minds of planet Earth begin to collaborate with their many common points, since all are citizens of planet Earth and all have come through the gates of incarnation.

You have not realized, among the many planetary entities and resulting racial groups, the possibilities of collaboration, the choices of the Atlantis bunch, shall we call them, being heavily involved in the masculine virtues of aggression and the ability to make war and conquer, which have distorted the gifts that all entities upon the planet have to offer.

The culture that does exist upon your planet is in little spots here and there where you will note that there is a radiance and a positive energy that is discussed by many. Such centers of spiritual aliveness can be found by those who begin to seek for direct experience with such energy. It is truly said that when the student is ready, the teacher shall appear.

We encourage you to consider being part of the creation of a culture. Examine what you know of your own family culture, of the culture of your city, of the culture of your geographical area, and of the culture, such as it is, of your nation. What has been lost that could be again found? What songs that are not listened to could again be sung? What pictures could be drawn that have not yet been encouraged by teachers and authority figures? What creative possibilities are latent within the archetypal minds of your people when they are not deadened by giving up their creative nature in order to belong and to spend time involved in those things which are not creative but rather comforting?

May we ask if there is a final query at this time?

**Questioner:** I don't have a query. I wanted to say thank you for your words in the past and for the energies and for all of the help with the painful situation I've been dealing with. I very much appreciate it.

We are those of Q'uo, my sister, and the pleasure is all ours.

Is there a final query at this time? We are those of Q'uo.

(No further queries.)

If there is no further query at this time, then we shall take our leave of this instrument and this group, leaving each of you in the love and in the light of the one infinite Creator. Adonai. Adonai.

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[1] The quotation is from Romans 14:8: "If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's."

[2] The opening credits of the original *Star Trek*, as well as *Star Trek Next Generation*, began with the words, "Space! The final frontier!"

## **Special Meditation**

*September 26, 2006*

**Question from M:** In this situation in which I find myself, I can see a fundamental pattern. I see some fear and resistance around becoming more determined! I fear to trust in the use of my own talents in music, business and other things. Therefore, I remain in a threshold zone, repeating experiences until I destroy this deep fear. By experiencing this situation of the lack of a job, the feelings of uncertainty and hazard, and the load of the responsibility to support and provide for my family, how can I process this experience to transform the inner chains I still have as fear and pride?

(Carla channeling)

We are the principle known to you as the Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this evening. It is a profound privilege and pleasure to be called to this circle of seeking and we express gratitude and thankfulness that you have given us an opportunity to share our opinions with you. It would be helpful to us if you are very careful, as you listen to our thoughts, using only those thoughts that resonate to you and feel alive and useful. Those thoughts to which you do not respond in this way are thoughts that miss their mark, and we will ask you to leave them aside.

If you will discriminate with care, that will allow us to speak freely without concern for possible infringement of free will. So we thank you for this consideration.

My brother, the query that you place before us is rich in thought and depth of insight. There is in the query itself a great deal of useful self-knowledge, an overview that is often not seen in those who are seeking the truth.

It is easy to become involved with the seeming chaos that occurs when one's outwardly physical concerns are not as you would wish them to be. It is easy to become deafened by your own self-doubt when things have gone awry in the outer world. It is a more mature spiritual being who is able to see underlying themes and repetitive energy expenditures that have not served as you would wish your energy expenditures to serve you. For that we commend you, my brother. It is far easier to speak with one who sees more clearly into the ways of the self.

Now, let us look at that word, self. This instrument has been reading a book entitled *New World* by Eckhart Tolle. This material, which she and the one known as Jim have been reading in their Morning Offering sessions, center upon the nature of the self. It is synchronistic that your query happens to involve this concept deeply.

My brother, you are aware that in our way of thinking all things are one. The Creator and you are the same. Yourself, therefore, at the deepest level, is the self of the Creator. Your I is the I AM of the godhead principle.

Moving a bit closer to consensus reality, moving down from an infinite Creator who is a complete mystery to the half-revealed mystery of that expression of unconditional love that this instrument call Jesus the Christ, it may be seen that you are one with the unconditional love and compassion which Jesus the Christ carried upon his human shoulders as the regal robe of kingship that was his.

You also, my brother, are royal. Every soul in the infinite reaches of the creation is heir-apparent to creatorship.

So, what is this self that you think that you are? It is an interesting question, for there is a part of you that is asking the question of the rest of yourself. It is interesting, my brother, to see how the personality begins to disintegrate upon careful examination.

Indeed, your culture is not oriented towards helping you to move deeper into the nature of the self. The somewhat materialistic culture of what you are part tends to identify the self by various things about the self.

Each entity chooses distinguishing characteristics which are their favorites. They can include sexuality, racial origins, types of skills, whether at work or at play, and so forth.

Your culture does not have an interest in your moving deeper into who you are. It would be happy to see you define yourself by how well you are doing in the eyes of the world.

There are, in your own patterns and structures of personality, favorite quirks and things about the self that feel important. It is a rich round of characteristics to examine in a contemplative fashion, looking at the nature of each quirk, what its possible origin might be and what it shows, the way a scar can show an injury under the skin.

You spoke of using the catalyst that you are now receiving, which is trying to find a job and being concerned about taking care of your family, in order to work on those areas you feel are the most significant, namely fear and pride.

We are speaking now of pride. Pride is the self which is aware that the self has virtues. It is not that it is incorrect to be aware of your virtues, any more than it is wrong to be completely aware of your weaknesses. However, when there is an emotional charge to the awareness of one's traits, that emotional charge creates something to defend.

The one known as Eckhart commented upon this concept, saying that was characteristic of the unconscious or egoic self, that it liked to be right and, therefore, it identified others as being in the wrong. Structures which include pride, no matter what the source, are structures that tend towards splintering the light and dividing the power of love into smaller and smaller fractions.

It is difficult indeed for an entity that is more intelligent, more creative, and with a more mature spiritual point of view than most to avoid feelings of satisfaction at the distance traveled so far. However, often it is that times of difficulty offer the positive effect of bringing one to one's knees and making one realize that of oneself, one can do nothing.

The humbling of a proud man is a gift that is difficult to receive, we are aware. Yet at the same time, there are gifts at the end of the process of emptying your pretensions. One gift is that you are indeed empty, with nothing to prove and nothing to defend. In that state of emptiness, you then may ask to do the will of the one infinite Creator, to serve with love, compassion and a far more directed will.

When one does not distinguish between tasks and when one does one's tasks with love, all tasks are equal. Pour your pride, then, into a new vessel and let it be transformed into the will to serve at whatever lies before you in this day.

If you are able to find an exalted place of employment that stretches your creative abilities and offers you a great deal of the world supply, then do that work with absolute love and passion, do your best.

And if fortune sends you labor that you feel is beneath you, yet you can do it, and it can pay the bills, then find the love and the pride that you would take in that exalted work and apply it with utmost integrity to the work that lies before you to this day.

Do not distinguish between kinds of work but rather focus, in all that you do, on creating a poem of your love and your movements in the work of your hands, your mind, and your heart.

Speaking of fear is a different matter, my brother. Fear is that contraction which occurs when one feels that one is at risk. Since life itself is a bad risk, ending surely in death, it is the human condition to experience fear. The universe is unfathomable and uncontrolable. Why should there not be fear within the heart of all beings who are able to watch while difficult and challenging situations occur all around them? It seems a dangerous place to be, planet Earth, does it not?

And yet fear is not greatly to be desired by the seeker of truth. What is there to fear? This instrument immediately responded to our question with thoughts of the fear of going hungry; the fear of being without four walls to call your own, and other fears that are concomitant to not finding a job, and finding it difficult to make ends meet.

These are very real and substantial fears. And yet we sense in your query a deeper fear, and that fear we can address, in such a way that perhaps it affects the fears within the outer world.

In truth, there is nothing to fear.

You are dwelling within a certain kind of illusion and your consciousness has created about itself a physical vehicle which moves this consciousness around. It offers a great deal of benefit to the consciousness inhabiting the physical vehicle.

When something occurs that creates an unviability to the physical vehicle, your consciousness will move onward without a break. You shall continue.

At heart, then, there is nothing to fear. For any circumstance whatever is as it is, until it changes. The changes are inevitable. The only question is the timing. You shall always, in this density of choice that is the Earth world, find yourself in the process of change and transformation.

If the fear that you feel is at heart a hollow thing, it is a matter of becoming more aware of the dynamic to fear. The dynamic to fear is love. Fear and love do not coexist, any more than light and dark coexist.

And just like light, love cannot be killed by fear. It shines even in the most hostile environment, just as does light. Even the light of a tiny candle creates a significant glow and illumination to the eye. The love within you is waiting for you to embrace it. It is something that you can do quite consciously. However, there is a significant amount of discipline involved in availing yourself of the catalyst that is incoming at this time, and using it in a positive manner.

When you sense fear within yourself, do not devolve into an inner atmosphere of self doubt and upset. Look at that fear. Intensify that fear. Become fully aware of your fear. And then ask for its opposite. Allow yourself to become aware of love, that love that flows all around you at all times; that love of the one infinite Creator which is without any limit.

Let that feeling of unconditional love lift you and help you to glow as if you were a lighthouse carrying this wonderful Pharos [\[1\]](#) of love and light that express through you. Feel that glow, and know that it is as real and as true about you as the fear that you are carrying.

You are not attempting to destroy your fear. We encourage you, rather, to think of it as a balancing mechanism. The human condition will always include fear, but it can at the same time include an equal and balancing amount of love, so that you as a being are one of 360 degrees, the light and the dark, the difficult and the easy, the sorrowful and the joyful.

You can allow yourself to continue to work with those things about yourself that you feel need work: the pride, the arrogance, the fear, the concern, the awareness of risk and hazard where you would far prefer to be competent. The details of your personality will take time to show themselves to you.

We encourage you, as you do this work, to remember that you are the Creator. You are the Redeemer. You are all the roles of godhead. Therefore, it is up to you to judge yourself or to refrain from judging yourself and to look to the purity of your intentions to assess your true worth. If the voice within you condemns you, who, then, shall save you?

Let the voice within you be a voice of encouragement, strength and grit. Let all of those deeply anxious feelings be turned into perseverance and the determination to live well. When your focus is on living well, serving in as beautiful a manner as you can, and remembering the one infinite Creator in all your devotions and all your days, you will

find it less and less easy to waste time doubting yourself. For you shall be focused on the goal of serving in such a way that when you look back upon your life, you will see a poetry and the grace and the symmetry of your intentions, your thoughts, and the projections of your creativity.

We would encourage you, my brother, to bolster this work with a gift to yourself: sacred time. It is sometimes fiendishly difficult to carve out for yourself a true experience of inner silence. And yet, in whatever way is most meaningful to you, we would encourage your securing for yourself those moments to be alone with your seeking, your quest, and your hopes and dreams.

Nourish and encourage yourself with silence. Whether it is the silence of nature or the silence of some form of formal meditation or whatever your choice may be, give yourself that strengthening gift, for in that silence are connections to your personal guidance system and many, many other sources of inspiration and comfort within the inner planes as well as elsewhere.

We ourselves are always glad to be part of your meditation in order to strengthen your basic meditative state. You may ask for our presence by mentally requesting it.

It is well to remember that while this work is extremely solitary, in that it is inner and subjective, nevertheless, you are never alone. The hosts of the unseen worlds vibrate in sympathy with those who seek the love and the light of the one infinite Creator. Your hopes and your seeking and your persistence draw increasing numbers of helpful souls to you.

We would leave you with encouragement to believe in yourself, to have confidence in the worth of your thoughts, your being, and your dreams. You have before you a pattern that is challenging indeed. See what you can do to cooperate with that which you find before you, always pulling back for a wider view, a view that sees the curve of the Earth rather than the streetlamps, the trees, and the houses.

You live in both worlds. The key to living in this one is to live well in the unseen world of your thoughts, your intentions, your insights, and your integrity in seeking the truth.

May we ask you at this time, my brother, if there is a follow up question, or another question?

(Transcript ends.)

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[1] Pharos is a peninsula in northern Egypt near Alexandria where Ptolemy built a lighthouse that was considered one of the Seven Wonders of the World in ancient times. Any lighthouse can now be called a "Pharos," through long usage.



## Sunday Meditation

*October 1, 2006*

**Question from J:** (*Read by Jim.*) The first question today is from J. It is this: “Exactly what is the central sun of our galaxy around which all the stars revolve? P considers it to be a super-dense mass equivalent to thousands of our suns. It is constantly emitting powerful, omnidirectional rays, punctuated by periodic mega-bursts that flow out to all parts of the galaxy.

“He feels that these travel just below the speed of light. Do any emissions, these so-called trigger points, travel at the speed of thought, in other words, instantaneously?”

“I’ve considered that the central sun was another name for a black hole. Are they or are they not the same thing? Can these be compared and discussed as to the role that each plays in creation and the evolution of consciousness? I want to know what the central sun is. Does it have anything to do with black holes? And what is the effect of the central sun and of black holes upon the evolution of consciousness?”

(Carla channeling)

We are those known to you as the principle of Q’uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege and pleasure to be a part of your circle of seeking. The beauty of your vibrations is stunning and the combinations of energies, as your auras blend in your sacred circle, is a wonderful bouquet of sight and texture and tone. It is indeed a privilege to be called to this circle and we thank you.

It will aid us greatly in offering our opinions if each of you would take responsibility for discriminating between those thoughts which we offer that seem helpful to you and those thoughts which we offer which do not seem helpful to you. Please take those that seem helpful and leave the rest behind.

If you will use this discrimination then we shall be much more comfortable with the concept of sharing our thoughts with you. Our concern is to preserve your free will. We are not those of your planetary influence. We do not have the right to infringe upon your free will as would, say, a family member or a close friend. It is important for our own preservation of polarity that we be very sure that we remain those who share opinions and not become those who cross that line into telling people what to do. This we would not wish to come close to doing and we thank you for this consideration in this regard.

We thank the one known as J for this query. We must proceed with exquisite care in our response. There are several reasons for this need for care. We will enumerate them.

Firstly, as this instrument said to the one known as Jim before the session, the request that is specifically placed before us for information is not a request for spiritual principles but rather a request for information on how things work in the physical illusion. This

constitutes, in the normal run of questions, a question that we are unable to answer. The substantive difficulty here is that this represents an active phase of a seeking entity's learning process at this time. Rather than asking for spiritual principles which would be helpful in approaching this question, the query was simply to explain the situation as regards the central sun and to compare and contrast this central sun or the idea of this central sun with the idea or concept of black holes. That is our first problem with this query as it was asked.

Our second and equally substantive challenge in responding to this query is that the instrument which we use at this time has virtually no scientific background and therefore we would be completely unable to fulfill the parameters of your query, my brother, in that we cannot say anything exact through this instrument having to do with scientific questions. The concepts and the vocabulary for such exactitude are missing in this instrument's make up. Therefore, our response shall be inexact and shall contain that flow of information which we are able to offer which we feel may be of use to you, my brother.

The concept of a central sun is one which many sources, including us, have used in discussing the energies that pour from the center of a galaxy or the creation itself. It is a challenge to discuss this concept of the central sun because of the relationship of the space/time or physical world, which is that which houses your consensus reality, and the metaphysical universe or time/space which houses your consciousness, infinity, eternity and the great mystery of non-locality.

In the space/time universe, there are layers of physical laws which, to some extent, work in order to create information which is helpful in making the gadgets that your civilization enjoys.

In a time/space universe, the work done is unseen. The values are not local and one is freed from the relativity of space/time. Nevertheless, as the creation presents itself to the physical eye, especially that physical eye that is enhanced by those instruments that enable you to see farther and to see closer, there are an increasing number of ways in which scientific eyes have been able to see things that they cannot explain.

In some part, this is eternally the situation in any expanding universe of knowledge. That which is not yet known is that which has perhaps not even been imagined. Or, if it has been imagined or dreamt, there may be no way to measure or test the concepts and structures involved in the theories that are created to explain observations that have been made.

In the case of the concepts of the great central sun and the black hole, you are looking at a phenomenon that is partially within the world of space/time and partially within the world of time/space. This may be seen to be logical in the same way that a circle is round. The circle is round; therefore it has no beginning and no end, except that it does!

Each creation of the Father has a beginning and an ending. However, because of the fact that the beginning and the ending are firmly in the precincts of time/space, what you are

gazing at as you gaze at the central sun and at the black hole are the alpha and the omega of an unending circle.

There is within this instrument's mind the concept of the Big Bang that supposedly began the creation. Through this instrument in the past we have spoken several times of the beating of the great heart as a model to use when thinking of the creation. Certainly, when the heart beats, there is that moment when the pumping action of the heart occurs and blood is moved forward, not only through the heart but through every vein and artery in the body. And each heartbeat is, in a way, a new world, a new situation for the circulatory system of that body.

The great central sun, which is gaining a great deal of attention within your scientific world as instrumentation becomes more sophisticated and more details and facts are able to be gathered by your scientists, is that portion or phase of the Big Bang that exists after the heart has first pumped; that is to say, after the Creator has decided to found and furnish a creation so that It may know Itself.

The so-called black hole, similarly, is that shadow of a time/space event that exists in space/time which marks the progress to and the point from which there is no exit from the return to the one infinite Creator.

This arrangement of energy expenditures is a part of the structure within which all of those parts of the Creator which you represent may move through the dance of the densities, seeking the truth, learning what it is to be, to be aware, to be aware of the self, to be aware of love, to be aware of wisdom, and to be aware of unity. To attempt to understand the Creator by understanding the Creator's house is, in our humble opinion, an indirect attempt.

Before we leave this particular query we would simply say that there are points of energy throughout the creation which are created by thought when a galaxy, a sun system, or a planet such as yours is at a particular stage of evolution. Some situations or cruxes within the evolution of an entity, a planet, a sun, or a galaxy, call for the availability of certain kinds of information and you may, in some cases, see these pulses as being filled with information.

May we ask at this time if there is a further query?

**Jim:** J2 asks if you could tell us what crop circles are. Why does no one seem to see them being made? Is there a spiritual principle behind crop circles?

We are those of Q'uo, and are aware of your query, my brother. The phenomenon of crop circle is just as the great central sun and the black hole phenomena: a phenomenon that has its roots in the world of time/space rather than space/time.

The energies of evolution move from thought. There are planetary entities, which we have before called social memory complexes, whose mode of service it is to create points of coherent mystery.

The same energies are involved when an entity or a group of entities creates a notation such as the Celtic runes. Such a notational system blends the mysterious and unknowable with everyday shapes, designs and images. A rune may be a series of simple lines. It may be associated with a certain kind of tree. It may be intended to indicate a magical energy of such and such a vibration.

When a system of such notation is worked out, it creates a kind of language. Your alphabet is such a notational system. The modern way of writing down music is such a notational system. And crop circles are a rudimentary notational system that is being created, not by a person but by an entire planetary group of entities who attempt to serve as those who alert the people of your planet to the fact that there is more of a mysterious and unknown quality to existence than could be surmised by an examination of the physical world.

UFOs or unidentified flying objects, themselves, in some cases, are the result of the precise same energy. However, in the case of the unidentified flying object, when it is in fact an image rather than a flying object, it has been created by thought; that is, the deeper thoughts of an entire planetful of entities.

Interestingly enough, when a certain amount of the awareness of a planetary group of people such as yourselves reaches a critical mass of consciousness, the people themselves, from their deep unconscious minds, begin to collaborate without knowing in their conscious minds that they are doing so. The result of these collaborations is a tear or a break in the continuity of the illusion of consensus reality. And in that hiatus [1], images may appear that bring forward into outer expression the hopes, the dreams, and the fears of an entire culture or population of a planet.

Crop circles, for the most part, are created not by planetary consciousness but by the consciousness of planetary groups from elsewhere who wish to help the people of Earth to wake up at this time from the sleep of consensus reality.

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

**Jim:** I and P sent in this question: "In July of this year, the British Study Group took part in a sweat lodge ceremony in Forest Row, England. The ceremony included the gathering of natural materials from the immediate environment, the building of the structure, a statement of intention, and several hours of silence and contemplation prior to entering the lodge.

"Into the lodge was placed hot rocks. Water was poured onto them, creating a great deal of steam. In this uncomfortable environment, each member took turns to express gratitude, ask a question, sing with the leader, and enjoy silence during a series of rounds of indeterminable length.

"We found this to be a powerful experience which felt like a death of sorts and a rebirth into which our group merged together on some level. The man leading the ceremony

commented that it was one of the ‘hottest’ lodges he had ever taken part in. A lot of energy had been released by the group.

“Would Q’uo please comment on the metaphysical implications of the sweat lodge and what energies were put into motion? Was there any unseen help? Did our ceremony have any effect on the lodge and the land around it?”

We are those of Q’uo, and are aware of your query, my brother. As we respond to this query, we would ask the one known as Jim to re-ask any parts of the query that we have not covered at the time that we finish that which we have to say. We would appreciate this aid, my brother.

When entities are conscious, awake and aware of their true nature and they wish to create a change in consciousness—their consciousness and the group consciousness—they have various ways to create a ritual that will embody their desires for transformation.

One line of movement of energy in this regard is known as the tradition of western ceremonial white magic. It creates a structure for transformation that is essentially mental and it intends to connect to the emotional and heart-centered part of the seeking souls that use rituals of white magic by the use of profoundly moving, poignant icons or images, thus making this an essentially mental path to open the heart. It is extremely effective for a certain type of personality.

For many other types of personalities, it is inappropriate. The way a sweat lodge is created moves much more from the heart than from the mind and consequently it is much more accessible as an instrument of transformation than is the creation of a magical ritual. Instead of occult patterns, the circle builds the sweat lodge. They are not drawing symbols in the air. They are using stones, wood and fabric and creating a building for their transformation.

The choice of the heat is an excellent choice for moving seekers out of consensus reality. How does one move the mind from consensus reality? One changes the parameters so that an entity is no longer comfortable. It is the same kind of technique that is used in a fast. Instead of giving up food and thereby becoming uncomfortable, the seeker of a sweat lodge places itself in excessive heat and thereby becomes uncomfortable.

Now, the discomfort by itself would be meaningless. But the mind sets an intention and thereby creates a pattern that is metaphysical in nature and gives meaning to the discomfort.

What the circle is doing as it enters a sweat lodge is telling its deeper self that it is ready and willing not only to seek the truth but to accept and act on the truth. The truth is generally not something that can be expressed in language. The truth that is sought in a sweat lodge, in a magical ceremony, or in any seeking to find the truth of the self, is a truth without words. The truth of the deeper self has no words. It is an essence. It is.

The structure of this particular illusion that you call life in third density is a structure that is designed with many secret places. They are tucked into the folds and the pleats of your everyday. These folds are bursting with truth and many are the entities who have come upon these little pockets of truth and realization in the midst of the most mundane and everyday chores. Usually, however, the seeking soul must alert itself as to how serious it really is about accelerating the pace of its own spiritual evolution. And that is the basic function of a sweat lodge.

Indeed it is very true, my brother, that there is a death and a rebirth involved when this ritual is done correctly. There is that giving of the self to the heat, knowing that the heat will destroy and burn away all the dross and the chaff of the being, leaving only the shining, glowing, glorious essence of unconditional love. That is the truth of your nature.

The problem of everyday life is that it so blocks your senses with detail that you cannot find your way to the truth of your being. It is well, in whatever way seems good to you, to form these intentions to grow and then to create a structure that will manifest that intention and alert your deeper nature to your seriousness.

Any time that a group of people create an event that is metaphysical in nature and focused upon the Creator, that event does indeed have an impact upon the environment around it. To the creation—to the trees, the wind, the Earth itself, and the sunlight—all is one. You are dancing with them. There is no sense of separation.

So naturally, when a group event occurs that has a profound effect, such as yours did within the group of which you are a part, that process of energy sharing and energy expenditure was taken out and made part of the dance of the land, the sky, the elements, and the flora and the fauna of Gaia in that local area in which you offered your ritual.

We are those of Q'uo, and would ask the one known as Jim if there are parts of this query to which we did not respond at this time?

**Jim:** Was there any unseen help that was present during the ceremony?

We are those of Q'uo, and are aware of your query. My brother, there is always unseen help, and that is not simply when there is a sweat lodge. There is unseen help in every breath you take. It is said in your holy works that the Creator knows when a sparrow falls. This is true; this is abundantly true. For the Creator is everything that there is. It is a system of reportage that is unparalleled.

If the Creator is in all parts of the creation, how shall It not know all of the rhythms and rightnesses of the patterns of the dance of creation?

As to what types of unseen help that you have there, we would ask you to consider all of the various kinds of help which are available in creation. There are the forces of nature that were contacted and alerted by the ceremony of the sweat lodge. Many of those energies you call devic were dancing with you at that time.

(Side one of tape ends.)

(Carla channeling)

There are those energies of the primeval land as it existed at the beginning of its time and those entities who lived upon that land when the land was new and of whom you and your kind are descendants. They were as elder brothers, standing like trees about you, a forest of witnesses.

There was the guidance system of each of those present. And there was the higher self of the group as it is beginning to form, that higher self that is formed of the higher selves of all in the group. And yet in that gathering of higher selves, another entity is born that is a resource for the entire group, and, indeed, much more than the sum of the parts.

And because there are those in the group who come from elsewhere, there is the family connection to the social memory complex from that culture which was left in order that the wanderer might come to Earth and serve as a light bringer at this time.

So, my brother, there was a host of witnesses and there always will be, not only for positive things but for negative things and all things in between. Whatever you do in the manifested world attracts the attention of those unseen energies that are complementary to or attracted by that vibration which you are exuding at the moment.

May we ask if there is a final query at this time?

**Jim:** What effect did the ceremony have upon the land on which the lodge was built?

We are those of Q'uo, and are aware of your query, my brother. We addressed this partially, previously, when we stated that whenever entities create a change in their consciousness, it also creates a corresponding change in the environment around them. Let us simply say that, as you were recreated, so the Earth around you was recreated as well and received the blessing that you received of new life, new hope, and new awareness.

We find that this instrument's energy wanes and so we would take our leave of this instrument and this group, thanking you once again for the privilege of this conversation and the beauty of your beings. We leave you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai.

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[1] hiatus: a break or interruption in the continuity of a work, series, action, etc.

## Sunday Meditation

*October 8, 2006*

**Group question:** The question this week has to do with balancing our energy centers and continuing on the path of seeking when it seems difficult. When we feel despair, doubt and darkness, it feels like there is really no good reason to continue. Is there some way that the spiritual seeker can even out these high spots and low spots? Is there something that is a signpost of when we're seeking in the right direction? Or should we just wing it and take it as it comes and do the best that we can with seeking and balancing? What could Q'uo tell us in the way of spiritual principles to which we should be attending as we try to balance our energy centers?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for calling us to your circle of seeking. It is our privilege to be so called. We would ask, as always, that you preserve your powers of discrimination in listening to our ideas and thoughts. If they are not for you, please discard them and move on. This will enable us to speak freely without being concerned about infringing upon your free will. We thank you very much for this kind consideration.

We give to this instrument the vision of an open and empty road. The road has a kind of aliveness to it. It almost sings with energy. As you appear on this road, you can feel the energy of it and you know that you are in contact somehow with magic.

This is a theoretical and mystical road, not a road in a location near you. This is a road of energy. That energy, that long and empty road that sings with potential, is the system of chakras that aligns with your physical body and is the form-maker for that physical body. It has enough power in its make-up that healing can be done using this energy and offering to the form-maker body or the chakra body the opportunity to choose a different arrangement of vibrations as the typical chakra setting.

In this vision of the energy body as a road, one cannot see the colors of the chakra centers. And so, perhaps we could place the various [nexuses] of points of energy ingress by saying that here and there along the road are a series of linked power stations. The energy into the red power station, if blocked, will go no further. If unblocked at the red power station, it will move along the road in full and free fashion to the orange-ray chakra power box. And if all is well within that nexus of energy, the energy will move forward freely and fully into the yellow ray. And if indeed that energy is free, it will move into the open heart.

As energy reaches the heart, it undergoes a powerful transfiguration. The center of spiritual work is in opening the heart. It is this point upon the road from which we believe this question most appropriately may be viewed.

First of all, let us complete the description of the chakra system with which this instrument is familiar. The center that is next in this line of power [nexuses] is the blue-ray energy center, in which one practices and begins to be able comfortably to inhabit realms of trust, honesty and communication and the ability to feel true compassion which is blended with wisdom. This creates in the entity working in blue ray a tremendous feeling of safety so that others feel that they can speak their minds without being judged harshly.

The indigo-ray energy center is the next nexus of energy along this road. It is the seat of those who are attempting to find rest from weary searching. It is the chakra in which faith is the characteristic attitude and in which work in consciousness may be done. Once the typical spiritual seeker discovers the possibilities of becoming more advanced spiritually, it begins to set goals for the self. It begins to wish for the self a certain degree of spiritual maturity.

From this expectation of the self comes a wealth of catalyst. The self, judging the self, can sometimes be very harsh, especially if the self is judging the self unfairly or harshly in the first place, so that justice is not part of the judging.

The typical goal, then, is to do work in consciousness, and one plunges into that work desirous of becoming far more aware, far more well realized as an entity, as a soul. However, the energy that flows along this energy road is part of the creation as a whole. It does not start with you or end with you. You are in the flow of it and your energy body takes in energy from the red ray and moves it through all of the chakras, up through the top of the head, and back out towards the infinite Creator in an endless loop of energy that is infinite and eternal.

It is not for lack of life's energy that you shall go through the gateway of death. It is because it is time for your physical vehicle to retire and for you to take on your energy body and move forward as a consciousness and a soul in that body.

However, the physical body is anything but unimportant. The most common error made by those who are attempting to progress spiritually, in our humble opinion, is to attempt to move faster than the physical, the mental, and the emotional organism can move. To the spiritually awakened neophyte, there is a boundless enthusiasm for new techniques that open up the inner world that has now been glanced and that now has become an object of desire. There is the tendency to reach and to push.

We would ask you to consider that you may cease the pushing and the reaching and be more effective because of a lighter, gentler and more patient attitude towards the self that you are asking to move through these hoops. Because in a way, when an entity is beginning to alter his lifestyle to include work with the silence and the attempt to become aware in each passing moment of that moment in its infinity of possibilities, the body, the mind, and the emotions all object.

It was comfortable being spiritually asleep. Now the self is asking the body to sit and do nothing for periods of time in meditation. The body reacts, sometimes violently. There may be feelings of nausea, headaches, rushes of tingling in the body or a feeling that the body is swelling. The body is restless and does not understand what it is being asked to do. It is not looking at anything. It is not doing anything. What's going on?

So, at the very beginning of a practice of meditation, one has to deal with the body itself. Eventually the body will become comfortable sitting quietly in meditation for periods of time. Indeed, the body may eventually come to depend on the rest of these quiet moments and this communion with the divine.

The mental aspect of starting a practice of meditation and awareness can be harsh, also. The usual track is for the mind to find reasons not to practice on a certain day or at a certain hour. Or it may, when you sit down to meditate, conjure up images that are disturbing. This is because, just below the surface of consciousness, there lies a large area of half-digested emotions, feelings and thoughts. When these feelings and thoughts are replicated and repeated in your inner behavior, speaking only of mental thoughts and images, those ideas and thoughts that you have repetitively entertained become thought forms.

And when you go into meditation, these thought forms can rise into your consciousness as shadowy images. If all of your repetitive thoughts be positive, then you shall be greeted by cherubs and angels. If, on the other hand, your repetitive thoughts have been fear-based, then you shall see fearful images. We know of no quicker way to explain to you how important your thoughts are than to share this particular fact.

Feelings of despair, depression and darkness are absolutely necessary to the seeker who wishes to go through the refinery and get that refining fire to cleanse the surrounding dirt from the gems hidden within the ore. Each of you has programmed for yourself times of intense suffering, culminating in various choices. As you approach such difficult times, what really helps to regularize your response is the memory or the remembrance of the gift that this represents. You and your guidance system created this difficult moment. Suffering was expected to be a part of the pattern that would shake you loose enough from old habits of thought that you would be able to perceive options other than those which have been repetitively your experience in the past.

When such suffering comes to you, then, we would encourage a turn of the mind so that the difficulty is embraced and thanked. Once you realize that you have a gift, then you can open it with a feeling of anticipation and an eagerness to see how the highest and best part of you might react.

Despair is often a blockage within the very lowest of chakras but it seldom is as simple as a one-chakra problem. Despair at its heart is a judgment against the self. The entity who is caught in the web of despair looks at the world and sees nothing beautiful. It is unable to get out of the bell jar [1] of an internalized existence. There is no air inside a bell jar. When an entity does not feel that there is any beauty in life, the blockage occurs

immediately. The solution is so simple that we are apologetic about offering it. The solution to being in a bell jar of selfhood is to leave the bell jar.

Earlier this weekend, the one known as R took a day and a night to go and soak up the country and the wisdom of the land, the trees, the wind, the sun, and the stars. Talking around the circle this day, this entity spoke of how he has no idea of why it works for him to go into retreat for a day but when he comes back, somehow the land has healed him. And we would say that it is true that there is healing in the land but we would also say that one known as R and the land known as Avalon healed each other.

Getting outside of the bell jar of an internalized consciousness is a very freeing experience and each entity hungers for the ability to escape the self. The solution to such hunger is to start releasing the hold that you have on yourself. What is important to you about your identity? Examine it, because it may be a blockage. Or in the future it may be an occasion for it to be a blockage. When you are concerned about what people think, it stifles that freedom of thought that considers all options.

We have talked mostly about the negative side of a swing from negative to positive to negative and so forth because of the fact that most entities do not object to feeling very positively inspired or ecstatic. However, it is a valid question to ask about the swing between extremes and what that might indicate and how it might be brought back into more of a disciplined and balanced configuration.

To a certain extent, it is perfectly natural for there to be a variance in mood. Whether it is simply part of a natural cycle of living, where some days there is a stronger spirit in one than another or whether other factors are involved, it is natural and normal for entities to cycle from feeling very positively to feeling somewhat negatively and back again.

And we do not believe that this is what the one known as M was asking. She was concerned, we believe, that too much extreme experience in a person's flow indicates that there is perhaps something toxic that needs to be brought into more control. And we would say to the one known as M that it is well to go very gently and quietly in attempting to harness the self. We would encourage an attitude of observation and companionship with the self that is acting out these moods.

Each entity is a complex entity made up of a consciousness that is the observer of the life and various surface parts of the personality shell which behave. The goal of the observer is not necessarily to change the behavior. The goal of the observer is to understand the behavior and to experience the effects of that behavior.

You are not simply the doer. You are the entity that has asked the self to do this or that. You are the critic that observes how you do this or that. You have many roles in terms of how life happens to you, because it is truly a feedback system and it is in that regard that we would encourage the awareness, when you are *in extremis*, that [it] is especially important to remember to observe and be a companion to that entity that is containing all of those dark and difficult emotions.

When you are good company to yourself, you have a feeling of being far more able to move through the energies that you are experiencing. You are not helpless. You are not a victim. You are an entity observing the sweep of a tremendous storm that is moving through your emotions and your chakras. Your job is to observe and experience, not to judge and not to change anything.

As you observe yourself from a standpoint of unconditional love, you will begin to self-correct the extreme behavior because you will have been able to interrupt the old pattern that acted as a trigger for the despair. We cannot say what that pattern is. It is different for each entity and in each situation. We simply encourage you to note carefully those moments when extreme feelings are triggered.

As you begin to collect data, you will begin to see the pattern of your particular distortion. You'll be able to see more about how you are blocked and where that energy is getting stuck.

One last thought before we leave this subject and that is that it is not particularly helpful to apply the intellect and the powers of analysis to self-examination until you have found that self within you that is loving, insightful and compassionate. Many are the entities who simply feel deep inside themselves that they are not worthy to move beyond a certain point. Be aware that you are worthy. You are a part of the infinite Creator. When you get these feelings that you are not worthy, sit with them, be a companion to them, and bring your spirit home in peace and in love.

When you come into difficult times, see yourself as a person who is broken apart. There has been no iota lost, but you are in pieces. So, gently, the awareness that carries the personality shell walks about and picks up the pieces and then that consciousness that you are waits for time and the Creator to glue it all back together again and make it better than before.

You are tougher than you think, my friends. You are very powerful, magical beings. We honor you. We offer you our love and we leave this question with love, for it is not a question that can be answered fully, perhaps no matter how many times we would attempt to discuss it.

Bringing the self that appears to be the self to the point of meeting the self that has been there all the time is a delicate business. One doesn't want to wipe out the personality. The personality is the interface with the world. On the other hand, one does not want to be that personality when one can be the essential self that is consciousness.

We would ask if there are other queries at this time. We are those of Q'uo.

**R:** I have a question, Q'uo. I would like to ask if there are many readers of the Law of One books and readers of many of the channelings that you have helped to transmit that try to make a system of seeking and spiritual work out of the various readings. Since you are an outer-entity contact, you are limited by the law of free will and how much detail

you can offer. I have always felt that another teacher called Aaron that you have worked with is able to offer greater detail on directions of working with emotions on the personal level. So I wanted to ask if you agree that what Aaron teaches is very compatible with what you are trying to do and if actually those seekers who look for more direction can try to combine those two approaches, Aaron's and yours, or if it is more accurate to say that there is enough guidance inside one's seeking that any outer sort of directions are really not necessary?

We are those of Q'uo, and we believe we understand your query, my brother. We would agree that the one known as Aaron is far more able than we to offer specific information and indeed we have enjoyed each and every communication that we have shared with the one known as Aaron and the one known as Barbara.[2] We would say that it is a help to suggest sources to people that they may find helpful. The only error, my brother, would be if you expected them to heed what you had to say. One drops a seed and one does not look back.

And lastly, we would agree with you that the basic drive towards evolution lies within one. The seeker will, without any prompting whatsoever, eventually come across every piece of information and inspiration that he needs. It is, however, a service to others to keep an ear out for times when you feel that someone has a need concerning which you may offer a helpful thought. It is not an infringement on free will for you to share ideas when asked, it is only inappropriate to expect entities to respond to your thoughts in any particular way. There is a way for everyone and certainly not the same way for any two people.

May we answer you further, my brother?

**R:** I thank you for that. I think what you are saying is that I have taken something that has been true for me and I try to extrapolate it for a large group, which is not necessarily helpful unless you consider the law of free will and lack of expectation as to how the others would react. Is that correct?

We are those of Q'uo, and that is correct, my brother.

**R:** I also enjoy that you were able to use what I had said during the sharing before we started channeling. It is a great joy for me to offer something like this so any time you see a thought or experience that you can use that has been mine, feel free to do so.

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

**T:** Why is Aaron able to give more specific information than those of Q'uo?

We are those of Q'uo, my brother, and understand your query. The planet upon which you live is not one Earth but many, interpenetrating each other at various levels of fineness of vibration, so that there are actually seven inner Earths to one physical Earth. Entities who live on Earth and have incarnations upon your planet move into the inner

planes, the “heaven worlds,” upon death, and live in whatever niche they have earned by their vibration.

We searched for a word other than “earned” because it is not a matter of studying hard and passing a test. It is a matter of that absolute honesty of self that your violet ray is. Whatever your violet ray expresses, it will bring you to the appropriate place in the inner planes where everything is vibrating in harmony with your vibration at that time.

Entities move from the inner planes back to incarnation, then back to the inner planes. Sometimes they stay in the inner planes for quite some time and decide not to take incarnation. This is the case with the one known as Aaron. The one known as Aaron describes himself as a former Buddhist monk and because of the fact that he achieved realization when the one known as Barbara stepped in front of him and [defended] him, he vowed to be an inner guide to the one known as Barbara until such time that she also received realization.[3]

This entity has lived on Earth. He has worked and eaten and sweated and died. This entity has a belonging. He is part of the tribe of humankind on planet Earth. Those of a tribal family may speak to each other. They may give advice. They may share any information that they have available. They have the right to interfere with the free will of others of their family.

Those of us in the Confederation of Planets in the Service of the Infinite Creator have not had incarnations on Earth. We are not part of the tribe of humankind on planet Earth. We come from elsewhere. We do not have the right to interfere with your decisions. That is the difference between an inner guide and what this instrument calls an outer source, meaning that it is from elsewhere rather than from inner planes.

May we answer you further, my brother?

**T:** No, thank you very much.

We thank you, my brother. Is there a final query at this time?

**R:** I have one more question, Q’uo. When I try to imagine Earth in seven interpenetrating layers, and then I add inner and outer planes, are you talking about inner and outer planes for those seven different Earths? And why is the inner plane called “inner” and the outer “outer”?

We are those of Q’uo, and are aware of your query, my brother. The term “inner planes” is misleading in that the inner planes are planes in time/space or the metaphysical world as opposed to space/time such as your planet is with solid rock and water and so forth. Therefore, the inner planes do not have a physical location except tangentially because they belong to the planet Earth. This instrument calls them inner planes because she has read other writings that also call them inner planes and also because they are inside you.

(Side one of tape ends.)

(Carla channeling)

They are not inside creation. You are the center of a consciousness that is local and is also non-local. The locality of the consciousness is that connection with the physical body that happened at some point between conception and a few weeks after birth.

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

**R:** You have answered the second part of my question and that was very illuminating. The other part is this. When I think of inner and outer planes I think of them being somehow related to the seven Earths that were spoken of during this channeling and I try to create a visual image for myself to see what it looks like. I think you are saying that these planes exist in time/space so that there is no physical equivalent in space/time, and that inner and outer are simply words that were chosen to point particular aspects or qualities of these planes rather than their location. Is that correct?

We are those of Q'uo, and we thank the one known as R for this question. My brother, you are correct in realizing that these heaven worlds do not have a physical location. They do have an arrangement in orders of magnitude, perhaps we would say, so they nest together without disturbing each other. There is in each focus of the Creator, which is you and each other human being upon your planet, a gateway into those inner planes. And again it is one of those situations where, unless you are very, very experienced and sophisticated, if you are able to penetrate the gateway and move into the inner planes, you will pretty automatically be taken to the location which matches your needs or your desires the most.

The solution of each of the seven inner planes being connected to a corresponding locality is not correct, as far as we are aware of the situation. All of the inner planes are connected back into the one physical locality of the influence of planet Earth.

Does this answer your query, my brother, or would you like to follow up? We are those of Q'uo.

**R:** No, thank you, Q'uo. It does answer my question. And even though this is asking about the "furniture of heaven," I thank you for indulging my curiosity.

We are those of Q'uo, my brother, and we are most glad to do what we can.

Dear ones, it has been a most enjoyable time. This instrument's energy is truly running out and we shall have to take our leave soon. But we do wish to share with you the joy that we feel in your beautiful presence. Thank you again for this experience of a shared meditation and a sacred time together. The energy exchange we have had with you has been most blessed. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai.

[1] bell jar: “A cylindrical glass vessel with a rounded top and an open base, used to protect and display fragile objects or to establish a vacuum or a controlled atmosphere in scientific experiments.”

[2] Barbara Brodsky, channeling Aaron, and Carla L. Rueckert, channeling Q’uo, have co-channeled a series of sessions together from 1991 to 1996. To find the sessions, you can do a search on the [www.llresearch.org](http://www.llresearch.org) site for “The Aaron/Q’uo Dialogues.”

[3] Aaron says that the incarnation 500 years ago was his last physical incarnation.

## **Sunday Meditation**

*November 12, 2006*

**M:** Ever since 9/11, I've been concerned that this planet may be heading towards a catastrophic war. I feel a sense of failure, helplessness and hopelessness. I feel myself heading towards complete despair. I'm beginning to question whether all is well with the birthing of fourth-density Earth. Has the planetary experiment gone awry? If so, what spiritual principles are involved in transmuting despair into hope and doubt into encouragement?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for calling us to your circle of seeking. It is a great privilege to share in your meditation.

As always, we would ask your kind consideration in being very careful what thoughts of ours you use as you move through thinking about your spiritual process. Please disregard any thought that we offer that is not immediately helpful to you. We would not wish to be a stumbling block before you. We thank you for that consideration, for it allows us to speak freely without being concerned that we might infringe upon your free will. We are emphatically not authority figures but rather travelers with you upon a certain kind of path that goes on forever.

This day you have asked about feelings that you have about the society and culture in which you live and about the government which rules your particular part of the world. You express feelings of deep concern, despair and hopelessness. You express a feeling that you are not able to help the situation by anything that you can do. And you ask what the spiritual principles are in dealing with these thoughts and in looking for ways to transform the inner landscape of your thoughts.

My sister, we thank you for this query. Our response must be somewhat indirect as we cannot make a frontal approach to your query. We are those who come on a vibration of unconditional love. Our contact, and our type of contact in general, does not have the facility with detailed, earthly information of a practical nature that, say, an inner-planes entity might have. It is not our place to interfere with the governance or the affairs in general of planet Earth.

For good information on how to affect your government, your politics, your economics, or your society in general by practical and worldly means, we would strongly suggest that you inquire from other sources than we. We are a carefully tuned contact that focuses upon spiritual principles. From that level, my sister, we may answer you, but it is perhaps an answer other than you would have wished.

And for that we can only say that our ability to speak through this instrument is based upon her preserving a certain tuning. Were she to slip out of this tuning range, we would be unable to continue offering her information. However, she might be able to continue receiving information from an entity of a negative nature that was able to ape or imitate the vibration of those of the Q'uo group.

We say these things to you so that you will understand if we do not roll up our sleeves and dig into the cleaning up of planet Earth. Indeed, my sister, we do not see that picture. Let us talk a bit about what we do see upon your planet at this time.

Firstly, you were concerned that there may be a conflagration caused by humans setting off bombs in a nuclear holocaust that would strip the planet of its atmosphere or, were it not so horrendous a conflagration, would simply cloud the atmosphere so that life upon planet Earth would become extinct from its inability to function in the new environment.

There are many peoples upon your planet who have access to such bombs and weapons of mass destruction and there are more who have the capacity to acquire them if they see the need. Therefore, my sister, your concern is valid. What shall you do then with that concern?

This instrument recently read an article which described an Hawaiian healing technique called oponopono.[1] In this healing technique, the healer never touches the patient and may not even see the patient. He may simply be told about the patient. This healing technique is intended to be used in healing mental illness, emotional distress and the criminal mentality. The healer receives all the information concerning the patient. He then looks within to discover that condition within himself. When he has found that condition within himself, he sets about healing that condition within himself. When he has healed himself, quite often the prisoner or mental patient is found to require no more medication or to have been healed of criminal tendencies.

The spiritual principle that is behind this healing technique is the very basic principle of unity. All things are one. It is interesting that we see all of you, individually and collectively, as enormously greater in substance than any other details of your Earthly environment whereas you see yourself as the smallest portion of an environment that towers above you, beneath you, and on all sides of you, making you insignificant, helpless, hopeless and full of despair.

We would encourage those who wish to make a difference on planet Earth to gaze at the planetary dysfunction and then to internalize that gaze and find the dysfunction within. It is not difficult for most humans to do. Both the one known as J and the one known as T were talking (*during the round-robin discussion that typically precedes a Sunday Meditation*) about how easy it is to move from a mental and emotional attitude of unconditional love to an attitude of irritation and hostility when the catalyst of an unhappy and abrasive person breaks into the peaceful world of home and family.

What dysfunction is there in the world this day that might lead to the self-destructive and utterly irrational decision to set off nuclear bombs? What is that distortion but the belief that there is separation between people? How often, my sister, do you think that you will be able to work on healing that sense of separation between yourself and others that you see in the world's dysfunction?

We ask you to realize that we are speaking on the level of a causality that is far beyond the causality of worldly things. We are not saying that if you heal your sense of separation today, the world will change tomorrow. We are saying that when individuals who belong to the tribe of humankind choose one, upon another, upon another, to serve the love and the light and to refrain from fear, that attitude will spread. That emotional safety net will begin to spread out. And the more people that are doing this kind of work within themselves, the more the environment will shift on the inner planes in such a way that those who come after you will be able to do this work in consciousness more and more easily.

It is understandable that entities gazing upon the world scene would feel helpless, hopeless and despairing. Certainly, my sister, we, too, see the broken bodies of the children and other innocents carelessly killed by those who do not see that they and their brothers are one. We do not intend to downplay or shrug off the suffering of the world.

At the same time, we do see from a point of view which encompasses a larger pattern than you can see from within incarnation.

The fourth density is being born normally and in a healthy way. The efforts of many groups, including this one through whom we speak this day, have spoken of light and love and the word has been passed, more than perhaps you might realize, at the grass-roots level, at the level of indigenous peoples; and at the level in civilized worlds of the first fumbings and reachings for something that has substance.

We see the world waking up to love. We see it beginning to identify the hunger that it has. We see it beginning to respond, love being reflected in love. There is great hope at that grass-roots level, below the radar of politics and empire.

We cannot tell you not to be concerned about politics, society, economics and culture. Depending upon your own judgment and your own free will, we encourage you and all entities to follow your heart, to define those gifts that you might feel to share with your society and your culture that might make it better. This is your free will and your good work to do if you wish it. What we are here to speak with you concerning is something far simpler and at the same time something far greater.

We come to tell you a story about love: love unconditional, love unlimited, love that creates and destroys. It is a simple concept: this one great original Thought of unconditional love creating the universe in order to know more about Itself.

If you can look at your experience in the context of the Creator's desire to gather experience and information about Itself, then you will see that the Creator is perfectly happy with you whatever you are doing and especially delighted with you when you are attempting to know yourself at an ever deeper level.

If a third-density experience ends not with a bang but with a whimper by humanity polluting its air and its water until it can no longer find a way to live, this will not overly trouble the Creator, for the Creator is gathering the information about the entire range of experience that is had by this population or tribe of humanity on the third planet from your sun. Indeed, if you were to destroy your planet, as has been done elsewhere in this solar system, on Mars, for instance, the Creator would still feel that it had received good information from you. Consequently, to the Creator you basically can do no wrong as long as you are authentically acting and gaining experience.

Now, to your own consciousness and conscience, you have much more accountability. For you sent yourself forth into incarnation with a plan. And there is a part of you that is hoping day by day, as you go through your entire life, that you are on track with your mission, your plan, and your purpose.

There are those who attempt to nail down the nature of that plan. Yet you as a spirit did not plan specific activities. You planned opportunities and relationships. Those are the keys.

When you are tempted to feel helpless, hopeless and despairing, we would encourage you to remember that you do not need to relate to some idea of the Creator and please the Creator. Neither do you need to relate to the world and in some way please the world. In terms of your spiritual work, you have only yourself to please.

When you see before you your own statement, "I feel helpless; I feel hopeless; I feel despair," how [do you think] your highest and best self would respond to that complaint?

You see, my sister, the answers lie within you already. By merely encouraging your own process a bit, we believe you may see the answers flowing into place before you.

You are not helpless. You are a person of infinite power.

You are not hopeless, unless you choose to take that pose and stand as a statue, ignoring the movements of life.

You may well be despairing because you have allowed yourself to identify the illusion as the realest portion of your life. In actuality, in terms of spiritual evolution, that which occurs outside of your mind is food for the mill. The pay dirt of spiritual seeking lies not in circumstances but in how you choose to respond to them.

There are always reasons to despair. There are always reasons to be intimidated. That which this instrument calls the loyal opposition would be delighted to see entities give up those faculties of hope and faith that make people unreasonably optimistic.

We, on the other hand, would encourage you to see that if you choose to stand knowing who you are, your feet planted upon the soil of your life and your experience and your arms stretched in praise and thanksgiving to the Creator of all things, you are a person of great power.

If you so choose to adopt and embrace faith, no suffering can break you, for you choose the truth and all else is illusion.

If you choose hope, those wings shall fly you where you need to go.

For each entity, morale and attitude are a matter of choice. There is no limitation which can keep an entity from grooming and settling his own mind and his own heart along the lines of peace and joy and thankfulness if he so desires to seek those levels of being within himself. And, my sister, as each entity does these things, so the world will change.

May we ask if there is another query at this time?

**M:** We see a lot of lies and corruption in government in these times. What spiritual principles are involved in holding a vision of peace in the face of rampant corruption?

We are those of the Q'uo, and are aware of your query, my sister. There is a saying among your people, "Power corrupts and absolute power corrupts absolutely." This tends to be a true statement.

You may see power in one of two ways. You may see power as coming from the outside in or you may see power coming from the inside out.

The power that comes from the outside in is the power of government and authority, the usual suspects in your world. There are many ways in which people can be persecuted by authority figures. You have seen evidence of many of these kinds of persecution. You recoil before the stink of empire. It is understandable that you would see this power as being very vast and hanging over you somehow. This is the way of things upon the level of consensus reality.

We are witnesses to another kind of power. It is not the power that changes governments or topples armies. It is not a power that has weaponry or clever disguises or plans and protocols.

The power that comes from the inside out is the power, firstly, of knowing who you are and, secondly, of emptying out the content of who you are to the extent that you are able to follow the changing currents and eddies of the present moment.

We would encourage you to see yourself as a lighthouse. The lighthouse lights its lamp and keeps its windows transparent. It gives to that lamp the power to turn in endless circles, so that those coming in from the open water may see the rocks and avoid them and come to a safe harbor. A spiritual lighthouse has its own kind of light and when you become aware of the power of your beingness, you may, if you wish, consciously become that kind of lighthouse that radiates love and light into the spiritual space around you.

All the speaking that you might do is not one-thousandth as powerful as the focus of your very nature when it is focused upon unconditional love. Let your answer to fear be an openhearted, sunny, carefree, joyous, confident feeling of love and rightness. Develop that environment within yourself: lightening up, looking for the laughter, looking for the fun.

And although the world may seem to wag on as before, no better and no worse, do not be deceived. What you do within the precincts of your own sacred heart and mind affects your world. Please know, my sister, that people by the millions are asking these questions, coming to this same kind of conclusion and taking up the power that is theirs by spiritual birthright.

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

**M:** I am concerned that people on planet Earth do not have good information and that their ignorance could jeopardize the entire planet. Ra said of those unawakened beings in their third-density experience that, "To those who wish to sleep we could only offer those comforts designed for the sleeping." What if Earth's sleepers endangered the entire planet by creating the conditions which could precipitate nuclear war by failing to counteract the control that the service-to-self leadership exercises on such a wide and pervasive scale?

We are those of Q'uo, and are aware of your query, my sister. We have no pat answer for you in this wise except to assure you that there are avenues of information available globally to those civilized entities who are equipped with electricity and computers. The amount of information available to those who have access to your internet is astronomical.

The information is available for those who seek it. The Earth is not being threatened by those who do not seek. The patterns which present themselves to your eyes at this time are strong patterns that have repeated within your history quite a few times. They are patterns of empire: the gathering of resources, the subjugation of peoples, and the turn of the wheel, so that the conqueror becomes the conquered, and another world balance of power is set up. This wheel has turned before. It shall turn again. We would suggest, my sister, that knowledge is not the problem. Indeed, there is only a problem within the illusion.

It is difficult to communicate in words how helpful it is to release worry and concern. These energies are energies of exhausting power. They rob you of your natural optimism and confidence. It may seem that we are suggesting that you turn your back on the facts

and dwell in an ivory tower. We do not intend to suggest this. We intend rather to suggest that you love the world and accept it as it is.

Once you have chosen that fundamental attitude of loving the world no matter what, then it is not going to unbalance you to investigate as much as you wish into the structures of politics, economics, social living, culture and the formation of myth. Learn all that you can.

Absorb and consider and mull over information as long as you wish, as long as you are able to do this within the context of loving that which you understand ever better. Understanding is a positive thing. When you gather information so that you can find more things about which to worry, then you have begun to take the world too seriously.

May we ask if there is another query at this time?

**M:** I want to alert people to the information they don't have, but I am concerned about preserving their free will. What spiritual principles are involved in desiring to share information which may open their eyes to the reality of the planetary game without a prior request to do so?

We are those of Q'uo, and are aware of your query, my sister. The spiritual principle involved in communication of ideas is what this instrument would call the Johnny Appleseed Principle. All thoughts that you feel are helpful and useful for others remain so only in your own mind, just as other people may tell you all manner of things which you do not find relevant or interesting. So you may talk until you are, as this instrument would say, blue in the face without ever making sense to anyone else or doing them any good.

Spiritual information is sensitive to context and environment. You cannot simply take the world by the throat and say, "Listen to me. I have information that is helpful." Those who force information on others are acting in a way that they feel is helpful, yet, in effect, it is service to self, for they are teaching what they believe is good for you without regard to what you think about it or how you react to it.

The Johnny Appleseed Principle is one of dropping seeds. This instrument, for instance, and the research group with which she is associated, maintains a website with thousands of transcripts and speeches that this instrument has created through her work throughout several decades. It lies there, waiting to be found by those who have a spiritual impulse. Many, many other beautiful and inspiring sources of information also lie waiting. There is no shortage of information.

We ask you to rest your concern and internalize that desire to help so that you see the very living of your life as an emblem and a symbol of the living of the life of the world.

Consciousness is not yours alone. You share the innermost identity of yourself with all that there is. Walk, my sister, out of the small rooms and dim hallways of fear and come out into the outdoors of wind and water and fire and earth.

Come from the local to the infinite.

Come from the world of detail to the world of the four directions, the elements, and the powers.

Come to the great cross of life: the vertical reach to the infinite; the horizontal reach within incarnation to loving and being loved.

And know that it is in the little things that you shall create a new heaven and a new Earth.

May you do each little thing as if it were a great honor and privilege!

May you shine as the lighthouse you are!

May we ask if there is another query at this time?

**Jim:** Not from here.

If there is no further query, then we shall leave this group and this instrument in the love and in the light of the one infinite Creator. Adonai. Adonai.

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[1] Two good web sites for learning more about this healing technique are [www.hooponopono.org](http://www.hooponopono.org) and <http://tribes.tribe.net/hooponopono>.

## Special Meditation

*November 16, 2006*

**Question from W:** I believe that my child is an indigo child. Can you confirm this for me?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose name and service we come to be with your circle of seeking this day. Thank you for the privilege of being called to this circle. We are very glad to be able to respond to the queries of the one known as W.

As always, however, before we begin, we would ask, not only of him but of all those who may read or listen to this session, that you use your powers of discrimination in deciding which of our thoughts you wish to consider further. Look for resonance and that feeling of a half-recognized truth that you know is for you. If you do not feel that resonance, then please leave our thoughts behind. We thank you for this discrimination as it will allow us to speak our thoughts freely without being concerned for infringement upon anyone's free will.

My brother, we may confirm that your child is an indigo child. May we ask if there is further query? We are those of Q'uo.

**W:** The main question is, I'm seeking to understand the dynamics involved in relating to my indigo child. It seems to me that my child has such a powerful psychic link to me that even slight variations in my mood and in my ability to tolerate frustration are reflected in my son's sometimes challenging moods of anger and frustration. Is this an accurate perception? If so, are there metaphors, fields of inquiry, images, analogies or spiritual principles which come into play in this developing relationship, which will help me experience this relationship and treat my son in the most loving and skillful way?

(Carla channeling)

We are those of Q'uo, and are aware of your query, my brother. In some ways, my brother, the image that comes to mind is the image of Daedalus and his son, Icarus.[1] When you ask about the relationship between yourself and your son, and the tight interconnectedness of your energies, the myth of Daedalus and Icarus comes to mind.

In that particular story, the son was so ambitious that his father created for him wings to fly, but he flew too close to the sun and thusly fell back to Earth, burned to a cinder. You are Daedalus, hoping to help your son not to soar too high or to crash too low. We do not by this, however, [mean] to suggest that you are a policeman. Indeed, your sense of being very connected with your son is accurate.

The indigo child is a third-generation wanderer, if you would wish to use the language or terminology with which this instrument has some familiarity.

The first generation of wanderers was made up of those such as this instrument, which responded to the call of Earth by coming from a higher density to move into incarnation and share the love and the light of the one infinite Creator with those of this planet in an attempt to shift the planetary energies more towards the light.

The second generation of wanderers was comprised of those who also were interested in helping planet Earth. However, this second generation of wanderers is characterized by more confidence than the first generation of wanderers, but also less of a dedication of service to others in that their chief motivation for coming into incarnation at this latter hour of your third density was to use the boot camp like atmosphere of planet Earth to do what they would consider “quick and dirty work” in adjusting the balance of their energies between love and wisdom. For some, this means emphasizing the heart and the opening [of] the heart. For others who already have their hearts opened, it means emphasizing wisdom and asking the open heart to receive that highest and best self’s wisdom which comes from guidance and informs loving compassion in such a way that there is equanimity to match the passion of your dedication to service.

The third generation of wanderers is made up of what this instrument and many others call the indigo children. There are many other terms for these children. However, in general, they are the first graduates in this harvest from the third density of planet Earth. These souls have moved through the gates into larger life. They have dropped their physical bodies and entered into a healing process with their guidance and with all of those forces which protect and nurture entities in the inner planes who are moving through the processes of death and rebirth. Further, they have moved through the steps of light and have passed their graduation test. These are fourth-density wanderers, whose first act, upon choosing what would please them the most to do next, was to return to their beloved home planet in order to assist not only the people of planet Earth, but also, and perhaps more principally, the planet itself.

These entities are characterized by a thinner veil, which enables them to remember more about who they are and why they are here. The sense of mission or destiny is very common in third-generation wanderers. Your son and all of the indigo children like him are people who, when they have achieved a mental and emotional maturity to match their spiritual gifts, will be far tougher by nature than many among your people, able to deal with difficult times and situations and able to absorb rapid change. These abilities are appropriate for these indigo children. However, there are side effects to being built in such a way. These side effects are those times of difficulty and difficult emotions upon which you have remarked.

In dealing with indigo children—and indeed, most of those being born into your Earth at this time are indigo children—it is well to keep in mind that these entities, though wise in their way, are indeed children. There is as much need in them as in any other child for good, stable, consistent guidance. However, you are also correct in noting the extreme

interrelatedness of yourself and your son in the terms of the motion and rhythm of your moods and the behavior that stems from such moods.

We would ask you to imagine a rolling sea. The storm lashes the top of the sea and drives the winds onto shore, bringing waves and storm in their wake. Below the surface of that stormy water lie riptides that tend to pull entities away from their moorings and out to sea. Beneath that level there lie calm waters: stable, ancient and beautiful.

It is a naturally stormy atmosphere in the everyday of planet Earth for most people. Unless entities are working especially carefully to stay in the present moment at all times, the flow of living includes many abrupt stops and hasty turns, many changes of attitude, and many alterations in the flow of what is happening which call forth many new and unexpected emotions.

We are not suggesting that you alter this natural run of stormy weather in the everyday of your and your son's existence. What we would suggest is not so much a metaphor as a kind of game. We ask that you see your energies and your son's energies as part of a dance. You and your son are creating this dance. You are dancing a kind of mirror dance. What you do, he imitates, and what he does, you imitate.

When you and he are doing loving and positive things, the dance is a happy dance, or so it seems to your judgment. When there is challenge, upset and hostility, then it seems to be an unhappy dance. However, in order to play your game more skillfully, we would ask you not to label your various moods as good or bad. We would ask you not to label the exchanges of mood between you and your child as good or bad. Rather, we would ask you to see the whole of the pattern as an ongoing dance.

In a dance, my brother, there are many missed steps. This does not mean that the music stops playing or that you have in some way failed to dance properly. Rather, we encourage you to dance with lightness of heart and with as much clarity of observation of which you are capable at any time.

This is a game in which attention to detail is very helpful. As you said, even in the smallest things, your son and you seem psychically connected. Indeed, all entities have this psychic connection. In the case of indigo children, however, there is allowable more awareness to be brought into the incarnation. So, such children are often much more sensitive and aware of their parents' moods and unspoken feelings than would have been children of days gone by, shall we say.

It is not that you are responsible for smoothing out your son's moods, any more than your son is responsible for smoothing out your moods. It is that you are presently engaged in an intensely intimate relationship with an entity whose powers are greater than his ability to control those powers or even to understand them or be able in any way to express them. When a child has trouble expressing all that is within him, he may become very frustrated, and this is often the case with an indigo child.

We are not encouraging you to find some method of teaching this child. On the other hand, we would ask you to be quite responsive to any questions or comments shared by the child with you. Such expressions are your invitation to tell your stories, share your wisdom, and embrace the child in an atmosphere of acceptance and love.

Above all, my brother, we would ask you to explore the concept that you and your child are one and that, indeed, the mirror that the child holds up to you enables you to work upon yourself. This is the attitude that will serve your child and you the very best. When you use the mirror, use it to work on yourself. See what is there, find it within yourself, and work upon that energy in yourself.

Your child will feel that you are doing spiritual work responsibly. He may not consciously or intellectually be able to express this understanding, but as you stand calmly and with sureness upon the ground of your own being and do the work that has come to you to do, your child will see and feel that there is a stable and supportive atmosphere which accepts him and accepts the images that he is offering. Therefore, as you do this work, you present to your child a mirror of a certain kind. In that mirror, the child will see positive issues, not preached to him but expressed to him by the unspoken manifestation of silent beingness.

As you work upon yourself, you shall be creating for your child the best possible supportive structure. As you accept yourself, your son will feel accepted. As you see the unevennesses within you and accept them, so your child will feel accepted in his unevenness.

There is no question but that, occasionally, if a child is disrupting the family, and the child cannot be coaxed into altering his behavior, the child must be shown the limits of acceptable behavior. You may choose your own way of doing this. We give to this instrument the picture of her disciplining her cats. Her cats cannot understand language, but they can understand the word “no” connected with water. Therefore, the cat can be trained to avoid behavior that will elicit the word “no” and the wetting.[2] We do not know how you would emphasize that the word “no” occasionally has a firm and limiting meaning but we do encourage you to think carefully and speak with your mate concerning the rules of the house, so that there is a stable and consistent set of limits beyond which behavior is not acceptable.

This instrument calls removing a child from an environment for discipline a “time-out.” We would suggest that time-outs are appropriate. Also appropriate are any other means of non-violent expression that underlines the word “no” without doing violence or physical harm. Sometimes, it seems a cruel thing to set a limit. However, it is helpful in terms of the incarnational experience of a child that, from the beginning, the child is aware that, indeed, there are limits and that there is not a chaotic existence with no meaning, but rather, a meaningful existence with order, ideals, peace and beauty. If you do not give your child a certain sense of limits and order, the child will be left in chaos, not knowing how to value his feelings, his thoughts, and his dreams.

As we finish answering this query, we look at that word “dream.” You have dreams, my brother, and so does your child. You are those who dream together. And so are we all. But you and your child have special dreams known only to you. Forget all except loving, being loved, and sharing your dreams.

Let imagination wing its way through your relationship with your child. Let your creativity blossom as you surround this child with the essence of your unspoken love. People his kingdom with your fairies and gnomes and archangels to keep him safe. These are all the creatures of your honest and heartfelt love, and they will be good companions for your child.

May we ask if there is another query at this time?

**W:** I believe the viability to act as a loving parent to a son depends on how open my heart is to love. My intention is to use this relationship as an opportunity to know myself and to expand my capacity for forgiveness, levity, compassion, faith and healing. Which archetypes would you suggest which might clear up all the dynamics that work within my family, especially in relation to my son?

(Carla channeling)

We are those of the Q’uo, and are aware of the query, my brother. The archetypal energies surrounding your relationship with your son are those energies between the master and the pupil. You are teach/learner and your son is learn/teacher. Although your son’s gifts are astonishing in some ways, they are not developed. You are that entity who has a spiritual maturity which has been hard won.

It is fortunate, my brother, that life has not been able to dim your light. It has wearied you, and we see in you a desire not to be so weary. But it has not caused you to lose faith or to relinquish your dreams. Therefore, you are a good master, a good teach/learner, for your child. Rather than holding to the dynamics of teacher and student, however, we would encourage you to be open to the subtleties of the teach/teaching’s becoming learn/teaching and vice versa, for your child has things to teach you as well as your having things to teach him.

You stand for your child in some ways as an agent of the unconscious. Your child is not born knowing which way to move in terms of metaphysical principles. Therefore, allow the things around you—your books, your papers, those items that you love—to be meaningful to your child as well as to you. Invest time in responding to even minor questions, knowing that your child’s unevenness of personality will cause him to move at things roundabout and in a serpentine and indirect fashion. Move with those energies. Operate with him in his rambling so that you may come with him to a place which you have not expected.

He is seeking in a way which moves from level to level. Therefore, your beingness rather than your behavior is going to help him the most. This, as you said, will cause you again

and again to move from the doing to the being. It is not what you do with your child that matters nearly as much as your attention to your own state of awareness. Are you aware, conscious and alert to the now? Or are you caught up in what the one known as Eckhart called “content”?[3] Move always from content to essence, from detail to essence, from facts and this and that to essence. It will often seem to be an impractical move. But in terms of helping both you and your child to be refined by the fire of planet Earth’s atmosphere of learning, it is the most skillful choice.

Is there a further query, my brother?

**W:** My son has issues due to being different from his classmates. I would like to shore up his self-esteem but I am concerned about interfering with his free will. Should I think about setting the stage for his actions on planet Earth when he is grown? What are my chief spiritual concerns in raising my son well?

(Carla channeling)

We are those of the Q’uo, and we are aware of your query, my brother. Your chief spiritual concern in dealing with any relationship is to bring to that relationship your true self. Thusly, we move the energy back from “what shall you do with another” to the consideration of “how shall you be.” How shall you create an atmosphere that will provide you with a good environment for pursuing your spiritual process?

We would suggest—as we often have suggested before for others, my brother, so it is not personal to you—that there be a daily period of silence that is observed by you in a consistent manner. We suggest the circadian [4] rhythm because your body has that daily rhythm. If you make a habit of seeking the silence at the same general time each day, within the first month of your making such a habit, your body will move through all of its objections [to] the sitting or the resting in the silence that it can throw up, and it will begin to be able to rest in the silence. It takes a certain amount of training simply to quiet the body so that it does not feel threatened by sitting without doing anything, whether watching the television, listening to the radio, or something else.

When there is no content, the mind and the body become anxious. It takes time to create a habit of solitary silence so that your body welcomes it, expects it, and is not disturbed by it. Once you have trained your body, your mind, and your emotions so that you are able to sit in the silence without interference from them on the gross level of twitching, developing symptoms of headaches, and so forth, then you have the chance, at last, to rest in that powerful silence that offers you what words never can. The love and the light of the one infinite Creator are completely expressed within the silence.

To try to translate that silent expression into voice, words, music, poetry of any kind, is tremendously difficult. The easiest way to approach the Creator is through unexplained, unmanifested silence. Let that be a part of your being, and that shall, in time, place you in a state of mind which is far more likely to alert you when you have gone away from the present moment and have become distracted by detail.

You cannot hope to be undistracted. No entity in third density is expected to remain undistracted. The purpose of incarnation is consistently and cyclically to be distracted. Each distraction teaches you about yourself and who you think you are as opposed to who you are. Work on that, and that shall be the safe place for your child. As he sees you in praise, meditation, in prayer each day, he shall know that there is more to this life than the play, the work, and the sleeping. He shall see for his own self, without being taught a word, that those entities whom he values, value spiritual life and seek it out. And so he will be curious as well, for children, by nature, are imitative. By your being, by your seeking, you shall offer him the opportunity to see how that tune goes, and he can try that out. Children try things out that they see and work with them in their own way and in their own time.

We would suggest that you always respond to questions, but that you do not attempt to teach unless questions are asked. The times will come, as you love and care for your child, when it will be natural for him to ask along the lines of this or that spiritual concern. At that time, my brother, share your truth as straightforwardly and lovingly as you know how, knowing that there are many mistakes but that love wins through.

We would ask if there is another query at this time?

**W:** Sometimes, I believe that I am a wanderer. Can you confirm this, please?

We are those of Q'uo, my brother, and we are aware of your query. We can confirm, my brother, that you are a wanderer. Is there a further query at this time?

**W:** I feel called to manifest inspirational, devotional music. Sometimes I find that I feel it is appropriate to express pure sound with music instead of words. Could you talk about this? Please offer any suggestions as to what spiritual principles are involved in this outer work of my lifetime.

(Carla channeling)

We are those of Q'uo, and we are aware of your query, my brother. The work of any artist is a work of translation. An artist translates concepts into a manifestation that is flat, shall we say. The concept is a very round and living entity. It is infinite in its content and is a whole. The human intelligence does not work with concepts, it works with words. Intelligence puts words together to make ideas and sentences. Intelligence struggles to go from point A to point B to point C and to learn. The artist is an entity whose other intelligence has been somewhat awakened, for there are two intelligences in any human being.

There is the intelligence which came with the body that you enjoy in this incarnation. That intelligence is a choice-making intelligence. It gathers facts and it is geared to make decisions. It does that very well. However, it is not a kind of intelligence that is capable of dealing with concepts. Yet it yearns for that which is beyond its intelligence.

On the other hand the heart, yours and all those of planet Earth, lives and dwells in the land of concept. It does so in silence. The heart works with feelings, insights, inspiration and hunches. Artistry comes through that non-local, non-linear part of your intelligence. So what you are doing, as you work with your music to manifest it, is to catch that ball of concept that is the creature of sound that you wish to make. And then you set about clothing it in its details, the words and forms that express the feelings with which you began.

When the feeling and the emotions run far ahead of that part of you that is harnessed to translate concepts into words, what you get is melody and not so many words, which is what you are experiencing. We would note, in this regard, the sound that you make instead of the word more accurately expresses the feeling that you are attempting to convey than does any word. Consequently, we would recommend that you open your mind to the concept of tones with vowel sounds as part of your music. You are only attempting more purely than language allows to express a certain quality or essence that lies in the underground, purified rivers of emotion that are part of the archetypal mind. You are attempting to bring these deep melodies up into conscious awareness. And indeed, as you do so, it shall be of service to others of some note, shall we say.

However, such work cannot be rushed. Consequently, when you feel that there is a lack of some kind in any composition on which you are working at a particular time, we would suggest that you take it into your heart and let it sing itself to you while you listen to it.

It may help if you move while you are doing so, as in going for a walk or doing some rhythmic activity such as the chores of the day, the mowing of the lawn, the picking up of the leaves, or some mindless, repetitive task. See that as a dance that accompanies your unfinished song. Dance to it and let it sing itself to you. And in that state of no stress and no worry, that which is at the heart of what you are attempting to catch will come to you.

If it is not in words, then let it be without words and trust in your sense of the appropriate vowel sounds that bring up certain emotions in certain configurations from the unconscious mind.[5]

Underlying our advice to you is the simple encouragement to trust yourself. Believe in yourself. Do not judge yourself according to what you have accomplished. Judge yourself not at all, except to know that you and the Creator are one and that your whole desire is to be a part of that creative principle. This is your heart and it is a good heart. You are worthy. With that confidence and that calm that goes with the knowledge that you, imperfect as you are, are worthy, then you shall be open to receive the gifts of the present moment. And, my brother, when you can relax and lift yourself to the simple joy of being, you have just created for yourself the best possible environment for receiving inspiration.

May we ask if there is another query at this time?

**W:** I feel a procrastinating energy around manifesting this music. What is happening here, spiritually speaking? Please talk about this seeming blockage that comes and goes in my creative work.

We are those of Q'uo, and we are aware of your query, my brother. Procrastination occurs when there is a portion of the self that feels unready to move forward. There are always riptides, as we have said, beneath the surface of the water. It is easy to splash through the surf, and even to enjoy the surf with a surfboard, but in your life there are many triggers that have been set for you by your experiences and by the fact that you have not balanced them in the past. They are like riptides that catch you and toss you away from your center, so that you are no longer communicating with your muse, shall we say. You have lost touch with your guidance.

In many people, this feels more like depression than distraction. However it comes to you, it is a sign of your lack of focus. You are working against yourself. Part of you wants to create and part of you does not feel ready. In order to resolve the impasse, we would encourage you at such times to go into the silence once again and to offer up the frustration of creativity gone awry. What will come out of that silence is unknown. You may receive a real jolt of energy so that you are able to create. You may, instead, receive a feeling that it is best to move on to something else, to move away from that which is not coming easily and to give that part of yourself that is not quite ready time and space to do what it needs to do beneath the surface.

When you are working with subconscious energies, you do not have the luxury of seeing what you are doing. You must take a lot on faith. You must have faith that the creative process in you will complete itself if you keep your instrument tuned. That is what the silence is for. That is what the attentiveness is for. You are an instrument of the Creator's and you wish only to be used. Consequently, keep yourself in tune and ready to respond when the wind of spirit blows across the strings of your instrument.

May we ask if there is a final query?

**W:** What archangel or other spiritual essence might aid me in coming into a place of inspiration where music and lyrics flow into the most beneficial form?

We are those of Q'uo, and we are aware of your query, my brother. This question treads too closely to the bounds of free will for us to respond directly. We would ask you to trust and to know that you do indeed have a muse and that muse is focused entirely upon supporting, encouraging and inspiring you. What is the shape of that muse, my brother? What name shall you call the source of your inspiration? What helper have you yearned for from the beginning? Name it. Claim it. Use it. For us to name that guidance and that inspiration for you would be utterly fruitless. This is your active process and we wish you happy hunting!

We thank the one known as W for this session, for this time together. We thank each of you in this circle of seeking for the beauty of your vibrations and the beauty of the

combination of them that has made this a surpassingly lovely experience for us. It has been a true pleasure to share our energy with you and to experience the beauty of each of you.

We leave you, as we found you, in all that there is, the love and the light of the one infinite Creator. We are those known to you as Q'uo. We leave this instrument and this group in love and light. Adonai.

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[1] This Greek myth is told on this web site: <http://thanasis.com/icarus.htm>. It is a classic story of a father helping his son to fly high while attempting to guard against his flying too high. Icarus' wings were made of wax, and flying too close to the sun melted them.

[2] The Rueckert-McCartys keep spray bottles of water handy at appropriate places in the house for such discipline. They are filled only with water, so the cats never get hurt.

[3] The Q'uo are referring to the writing of Eckhart Tolle in his book, *New Earth*.

[4] circadian: an adjective meaning daily or "noting or pertaining to rhythmic biological cycles recurring at approximately 24-hour intervals," to use the definition given on [www.dictionary.com](http://www.dictionary.com).

[5] It is interesting to note that the British rock group, Genesis, created music in just this way, with Phil Collins singing pure tone only at the start, then finding more accurate vowel sounds to express the felt emotion and only at the very end of the creative process creating lyrics for their songs.

## Sunday Meditation

*December 10, 2006*

**Group question:** The question today has to do with discrimination. How or what is the root cause of the prejudice that various groups of people have against other groups, whether it be because of race, creed, color, national origin, religion, the place where they live? Whatever the reason, everywhere around the world there are groups of people that discriminate against other people because they are different. Q'uo, could you give us some idea about what really are the roots of this type of discrimination and disempowerment of other people by majority groups? And what can we do about it as individuals?

(Carla channeling)

We are those known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. May we say what a privilege and a pleasure it is to join your circle of seeking. We are most happy to share our humble thoughts with you on this subject of prejudice and its roots and what people can do when finding that situation in their environment.

But first we would, as always, request of each who is aware of our words the careful and conscientious use of your discriminatory powers. You and you alone know what thoughts are helpful to you. If our thoughts are not helpful to you, please cast them aside and move on, for the thought that is helpful to you is right around the corner. If our thoughts are resonant to you, then you are welcome to them. We thank you for this consideration. It enables us to speak our mind clearly without fearing that we shall infringe upon your free will.

My friends, in speaking with you about prejudice and its roots, we speak with you about two main levels of thought. Those levels of thought are the dynamic between love and fear and the dynamic between unity consciousness and the consciousness of form. Before we move into those thoughts, however, we would talk just a bit about the traps of your Earth world and how they came about.

When this creation was younger and worlds closer to what this instrument calls the central sun were maturing, the work done by a planetary population was a work done by a population of one kind or race or being. In the course of many graduations from many planets, there gradually began to build up populations from Earths such as yours which had finished their third density, the density of choice, and had not been able to graduate into the density of love. These population groups then needed to move to another third-density experience to take up once again the lessons of making the choice. This choice is a choice of polarity. It is a choice between choosing to love, include and accept, with compassion [for] all things and beings as part of one Creator, and the choice of seeing all entities as those who may be able to serve you. It is a choice of service to others or service to self.

It is a simple choice. It is not an intellectually staggering thing to determine when you are being kind, inclusive and compassionate, and when you are being unkind, un-inclusive and non-compassionate.

As simple as this choice is, it is not a choice that many of your peoples have found easy to penetrate with a stable determination to follow either the ways of service to others or service to self.

Therefore, as the creation has matured and consciousness has spread throughout the infinite creation that you see in the starry night sky, planetary population after planetary population has found a portion or all of its tribe unable to graduate when the harvest of their third density came due.

At first, the answer was simply to move through another time of harvest on the same planet. However, planets also have their periodicity. Each planet is different. But each planet has a limit to the amount of third density that is available. It is as if we were to say that there are a certain number of 30-watt bulbs for each planet and when that supply runs out, they must put in 40-watt bulbs. The light changes when a stronger bulb is put in. That stronger light will not support third-density life.

Consequently, the creation began to move planetary populations to a second-chance planet where they would mix with the native third-density population and together those two tribes would seek to learn how to make the choice of service to others or service to self.

This is the situation upon your planet. You have a very, very small population of native third-density Earth entities. Virtually all of your tribes are tribes who have come to this second-chance planet to have another try at the school of third-density life.

Each sun or sub-Logos, as this instrument would say, has made choices in how the fundamental consciousness of the planetary population will express itself. We are not talking about the level of conscious choice, but rather the level of the archetypal mind and the roots of consciousness. For each planetary tribe, there is a unique flavor and quality to the archetypal and mythical aspects of that tribe. When coming to the second-chance planet of planet Earth, those populations carried the uniqueness of their archetypal minds, their roots of consciousness, with them.

When you look at races upon your planet, those who look a certain way and are called Caucasian, those who look a certain way and are called Hispanic, those who look a certain way and are called Native Americans, and so forth, you are looking at entities that don't simply look a bit different on the surface. They are different, at the roots of their consciousness, in ways that they can never consciously express except by art or music or some craft which escapes the bondage of words and the intellectual or analytical mind.

Consequently, upon planet Earth at this time you have many tribes who are having their second chance at making the choice between love and service to others or that love which is turned into fear and service to self.

We offer this thought as prelude to those principles of which we spoke because we do not wish simply to say that all are one, which is true enough. We also wish to celebrate the differences in myth, culture and archetype which create ways in which each tribe has a unique perspective to add to the simmering stew of harmony and unity which may blend all the tribes of Earth into one while retaining each excellence of each planetary population.

Let us now look at the dynamic between love and fear. There is the surface tendency in many entities' minds which seeks to call something right and something else wrong. Whence does this stem? It stems from the fear of an individual who is not at peace with himself. He is not secure within his own sense of self. Rather than being able to rest in that love which sees all things as one, he feels fear because of the differences between himself and others.

This fear is natural. It is not to be condemned. It is to be seen as the first step of many. When you are an infant, your world is bound in fear. You are thrust forth from the unity and the peacefulness of the womb into the cold air which you have not yet learned to breathe. You are more than terrified. You are sure that you are going to die. Your first experience is likely to be terror. This is a difficult start to an incarnation but it is part of the very nature of incarnation itself. It is built into the structure of the human experience.

Naturally, in most cases, the parents reassure and protect, cuddle and rock the infant and the baby becomes peaceful. But terror awaits at [every] door in every hour, for the baby is unable to care for itself. When it is hungry it must depend upon the kindness of others. When it is wet it must depend upon others giving it a new diaper and a bath. When it is in pain with colic or cutting teeth, it does not know why it is in pain. It knows only that it cannot get away from the suffering that it feels.

Gradually, oh so gradually, the human leaves infancy and enters childhood and the fear recedes somewhat. A child has learned to speak. It can ask why. It can defend itself with words to some extent. But the patterns of fear are deep. They are not evil. They are natural. Throughout the lifetime of an entity in third density, fear is around the corner, outside the door, under the bed, in the closet: the boogeyman. Yet the true location of this fear is in the experiences of being born and of being helpless.

What child has ever had all of its needs met? What growing teenager has ever been able to plumb the depths of its own passage? My friends, you arrive at adulthood battered by the experiences you have undergone. Some, indeed most, entities cover their pain with that thin veneer of civilization: the clever words, the appropriate actions, the right clothing.

But within the deep mind of each entity lies many a doorway into fear. And fear has many friends. Fear can produce anger. It can produce unworthiness. It can produce guilt. It can produce many difficult and dark emotions and feelings.

When we greet you in the love and in the light of the one Creator, we are greeting the heart of you and the heart of you is love. We penetrate through the shell of conscious experience garnered by your personality and we see your souls. You are beautiful. You are beautiful beyond any words. You bloom in the air of faith. Your roots are fed with the rain of hope. And you stand up strong because you are. You cannot be denied in your essence. But these qualities of you are those that come through the surface disturbances of personality and prejudice and fear.

We can say that you are creatures made of love, but in so many cases your experience does not feel like that. In so many cases you experience yourself not as the perfect flower that you are but as a weed, or at least as something to be groomed and done unto. So in a way, finding yourself to be a creature of love is an act of faith which has no proof of being the right choice.

It is into this environment of entities living in their own private suffering and fear that the challenges and the lessons of third density are aimed and experienced. The Earth experience is a refinery. Again and again you receive catalyst that causes you to question who you are and why you are here. These questions and these feelings can pound and shake you until eventually you begin discovering that the process has uncovered some of the gem-like beauty of your deeper nature.

And so, for the first time, as you move through this refining fire of incarnation, you begin to have a sense, a genuine sense, of who you really are, and it does not sound so foreign and alien to say, "I am a child of love. I am a being of light. I am a creature of infinite power because I am part of the one infinite Creator."

What a journey it is from the beginning of life to that moment when you first awaken to the unitary nature of consciousness. What a joy it is when you first feel at one with another person. What an accomplishment it is, my friends, when you are able to move from feeling at one with another person to feeling at one with groups of people and finally with all of the people that make up the very variegated tribe of humankind.

At every turn, there will be that call to fear what is happening. And why is that, my friends? It is because there is a tendency towards inertia in the mind of humankind, whereas there is an implacable tendency towards progression in evolution in the energy of the planet itself. People tend to fight change and yet change is the essence of the incarnational experience. The body changes continuously, shedding its cells so that in seven years there is not one cell in the human body that was there seven years ago. The outer look of the human body changes, if not continuously, than rapidly, from infancy to toddler-hood to childhood to teenage-hood to young adulthood to middle age and then to those varieties of old age that entities wish not to label so as not to acknowledge.

In the end, each entity is transformed from the womb through the bloom to the grave. Change is inevitable and yet change seems to be feared. And if one is identifying oneself with one's body, then there is every reason to have fear, for the death of the body is inevitable. Thusly, it is easy to make fear-based choices when confronted with change.

One way that things change for an entity is that they are placed in new contexts, meeting different kinds of people. If one has already made the choice for service to others, then one tends to see others as an opportunity to be of service. The well polarized entity sees all entities as opportunities to be of service.

That entity which is polarized in a negative sense also has no prejudice because it sees all entities as equally useful in serving the self.

It is to those who have not yet made the choice that prejudice seems a good choice to make. If "they" are correct and acceptable, then the way they are is the way things should be. When entities come into their environment and express differences, then the fear-filled entity is simply going to feel that those other selves need to conform to the way they think.

Now let us look at the other leg of this two-legged entity of prejudice, that is, the dynamic between form and formlessness, or unity and diversity. It is entirely understandable that entities at all times and in all places should be seduced and swayed by the appearances of form. The five senses of which you are aware consciously have to do with form. You see form. You hear form. You touch, smell and taste form. There's nothing on the surface of things that would tell you that there is anything other than form in your universe.

It is very helpful to call upon the knowledge that each has of the scientific nature of form. Each form which you may consider is almost entirely made of space. You as an entity are a collection of energy fields holding cells together in a certain configuration. Each cell is almost entirely space. Your body looks like the Milky Way to an entity that is able to look into the microscopic structure of your world. The chair upon which you sit is mostly space but its energy field holds it together so that you do not fall through the chair or the floor. And so the illusion remains intact.

And yet who you are has nothing to do with your form. What you think as a soul has nothing to do with forms. Again, this is not obvious on the surface of things. It is no wonder that you begin your incarnation completely beguiled by form. "Am I pretty?" "Am I rich?" "Am I smart?" "Am I strong?" "Am I good?" "Am I powerful?" These questions are asked and answered on the level of the illusion and no wisdom comes from the questioning and the responses as long as the questions remain on the level of form.

In form there is always relativity. If you are smart, someone is smarter. If you are rich, someone is richer, and so forth. In order to penetrate to the level of the school of third-density life where the lessons are truly learned, you must penetrate through form into consciousness.

Consciousness has its home in all of the spaces that we have mentioned. Consciousness interpenetrates every cell of your body and every cell of everyone else's body. It penetrates the Earth itself and the heavens and it is all one thing. You, as a spark of the infinite Creator, are a focusing spark, an observation point. You are a witness to the love and the light of the infinite Creator. You are here to bear witness, to experience, to collect those experiences as you would a bouquet of flowers, and then to offer that bouquet to the infinite Creator.

When we see you, we do not see form. We see a different level of illusion which we would call vibration. We see your vibratory display as if it were the petals of a flower of infinite beauty unfurled for us to see. Every quirk, every imbalance that colors you in this or that way, we see not as mistakes or errors in thinking but as your own individual beauty. To us you cannot make a mistake. To the Creator you cannot make a mistake. For just as you are, exactly as you are experiencing, you are gathering up information to offer to the Creator.

In terms of using the environment of planet Earth, of third density in general, however, it is well for you to gather these various descriptions of self and to form an intention to penetrate the more shallow levels of perception so that you may begin to stand upon the good Earth of who you are as a spirit.

(Side one of tape ends.)

(Carla channeling)

In terms of what you can do in the outer world to alleviate the forces of prejudice, the impact of information is great. This instrument was saying before this communication began, in the discussion around the circle of seeking, that she would like to learn Spanish and has planned on taking a course in Spanish because of the fact that there are more and more Spanish-speaking people with whom she comes in contact.

When something is different, the way out of prejudice is to collect information and begin to understand the differences. And we do not leave this idea of differences to include simply racial differences, although certainly race and language seem to be barriers of otherness that stop many entities cold in fear.

We would suggest that there are many, many ways of experiencing fear when faced with differences. The dynamic between men and women, for instance, is often the occasion of fear and the acting out of that fear in cruelty of various kinds.

Always, though, the inner workings of prejudice depend upon your continued seduction by fear and by form. When you choose to live in faith that all is well and that you are where you need to be, then you may drop whatever fears that you may have and you then have the freedom and the space in your mind and heart to consider the needs of others around you.

What are your gifts, my friends? How can you be a lighthouse to others? It is in first knowing who you are and gaining confidence in your own power as a person and then in turning to the infinite Creator, dropping to your knees, and saying, "Infinite Creator, how may I serve the greater good this day? Show me your ways. Teach me your ways."

Open your eyes after saying that prayer and behold a world made new, sparkling with opportunities to serve, to include, and to embrace.

May we ask if there is a follow up to that question or another query at this time?

**R:** I have a question, Q'uo. As you were describing the different tribes that came to Earth as their second third-density planet, you said that these groups bring their own archetypes and consciousnesses from their first planet. How does that mesh with this planet having its own archetypes put into place by the Logos of our galaxy? Can you speak to that? I have a difficult time making it more clear than that.

We are those of Q'uo, and are aware of your query, my brother. When there is one archetypal system in place, it is a system of waterways in the deep mind which are calm and serene. Even the darkest of emotions runs along a channel that is simple.

When entities from another planet enter into the archetypal energies of Earth, carrying with them the archetypal energies of another sub-Logos, another sun, it is as if there is the same basic waterway system. However, each sub-Logos has made differences here and there. They are small differences, but, all taken together, they add up to a rich array of rivulets, small streams and sometimes so many streams that there are swamps or morasses where dark emotions of different cultures have developed into less of a clear form and more of an amorphous or unembodied form.

This entire creation contains one basic blueprint of the archetypal mind of its people. It is up to each sub-Logos, however, to tinker with that design a bit so as to increase the variety of experiences available to the infinite Creator. So when an entity on its first planet falls into the emotions of suffering or joy, those waterways move smoothly and the myths are of a piece. When there is superimposed upon the basic plan of waterways, shall we say, that the archetypal mind represents in the roots of consciousness, the archetypal mind of another sub-Logos, you see the enriching and the somewhat interesting rapids and morasses that occur with the overlay of more than one sub-Logos.

It is as if when you sink into an expression of deep feeling, you as a second-chance Earth being have the capacity for more different kinds of emotion and each subtle difference in emotion is authentic. You have richer choices of ways to feel your authentic essence and the Creator has an enhanced opportunity to know Itself as these tides and rivers of archetypal emotion sweep over streambeds made uneven by the pebbles of different archetypal influences.

It does not muddy the experience but rather enriches the experience of positive emotion. Because of the nature of darker emotions there is the tendency to find a muddying effect

in emotions like anger and fear. Consequently, those working on the path of service to self have a real disadvantage at this time for they must, with exquisite care, find the true heart of those purified emotions. However, for those on the path of service to others, the differences are seen as articulations or waterfalls or linns or cascades. And as you watch the water flowing from these linns and catching the light, you may see the rainbows of different effects as they fall through you and you become one with these purified rivers and streams of emotion.

May we answer you further, my brother?

**R:** Thank you Q'uo. There are no more questions from the online circle members, so I will ask one. The last question I have is if there are entities who choose to continue their third-density experience on planet Earth because of the muddying and the possibilities it offers? Or is the assignment of the second-chance third-density planet something that the entity itself does not actively partake in?

We are those of Q'uo, and are aware of your query, my brother. Your latter supposition is correct. The placement of a planetary population in a second third-density environment is made at a level where the guardians responsible for that entire planet make that choice of placement. The individual is moved as a part of the planetary tribe.

We find that this instrument's energy wanes and so we would take our leave of this instrument and this group, thanking each for the incredible beauty of your vibrations. We are humble before you, you who have the veil covering your eyes, keeping you from the clear sight of the Creator. Yet you move forward, gracefully, courageously and gallantly, never giving up, but always, as the ones known as T and R have both said, just giving it another try, starting over tomorrow morning.

Day by day your beauty astounds us, your courage amazes us, and we cheer for you and love you. We are always here if you would ask us mentally to deepen your meditations. Again we thank you for calling us to your circle. We are known to you as those of the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai.

## Sunday Meditation

*December 17, 2006*

**Group question:** The question this week, Q'uo, has to do with being and learning. We're wondering just how teaching actually occurs as the result of our desire to teach and our attempting to teach certain subjects or topics. Much occurs by the very nature of our being, of who we are and how we are. Could you speak to the topic of how teaching and learning really occur?

(Carla channeling)

We are the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank each of you for calling us to your circle of seeking and, indeed, for taking the time and the attention in your busy, busy lives to spend this time seeking the truth. We are most privileged to be able to offer our thoughts.

However, before we begin, we would, as always, ask for your discrimination in listening to our words. We encourage you to be very real as you move through thoughts, sensing deeply into whether or not these thoughts help you, whether or not they resonate to you and seem useful. If they do not, my friends, drop them.

The energy, the information, and the inspiration that you need is close to you. If it is not we who offer it to you, please be assured another source will come to you, for that which you desire always comes to you, one way or another. If you will use this discrimination and listening to what we have to say, it will enable us to speak freely to you without being concerned about the issue of free will. We thank you for this consideration.

You ask this day about teaching and learning, how one teaches and how one learns. That is a question of enormous subtlety. And there is a wide variety in the ways in which we could approach this subject. We shall focus upon those aspects of the question which we sense are at the heart of the interest of those who have created the question. We wish to acknowledge beforehand that our response will be incomplete.

The universe in which you and we and all that there is experience consciousness is a unitary universe. When you are teaching, you are teaching yourself. When you are learning, you are learning from yourself.

We wish to start with this very deep level of truth about teaching because, unlike many who ask about the teaching process, the energy companioning this query feels deep and spiritual in nature. Therefore, rather than focusing upon the surface of teaching, we would start at the very foundation.

You are all teachers. You cannot help but be teachers. Even if you were alone for your entire lifetime, you would be teaching yourself. Indeed, you do teach yourself. From the

very beginning [of] your incarnation, you are teaching yourself what you like and what you do not like. Each observation about your preferences creates for you a more and more complex structure of opinions about yourself, in effect, by your instinctual reactions to that which is occurring in your environment. You are building intelligence as to who you apparently are.

Because of the culture in which you live, this intelligence is composed almost entirely of the things that you learn when you are conscious and alert. However, much teaching of the self by the self occurs beneath the level of alert, waking consciousness. Those levels of teaching occur when you are asleep and dreaming.

You receive a tremendous amount of material that has been processed to a certain extent by your conscious mind as you release your conscious mind and move into the deeper levels of the mind to take your rest. You also are able to open the door to those deeper levels, which are unable to communicate in words. The deeper levels of the self communicate in images, concepts, colors and various aspects of feeling. On the surface of your life, you might be experiencing a very muddy picture. It may seem to be a very chaotic present day experience. Beneath the surface of consciousness, however, there are tremendous resources available to you.

They are, in the sense of dreaming, quite automatic to a certain extent. That which is on your mind have been important to you one way or another. That day registers like a knock on the door registers to someone in the house. By the focus of your waking concerns, you knock on the door of your deeper consciousness as you gain experience in working with your dreams. And you may even remember to ask, when you are knocking at the door unconsciously by your emotions and your feelings, for good guidance, for clear guidance, for the highest and best guidance. These create a strident and focused knock upon the door that elicits clearer dreams or symbols, clearer images, and clearer feelings that come from the dreaming.

Other ways in which you teach yourself are achieved also when you release consciousness. Time and nature walking silently, and gazing at the world around you frees up the mind, because no one is talking to you; you are not guarded, nor do you expect to comprehend, sense or make sense. And so your mind goes slightly out of focus, which is precisely the intent of such contemplative nature walks.

This instrument—we correct this instrument. This instrument would call this process letting the brain sag in the middle. When you let the brain sag in the middle, the usual connections that you make when you think thought “A,” may not be the ones you come to, because your flat mind has become a mind of curves, hills, valleys, hidden places, unexpected things touching. And so you receive new connections. New combinations of thought. New positions of feeling and emotions. And so often, you may surface from such an experience with a feeling of wonder and discovery, because your brain has not been the dictator that it likes to be and something has crept in through this door from the unconscious mind into the conscious mind. And suddenly, one particular pattern of your

experience may fall into place for the first time, so that instead of chaos, you begin to perceive the implicate order.

There is a vast and comprehensive order. It is not fixed. The order of your creation is flowing. It flows because of your feelings, your thoughts, and your desires. However, each moment is an opportunity to release the dictatorship of the intellect and begin to become aware on more levels than the intellectual levels of your environment. In such ways may you teach yourself.

Other uses of silence and the releasing of the mind are those we have mentioned to you many times. The reading of inspirational works and then the contemplation of what you have read. Silent meditation. Meditation following the breath. Meditation staring at a white wall. Walking meditations, and so forth.

This instrument's use of the services of her church is another good example of how one who has begun to perceive the way learning actually takes place may use what to another person would seem to be a fairly random and close to meaningless series of readings, prayers and so forth which make up the church service. When one is allowing one's brain to sag in the middle, when one is not insisting that one make sense at all times, one may suddenly see a connection that helps on a level far beneath the surface of life.

So, when an entity decides to offer itself as a teacher, it is offering itself in addition to the subject matter that is being covered in the class that is being taught. Even in the case of scientific courses, where a large amount of detail and specific information must be understood in a certain order in order to be able to become facile in working with that particular discipline, it makes a great deal of difference, as any student will tell you, as to what teacher has taught that course. Every student remembers teachers that lifted subject matter from the conscious everyday level of "learn these facts" and "take the test" to a level which let the student see into why the teacher loved that particular discipline and why that teacher was teaching that particular class.

Love, passion and affection are catching. When a teacher loves the subject he is teaching often he is able to excite others because of his love, his affection, and his passion for his discipline. So even when you are simply trying to memorize the facts of biology, chemistry or astronomy, a good teacher will motivate you through his love of the subject to create a sense of adventure in learning that is lacking from an uninspired teacher's presentation.

When one becomes a spiritual teacher, the subject matter of the class becomes less important [and] the character and nature of the teacher becomes more important. There are practices of Buddhists and Hindus, for instance, in which the entire learning experience of the guru or the teacher and the chela or the student is conducted in silence. The teacher sits and rests in his essence. Within the essence, there is affection, compassion and all the gifts of the spirit which have been granted to this teacher. Implicit in his silent meditation [are] his acceptance, true love, and all of the environment which points the student toward his own essence. It is as if the teacher is a star, twinkling in the

night sky, that by its clarity and lucidity of essence creates in the student the ability also to become such a star, twinkling, lucid and clear.

The teachings of the guru do not have content in this preference, that is, because the essence of spiritual teaching does not have content. Let us refine upon this thought, because it is a substance of one. When one is teaching how to understand what makes Herman Melville's book, *Moby Dick*, a good book, one can rely upon the book itself; one can talk with the student about the characters in the book; one can discuss what historical era that historical book was written in, and how that might have affected the writing of the book, [to] deepen the understanding of this or that aspect of the writing.

When one is attempting to teach spiritual maturity, one is in a pure sense teaching entities how to be themselves by being themselves—we correct this instrument—by the teacher being himself. It would seem impossible for this to be an accurate or productive teaching technique, except for the fact that many, many generations of highly evolved spiritual seekers have used this technique in order to learn. The basic feeling in this type of learning is resting in the affection of the teacher. All the cares of the world fade away. Resting in this safe environment. Loved, cherished, supported and encouraged. The student is then able at last to release all expectations except the experience of being with the teacher. And so the student humbly empties his mind of all except for his affection for his teacher. And in that trust, faith learning is passed from heart to heart. From soul to soul. It is an energy exchange. The student and the teacher are sharing awareness. At the moment that the student is allowing this connection, the teacher and the student become one. Why is this possible? It is possible because all entities are one. The teacher has simply found a way to help the student become aware of that blessed unity that underlies all the seeming separation and detail of the awaking human experience.

Many teachers who attempt to teach spiritually are greatly hampered, though often they do not know it, by their restrictions and limitations of their form of belief. We do not speak strictly of religious belief here, although religion and their dogma are the most common sources of restrictions and limitation of being able to share the awareness of oneness and essence that is at the heart of spiritual teaching.

Many wonderfully mature spiritual beings are nevertheless hampered greatly by the need to justify dogma. However, you will find that in that every religion there are teachers who have been able to transcend the structures of dogma, so that as they work within the structures of their religion they nevertheless are able to make connections that lie so far out of the box of that particular religion. Such entities have the impulse to create connections with other religions and to form spiritual relationships that go beyond any one dogma.

We would offer the example of the one known as Thomas. This instrument is aware of the one known as Thomas Merton for she has visited the gardens of Gethsemane, where this entity was a monk for many years, and has listened to the sweet solemn sounds of the chanting of the monks as they move through one of the six daily services, blending the [anonymity] of the monk's robes with the ultimate idiosyncrasy of their individual voices

and then blending all those individual voices into one instrument of worship such as this entity's environment when he was teacher of the new arrivals to Gethsemane.

This entity created bonds between the East and the West because he felt called to go to India and to Tibet and to create relationships with those in similar vocations in those places, and his work studying what is common to the East and to the West is greatly helpful [to] those who are caught in dogma, as is the work of the one known as Krishnamurti and many others who have done this combining and harmonizing work, trying to break the bonds of dogma.

Unlike chemistry, unlike literature, unlike any intellectual pursuit, the pursuit of the spiritual is the pursuit of mystery. You cannot understand a mystery. However, you can become the mystery by inviting in that mystery, by embracing it, and by being willing to be changed by it. Entities come to a spiritual teacher not because they wish to add to their learning, although that is what they think they are doing. Entities come to a spiritual teacher because they wish to subtract distractions of their worldly life from the essence of their being until only the essence remains.

So, the great spiritual teachers are those who are content to be. They do not have an axe to grind. They do not have a pet topic that they wish to lecture to you about. What they have in common is the quality of their own realization of self. This is the secret ingredient in all teaching. And therefore, if one wishes to be a teacher, one needs to engage in a style of living that leads one ever closer to honesty, self-acceptance, comfort within oneself, affection for oneself. These gifts of the self can only be given by the self. You cannot become compassionate by studying. You can only present yourself to your innermost heart as your own student and say, "Dear heart of self, dear Christ consciousness within me, teach me your ways, help me to become."

This instrument has been reading a book called *Handbook for a New Paradigm*, and one short prayer is suggested by this particular book, "Lord, I am a human being. Help me to become." When you know who you are, you are then free to change. When you are self-accepting, you are then free to evolve. Spiritual learning is not getting all the information needed and then having a degree in learning. We correct this instrument. In spirituality, spiritual learning is a mystery that occurs as the student begins to realize who he is, what his nature truly is. This instrument has over and over again in her life become tremendously excited and passionate, because she has experienced herself. And in that experience the self no longer contained the tired, drab garments of everyday personality. The self—any self, each of you, all of us—is a focal point in an infinitely complex and yet unified universe in which the Creator may learn about Itself. So you, as a teacher, are responsible, basically, for being that focused light through which the Creator shines. You are getting your surface personality out of the way so that the Creator may shine through more clearly.

Now, no entity in Western culture can teach in this silent way. There is always some content that is expected of a teacher in the Western culture. And certainly there are many, many good things said about many good subjects. Each teacher in his own way decides

what the important facets are of spiritual evolution, and attempts as he talks about these things to open doors for the students. What this instrument was saying earlier was that—we correct this instrument. This instrument was saying earlier that when she is working with someone who is trying to understand a spiritual principle and how it applies to situations which may concern the student in everyday life she does not lecture. She asks the student to talk about his feelings, his thoughts, and his confusion. She stated that usually she is able to weave together from what the student has as the same material, in a slightly more focused form, by asking the student questions or by making comments on that which the student has said, asking the student for a reaction. What this instrument was attempting to express is the principle of that respect that a teacher has for the student when the teacher realizes fully that the student and the teacher are one.

What is happening when teaching a course in your schools is varied depending upon the teacher. If you have a merely competent and adequate teacher of the material the student will hear the explanation about the subject [and] will study what the teacher suggested. It will bring into mental organization a certain amount of awareness of that topic, which is aimed at passing a test and getting a grade. One might call this kind of learning “rote learning,” learning by memorization. If this memorization is followed by a long period of repetition, that brief amount of learning gained in one class then deepens and true awareness takes place, where the student now is capable, not just of repeating what the teacher said, but of understanding the whole of the subject and how it all fits together, so that there is then in the student’s awareness a livingness to that body of material.

When the teacher that teaches those same subjects is alive and aware of the subject, the element of inspiration is added to the subject and the students find it far easier to undergo the learning curve of rote memorization and so forth. But when the teacher, in its own spiritual journey, has reached a point of view which sees all things as one and sees the student one with itself there is added an ineffable deep level of support and encouragement that is completely unspoken and has to do with the essence of the human being that is sharing information. The best teachers are those whose chief delight is to learn from their students. Love is reflected in love. This is the spiritual principle upon which you may depend.

This instrument says, “What goes around, comes around.” If you wish to teach, be the person that you are. Do not allow yourself to be distracted for long by the seduction of your own personality, by the concerns of your day, by the difficulties, the sufferings and the limitations that you may be experiencing. If you wish to be a good teacher always go back to the center of self and be yourself. You are a window. You may open upon the creation of the Father and through you entities may see light and love. When you offer that quality to your teaching, you [are] maximizing your role. And remember, it is a role. There is no end to the roles that you may play as you dance through the patterns of your life. Let your dance be grounded in self-awareness. And let yourself move to the music that you hear in your innermost heart.

May we ask, is there another query at this time?

**Jim:** S was wondering if the translations that she was making of our sessions into Italian contain the same energy in Italian as they do in English.

We are those of Q'uo, and are aware of your query, my sister. This question has seemingly one direction [and] our answer must contain two levels. What we mainly wish to assure you of, my sister, is that because your translation is done in love and because your offering is a labor of love you not only carry the vibrations of the original but you enhance it by the addition of your special [offer] of energy so that there are two translators. We are translated into English from concept communication by this instrument and you are translating from us to this instrument and then through yourself to reach those who would seek who live in a different language.

Consequently, you may rest assured that you lose nothing of the vibration of love and light which you yourself feel as you receive this information in English. Indeed, you may be encouraged to know that you add to those vibrations richness and depth by your love and light and your dedication to service.

The other level which we would touch upon briefly is simply this. Each language is idiosyncratic. There are, generally speaking, straight translations for the basic things of communication. Let us call it tourist communication. One may ask directions, one may say thank you, and one may order from a menu and do the things that are needed in a foreign land and trust the translations are accurate, because these are very basic conversations. When one is talking about spiritual principles, one is reaching into myth, archetype and mystery. And in these ways it is sometimes difficult to catch the flavor of English in another language. Just as an Italian, you could see that it would difficult to say some things that you say in Italian and have them translate directly into English. In each culture, there are unique perspectives, stories, myths and backgrounds that feed language. And so there is from time to time a difference in the way the concept maybe presented.

However, we celebrate the difference. We are limited by this instrument's culture, her language, her preferences, and so forth as we use this instrument. Because this is conscious channeling we use those things that are familiar to this instrument in order to convey concepts that are completely beyond this instrument's understanding. This is always the nature of spiritually based communications, because [you] are not talking about apples and pears, you are talking about truth, justice, beauty, compassion, unconditional love, realization and enlightenment.

Relax, my sister, and know that your part in serving others is fully acceptable and greatly appreciated by us.

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

**R:** I will ask a question Q'uo. And it concerns the translations. My question is when someone reads a transcript of one of the sessions and they try to understand the message that you were transmitting are you aware of this, are you able to join that person at a metaphysical level and help them understand?

We are those of Q'uo, and are aware of your query, my brother. When an entity reads something that has been channeled through this instrument our social memory complex is not informed of this. The entity that is involved is a more localized part of the guidance system of which we are also a part that is your personal guidance. It is your personal guidance system that is fully aware of any efforts that you may be making to understanding spiritual principles.

We are what this instrument would call a universal contact. Your guidance system is what we would call an inner plane contact. Your inner plane contacts are very intimate and personal to you. And your guidance system is indeed yourself, in a form that has been refined by higher density learning, so that you have a powerful helper that is always aware of you, always aware of what you are seeking and very responsive to any request that you may make of it.

If an entity who is reading our material, however, desires to involve us, it is immediately and instantaneously possible for that entity to do so. However, we must be asked. We have no right to have an energy exchange with you without your knowledge, it is part of the same restrictions under which we always ask you to be guardians of your own thoughts so that we do not have undue influence over you. We attempt always to remain completely aware of the supremacy of each entity's free will. And each entity is right to learn for himself. We would only weaken spiritual seekers were we to begin learning for them and telling them what to do. However, we are fully willing to be with any who asks us to be with them. It is a mental request that is necessary. Simply mentally think to yourself, "Q'uo, I would really appreciate it if you could be with me right now." And we will be there. We will be there to love you, to support you. And when you go into meditation and contemplation, to help you find the heart of yourself so that you may deepen that level of focus and that level of contemplation, that level of awareness of the silence. We are most happy to do this and are only a thought away.

Does that answer your question, my brother, or do you have a follow-up? We are those of Q'uo.

**R:** Thank you, Q'uo, that does answer my question. Thank you for being willing to be with those who requested and for enunciating with such beauty of the importance of observing the free will.

And we are those of Q'uo, and we thank you, my brother. It has been a supernal loving experience for us being with you this evening. We thank you once again for calling us for your circle of seeking.

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