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SUNDAY MEDITATION

JANUARY 2, 2000

Group question: We have just started a new year and we are wondering, as we look back over the past year, we are wondering what we can learn from intellectually? What can we observe and benefit from? And how much does our intellect play into the growth that we do accomplish? We would also like to know what role gratitude plays in our evolution?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings, in the love and in the ineffable light of the one infinite Creator, in whose service we come. We want to thank each of you for calling us to your circle of seeking this day. It is our privilege and pleasure to respond to your call for our thoughts and opinions. As always, we are most happy to be with you and to share with you anything that we feel or know, with the understanding, as always, that each of you will take from those things which we say only those thoughts that seem useful and good to you, leaving the rest behind. We are not an authority but, rather, we are your companions on the way.

The topic you have asked us to speak on this day is the place of the intellect in learning and assessing one's spiritual state and the place of gratitude in that same process of seeking ever more deeply and fully that truth that lies at the heart of things. As is often the case, we would begin by moving backwards from the question to a more fundamental place, that place

which sees all of the incarnational experience of each entity on the Earth plane as a very small part of a lifetime that is eternal and a citizenship that is infinite, for each of you is a thought that has sprung from the Creator. From the Logos through many densities and experiences has come this present incarnational self with its burden of gifts and challenges. Each of you existed before time and space. Each of you will exist when time and space have no more meaning, and, yet, within each incarnation there is the hope of transformation. There are the lessons put before the self by the self. There are the gifts of the incarnations that you share. There are the sufferings of the incarnation to work with, to accept, to forgive, to heal.

Each who enters the Earth plane has these things in common, and truly each sub-sub Logos, each spark of the infinite Creator, each person, has within this small incarnation tremendous forces poised, waiting for the proper stimulation or invitation in order to exist, to guide, to help with healing processes. And if each has felt this hope that there are those forces, energies and essences that can help with difficult incarnational challenges, then we say that this hope is infinitely justified. For each of you is as the magician with the wand, in potential. Each of you has power and force, will, and faith. These things are stored in infinite supply in great storehouses that lie within each of you, awaiting only that awareness that

calls in quiet confidence for the assistance that is already there.

Since each of you is as a thought we may see the tremendous and infinite complexity of that concept, for you are not a thought in the sense of being only one thing; that is, in the sense in which words are used. Certainly, each of you is one thing and the same thing, that being love. And yet each of you has colored that infinite love that is the core of being with those distortions which take the clear white light of limitless truth and shade it in rainbows of personality and character so that each of you is as a tapestry in which dark and light and colorful threads are woven together through your experiences, your sufferings, your joys, and your sorrows. And all of these threads—the light, the dark, and the color—are beautiful and the way that you put them together can be beautiful, even when the material seems very difficult and the experiences very dense and hard to bear.

Upon the human plane, then, on that level of conscious living from which each of you is asking this question, the prospect of gaining a great deal from the use of the conscious mind may be seen to be, at best, limited. Certainly, the use of the mind is recommended, and, certainly, there are more and less skillful ways to use the mind in that attempt to create for the self clearer understandings of the self and of the challenges and issues that are before not just the conscious personality but the metaphysical entity that each is.

May we say that the intellectual mind has implicit limitations, those limitations being the natural limitations of reason. Ratiocination is an exercise which is posited upon the faith and logic and reason. To a certain extent this faith is justified. However, that which is rational and reasonable is only a small part of this essence of self and, therefore, the use of the conscious mind has natural limitations. Reason cannot move down into the roots of being, for those roots are not reasonable or rational but are, rather, of that energy which this instrument is used to calling archetypal or archetypical. The essences of each of your beings have far more to do with intense purified emotion than with reason. This is a topic in itself that bears much inquiry.

And when we have finished with all of the avenues of thought that reason and logic and imagination can form and create there is much material of self

remaining which has not been touched by the process of analysis and thought. When the one known as T brought up the question concerning gratitude the appropriateness of this direction of thought was extremely logical and reasonable in a profound sense, that sense being that the deeper reaches of thought and mind and consciousness and being are directly worked upon with far greater efficiency and effect by those energies which are usually called emotions or emotion-laden concepts such as gratitude, hope, faith and will. It is beyond all reason to expect within a little life to transform that infinite eternal being that you are, and yet within every incarnation this is possible and in many incarnations this is realized.

There is no incarnation that is just a punishment or just a vacation. All incarnational experiences are clear so that there are lessons to learn and gifts to share. And the channels in which each entity is moved to travel are those pathways of thought and habit that feel right to that entity and this is as it should be. For your essence, your deepest energy, is more feeling than thought, more energy than concept, and that which works best upon the deep self is essence, that essence of feeling as opposed to sense.

This instrument has often said it is not what happens to one, it is one's response to what happens to one which is the natural arena within which entities may wield their power and offer their truths. It is the attitude with which one meets the moment that sets and prepares the self to receive that moment's burden of joy or sorrow. If the attitude is gratitude, if the moment is met in thanksgiving, whatever comes at that moment is bid welcome, is embraced, and this is a very positive and excellent metaphysical stance with which to greet that which is occurring in the moment. This business of attitude is extremely central to the metaphysical learning experience and much wisdom is expressed by the entity who is working with the attitude with which she greets the moment. This is not a process much open to reason. Oftentimes, in any reasonable sense, there is little to give thanks for in a given moment, and there are what seem to be weighty reasons to meet the moment with fear and trembling. And yet in these moments, as in all moments, great skill lies in keeping the heart completely open and allowing love to flow through the self with that attitude of thankfulness and praise that looks for the very best that could be within the present moment.

There are many circumstances within your experience, and, certainly, within all third-density experience in which the self is very uncomfortable, in which there are many negative feelings of alienation, isolation, anguish, grief, anger and disappointment. And, yet, it is especially [important] in these times to cling to the same attitude of praise and thanksgiving with which the high points, the good days, of an incarnation are naturally greeted. It is when it makes the least sense to be thankful, to offer praise, and to have an open and flowing heart, that there is the most skill in choosing this response to life itself. For if each of you is a thought, and if that thought is love, then shall you not be at your most skillful in attempting to keep open a channel for that love that you are? It is as though the situations of life try to silence and make dumb that clarion love within. And, yet, they cannot silence you if you will not be silenced, for it is always your choice to cling to hope, to believe and have faith when there is no evidence to support such thoughts, such attitudes. It is when all seems darkest that you may, with the most direct apprehension, know and feel and sense that truth within, that unconditional and absolute love that created you and sustains you.

In the dark of the night that lies across the hearts of those who mourn and weep there is a humble dwelling, and in that dwelling that lives within your heart there is a principle, an essence, an absolute being that is Love. To this instrument that Love came down into the human condition as Jesus the Christ. To many to whom this is not meaningful the essence can remain unnamed and simply be Love, Love eternal, Love divine, Love creative and destroying, infinite Love. However you wish to frame it, this Love is with you in the darkness. This energy is faithful to the light with complete disregard to outer circumstance, for to love there are no outer circumstances but only infinite light and infinite love.

So, we certainly suggest that you make use of those faculties of intelligence and reason that help you to analyze what is happening to you, help you to keep yourself in a self-understood order, but, more than this, we would encourage the cultivation of purified emotions. Those emotions being faith and hope and charity. Encourage yourself to be faithful in meeting each moment with hope and gratitude, praise and thanksgiving. And, insofar as it is possible, we encourage each to find ways of strengthening these

habits of mind so that, little by little, it becomes habitual to greet the moment with hope, to greet the situation with faith, to greet the relationship with gratitude, humility, patience and love. Where the intellect loses energy and is no more these deeper emotions become more and more and then oceans of energy offering infinite power and infinite grace to those who persist in seeking them. May we suggest to each of you the great benefits of disciplining your personality so that the first thought when engaged in a new situation is that thought of praise and thanksgiving. For when you stand upon that thought all that your outer circumstances can give to you will be grist for the mill, fodder to be chewed, experiences to be analyzed, to be loved, to be accepted, and to be forgiven.

We would at this time transfer this contact to the one known as Jim that we may continue this working through that instrument. We leave this instrument with thanks, in love and in light, for we are those of Q'uo.

(Jim channeling)

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

Carla: About a recent experience that I had, I had attempted to meet a relative's questions over many years on the subject of channeling with patience and tolerance and although this has seemed to be the right way to handle things in actuality, during this last Christmas I became unable to be tolerant and patient and expressed strong emotions such as anger and pain at this objecting that my relative was doing to me. It seemed to create a much more rapid and healing response from him than all my patience and tolerance had and this surprised me very much. I wondered if you could comment on this process?

I am Q'uo, and am aware of your query, my sister. As each of you move through the various levels and kinds of relationships with those who are close to you, you will find that there is a certain efficiency to speaking from the heart as contrasted to speaking from the mind or the intellect. For though the mind is quite useful in its ability to analyze experience and to chart a potential course of action, there is no efficiency greater than the spontaneous response of

the heart that wells up from inside of one, for this tuning into one's emotions in an honest manner, without desire or manipulation, is that which speaks to another heart most clearly. For though each of you is able to, shall we say, put a good face on a situation by using one's intellect, this is only a stop-gap measure, for there is within each entity the sure knowledge of clear communication that is from one's heart and this kind of communication speaks more clearly than any other. For it tears away that facade or barrier which keeps one heart from another. All hearts know pain. All hearts seek solace. When one becomes aware of another's heart that is in pain then there is the greater likelihood that one will respond honestly with one's own emotions, the doors having been opened by the first to do so.

Is there another query, my sister?

Carla: No. Thank you. That was very clear.

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

Carla: Yes, I would just ask since this is the season of Jesus' nativity if there is anything that you would choose to say about this entity and this particular season of the year.

I am Q'uo, and am aware of your query, my sister. This season, that which gives the focus of attention for a moment to the life and love of the one known as Jesus the Christ is, for us, one of our favorite for observation among your peoples for it is at this time, especially within this particular culture, that many difficult relationships are made more smooth and loving as a result of the focus upon the Christ child coming into the world of illusion. It is at this time that many of your peoples find time to drop their usual cares and concerns and to make a pilgrimage to their own hearts, and, in so doing, also move in a compassionate vibration into the hearts of those about them. Though the practice of revering the life of the one known as Jesus is usually short lived, we find that the focus, even for a brief time, upon this entity's center or central message of love is most helpful to the entire planet, for as love becomes the focus for more and more of your peoples so does this vibration of love move in an harmonic manner around and throughout the planet itself. Thus, we rejoice with you at the birth of this entity in each heart that makes room for him, and we remind each that this pilgrimage to the heart is a journey that each can take at any moment. We thank each for

making this journey. It is our privilege to walk with you upon it, for we also make the same journey.

Is there another query at this time?

Carla: No. Thank you.

I am Q'uo. As we have apparently exhausted the queries for this session of working, we would take this opportunity to thank each gathered here today for making those sacrifices necessary in order to form this circle of seeking. We are aware that each works with much catalyst in the daily round of activities and it is often not easy to remove oneself from that momentum. At this time we would take our leave of this instrument and this group, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ❄



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SUNDAY MEDITATION JANUARY 16, 2000

Group question: The question this week has to do with the concept of the rapture. Could Q'uo give us information about the process of rapture? Some say that people will go in the rapture without going through the process of death, and we are wondering what Q'uo would have to say about that and what value Q'uo might find in this for our own spiritual journeys.

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator in whose service we are. May we thank each of you who has come to be a part of this circle of seeking at this time. We are aware that in each case there was that hunger and desire to seek the truth, and we find this a great blessing to us, for being called to speak with you is what we consider our service at this time. So, meetings such as this one enable us to serve, and we are most grateful for the opportunity. As always, we would ask that each consider those things which we have to say, keeping those which ring true and dropping all information which does not ring true for you. For we would not wish to be a stumbling block to any.

Your group question concerns that which this instrument has called the rapture and others have called the ascension, and, as is often the case, we find that we need to back up from that question to a more fundamental or basic stance. We would ask

each of you, "What have you thought this day? What has occupied the mind? What has charged you with hope or with fear? What has your concern been this day?" For each of you is a creation of unique characteristics, yet at the same time each of you is the Creator. And at the very core of each of your beings there is that pure and undistorted love, that great original Thought from which all things were created and which moves through all created things to the extent that the distortions within those created things allows for the uninterrupted flow of that love.

Each of you, then, is a part of the Creator. Each of you inheres in the Creator and at the same time each of you has chosen at this time to manifest in a personality shell and a physical body within the illusion that you now enjoy. The nature of this manifestation is such that there will be distortion. It is impossible not to have distortion, for distortion is the very nature of space and time. The yearning for absolute purity, absolute truth, and absolute love is a yearning that was within you when you chose to move forth from what this instrument would call the Creator's house. That love has been with you as you have moved through many densities and many experiences, through many worlds, through many lifetimes, and it is that undistorted love that draws you ever onwards towards the source and ending of all that is.

So you may consider yourself as a distorted version of the Creator, each of you distorted in unique and fascinating ways, each of you having chosen the gifts that you would bring into manifestation with your personality shell, the limitations that you would set for yourself so that you may learn, the relationships that you chose specifically for their friction, for their catalyst, that you might experience that process of distillation wherein all of those things that move before the eye of mind bloom, stutter and fail. There are many tools that each of you has available in this journey that you take together and, yet, always alone.

One of those tools could be called imagination, and we would ask you to look at the material that the one known as P has brought to the attention of this group. We consider that source and many others to be valid and interesting resources from which to draw inspiration and structures of thinking. For you see, when you seek the truth, when you seek the nature of reality, you move quickly into uncharted seas within the deep mind. The deep mind does not think like the conscious mind, for to the conscious mind, to the intellectual mind, the tool of logic is considered useful and helpful. And, yet, as the one known as R said earlier, in matters of spiritual concern logic and reasoning often not only do not make the picture clearer but also may obfuscate those resources that are there.

The function of myth, then, is as a resource which aids the mind in its attempts to think about spiritual matters. When we say myth or mythical system we refer to the entire gamut of religions, philosophies and cosmologies, whether they be what this instrument would call orthodox or within the culture and society, or unorthodox and eccentric. It does not matter what the rest of the world thinks about any given system of mythical, religious or philosophical thought. Rather, it matters to each individual what structures of thought attract and awaken desire within that individual. When a mythical system or a portion of a mythical system rivets the attention then the seeker may know that this is fertile ground for investigation or contemplation, for deep thought over a period of time.

As long as this particular vision or structure or thought attracts the mind and the heart, then for that person this is precisely what that person needs

to be looking at and thinking about, for each seeker will be drawn to those structures of thought that help that individual think about deity, devotion and service. Such is the nature of the human heart and the deep mind that it is often a process that cannot be predicted in any way. It is a process that is full of surprises. The thought that takes the mind and heart today places it then over a period of time into a gradually changing—we are having trouble finding a word in your language. We show this instrument a nautilus. The shell of the nautilus grows each year as the animal within the shell grows, making a beautiful curling and ever-widening horn. Such is the process of thinking about spiritual matters, having those feelings and experiences seated within the personality shell and moving around in a spiral fashion so that you are hitting the same material repeatedly and each time finding new avenues of thought to be created where before there was none.

So you see, working with mythical systems is something we feel is extremely helpful and valid. Those systems are there because inspired entities throughout your history have attempted in their own ways to share their visions of processes which they saw in a unique and interesting way. Such a piece of mythical architecture is the rapture or the ascension. We shall say through this instrument that which this instrument said herself earlier, that being that it is our humble opinion that the processes of spiritual evolution at work upon your planetary sphere at this time are metaphysical rather than physical. We do not in any way suggest that planet itself is not laboring difficultly at this time. Indeed, your sphere itself is undergoing a graduation and a birthing into a density more filled with the light of the one infinite Creator.

The suggestion has been made many times that the planetary sphere itself would, through the necessity of altering its magnetic polarity to some extent, shake off all life as a dog would shake off fleas. And indeed, one reason that wanderers first came to this particular planetary sphere was to transmute the infinite love and light of the one Creator through their physical and metaphysical instrument and out into the Earth plane, creating a net of light that would alleviate and ameliorate the tectonic distress which the Earth is now experiencing. It is our opinion that this plan, though working imperfectly, has reached a critical mass sufficient to enable your planet to suffer many smaller catastrophes that allow

the majority of those upon your planet to continue to enjoy the illusion.

However, there is also another kind of graduation which is taking place among your peoples at this time. It is our opinion that this ascension or rapture is a way of describing what we have thought of before as steps of light. It is our feeling that when, as the one known as Jim said, the doors of death open for an individual that individual goes through as much healing as it needs to go through to recover from the stress of physical death, to gather the feet under the self within the new configuration, the new body, the new environment. There is the review of the incarnation which takes place when healing work has been accomplished so that the soul itself may, together with the higher self, review the incarnation and consider how that learning process went and what may need to be focused upon next in the never-ending process of spiritual learning.

At the point that this has been accomplished and the soul knows itself and is oriented to its surroundings it then comes to a kind of staircase, if you will, where there is a gradually increasing density of light. In this process the spirit simply moves forward into fuller light until it is receiving a maximum amount of light that it can enjoy in a stable manner. At this point the spirit stops. That point may be in third density. That point may be in fourth density, or even higher. Whatever amount of light is comfortable to that spirit is the appropriate density location for that entity in its next incarnation. Rather than there being a judge meting out judgment it is simply a matter of each spirit finding itself in the best place possible for new learning and growth.

We would turn now to the question of what the rapture, then, may be discussing. For it is an inspiring and riveting writing that has fascinated many, many seekers over thousands of years. It is our opinion that this writing moves into a very creative and useful way to look at death, to look at the death of the physical or mortal body. In a world of appearances the death of the physical body is the end of everything, the alpha and omega of dust and ashes. And, yet, the spirit within rebels at the limit of death, at the abruptness and dislocation of death, and it says, "There must be more. Surely I could not be stopped by this arbitrary exhaustion of flesh."

We have found in working with your peoples that it is almost impossible to be complete and satisfactory in our coverage of almost any subject, for wherever there are minds that think there will be the desire for complexity. Yet, our message is ever towards simplification. It is our feeling that at the very heart of each of you lies all that you will ever need to know, kept safe, secure and snug within your skeleton and musculature and all of those physical embellishments that create the fair physical body. To us, you are a vibration that we can see and feel and touch. To us, you are love, and as we gaze at you we see the reflection and it is love.

To us, each entity has already ascended. For to us the energy which is you is already perfect. We encourage each of you to seek in whatever way is helpful to you. As always, we encourage meditation. Simply lighting the candle and sitting with the candle is a life-changing habit if it be prosecuted through time. And we encourage all the other avenues of seeking as well. Most of all, we encourage you to believe in your own rightness, for that which inspires you may not inspire others. But that does not matter. That does not signify anything for you. Whatever moves you to think upon who you are, why you are here, where you are going, of these things we greatly approve. And because each entity is very much, and of necessity, alone in the seeking within, become more and more aware of the great aid you may be to each other by offering support and understanding wherever you can, by sharing honest emotion and opinion whenever you are asked, and by simply being there to give a smile to a stranger, or to simply interact as you go about your chores. Each of you with your many, many chores are all a' bustle, and we do enjoy tuning into groups such as this one and seeing all of the colors of your desires and hopes, your ambitions and your fears. Know that you are loved for who you are. We consider each of you our friends.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in thanks, love and light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves for any further queries which those present might have for us. Is there another query at this time?

P: Yes. I have a couple. I have some about addictions which are part of my path. Some people say if you don't do things their way that you can't make it to where you are going. There are all kinds of addictions: food, money, shopping, working, sex, etc. These are all lessons for us, for us to overcome. I can't help anyone else until I have overcome them to find the path out. I believe in the rapture. I want to go on the rapture and come back to help others when the time is right. That is the first part of the question.

I am Q'uo, and we have listened carefully to that which you have offered to us and we have not found a clear query at the present time. Could you requestion, please?

P: I am saying that there are many paths and everybody has to walk their own path. Some people don't understand that and will place judgment on you for not walking their path. Those people distress me because I like some of them and open my heart to them and share my soul with them. Then they find out certain things about me and it hurts and I am disheartened but I feel those addictions are still part of my path. The second question was, I have placed on this Bible here three amulets: a ring and two stones for E and M and I was wondering if they could be charged so that they could help open the hearts of those who own them?

I am Q'uo, and we appreciate that which you have offered to us. We are most happy to lend our healing vibrations to those amulets which you have offered for such. We bless each and bestow upon these objects of the third-density illusion those feelings of love and acceptance which you have spoken of as being somewhat lacking from those whose judgment is heavy upon yourself. We would agree that each entity has a path which is unique; whether this path has the accoutrements which you have called addictions or does not have such is of no consequence, for each entity will fashion that journey which has meaning for him or for her. And all portions of the journey through the third-density illusion are shrouded in mystery, for from mystery and into mystery each of you shall leave. For the one infinite Creator is beyond all understanding, and the one Creator exists in full in each, though there may be a disguise that is worn for a certain purpose and a certain time. This disguise shall, at a certain time, be dropped and each entity shall return again in full

realization and experience of the one Creator. For each is made of nothing else. We are aware that each entity has those qualities which may be accepted or rejected by others or by the self, and the great lesson of this illusion is to love with an open heart, to accept without condition ...

(Tape change.)

I am Q'uo, and am once again with this instrument. We apologize for the delay and for the pause that was necessary in order for those present to rejoin the circle of seeking. We would ask if there might be another query at this time?

Carla: I have noticed a lot of computer weirdness, the latest being that this week, again, even though the data base was found I couldn't open it, and I have not been able, by looking at myself and my experience, to find any psychic greeting component at all. It just seems like the typical glitches one runs across when one is working, but I do want to ask for any insight that you might have because I do want to enter working on this book with the best that I have to offer.

I am Q'uo, and am aware of your query, my sister. In this regard we may suggest that the genesis of the difficulty is simply that, as they are called, bugs in the software, and we observe that your patience in this regard is to be commended. For an undertaking of that which you speak is that which requires a certain gentleness balanced with a perseverance that will see you through the difficulties of any nature.

Is there a further query, my sister?

Carla: As a follow up, two things are happening: I am extremely content with less, and, number two, is the joy and the bliss that I feel comes from the less—being here, doing chores, weeding the garden, cooking in the kitchen, and just doing the normal things that we do. The small things seem to contain all of the truth and the beauty and the learning that I was looking for out in the world. Is this a typical progress, from your experience, from working with people in third density, that their bliss comes not from farther and farther out but from closer and closer in?

I am Q'uo, and am aware of your query, my sister. And, indeed, we find this is true not only for those of your third-density illusion but for all succeeding illusions as well. For the true richness of each experience is contained within the heart of the one

who experiences. The one Creator, whole and perfect, is contained in each moment, each iota of experience for those whose hearts are open to love and to the one Creator. Then does this fullness of love and unity pour into the moment until the moment itself is whole and perfect, and the true richness of being is appreciated.

Is there another query, my sister?

Carla: No. Thank you very much.

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

P: I wanted to know about the Mandelbrot Set, discovered back in 1981. I've seen films and pictures of it and it blows me away. It's an infinite mathematical formula that creates a stream of pictures. Scientists don't seem to know what to make of it. I feel it is the unified field that everyone is looking for. It is the way the creation is made, the blueprint. What are your insights on the matter, what it all means to us?

I am Q'uo, and am aware of your query, my brother. To give a full explanation of this Mandelbrot Set would not be possible within this illusion, for there is much that is beyond understanding, shall we say. But in the general gist of your understanding of this phenomenon we would agree that this is but another example of the perfection of the one Creation becoming apparent to those who peer for the first time beyond the boundaries of the illusion. The ability of the one Creator to reproduce Itself in an infinite action is that which is barely begun in this type of mathematical expression. Far more wonders exist, not only for the mind that can comprehend, but also for the heart that can open in full understanding and acceptance of the One in all.

Is there another query, my brother.

P: So, is the rapture going to happen?

I am Q'uo, and we would not infringe upon anyone's free will by revealing a yes or a no to such a query. Is there another query at this time?

P: No. I am done. Thank you very much.

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

Carla: Just on a whim I would ask if the Latwii portion of your principle is looking at any particular colors within our inner planes these days?

I am Q'uo, and am aware of your query, my sister. Those of the social memory complex known to this group as Latwii have been busying themselves with the qualities of communication which are located within the blue range of your spectrum of colors, as you call them. For this group has the need for the definition of this particular color as does the entire population of your planetary sphere at this time, for there is much within clear communication that can allow catalyst to be consumed, shall we say. There is much that needs to be said from heart to heart. Thus does the opening of this heart center of energy become that which is aided by the opening and balancing of all energy centers.

At this time we would thank each present for inviting us to join your circle of seeking this day. It is always the greatest of honors for us to be able to do so. We would remind each that we are happy to join each entity in his or her private meditations in order, not to speak in any words, but to deepen the meditation in order that there be more stillness of the mind and openness of the heart there, at the throne of the one Creator. We are known to you as those of Q'uo.

At this time we would take our leave of this instrument and this group, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♀



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SUNDAY MEDITATION

FEBRUARY 6, 2000

Group question: The question today has to do with the various frustrations and angers, all the various difficulties that come around in our lives periodically and seem to be part of our catalyst. What can Q'uo tell us about what it is possible to do intellectually, logically and consciously in learning from the catalyst, and when it is necessary to do something different, to give it up, to accept the situation, to have faith that everything is as it should be? What can Q'uo tell us about the different approaches, the intellectual, the acceptance, doing something different, giving ourselves a break? How can we know what is best for us to do at any certain time in our life experience?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we are. It is a great blessing and a privilege for us to be called to your group this afternoon. We greatly appreciate each person which sits in this circle of seeking. We appreciate the desire that brought you to this circle and that brought us to you. It is a signal blessing to us to be able to speak through this instrument and other instruments to people such as you. For in this way we feel that we can share information and opinion without infringing upon the free will of any, for we wish our information to be taken lightly, in that we ask that you not think us to be an authority. For we are not an authority over you, but, rather, are

companions along the way that we both walk. We know that the way is dusty and we appreciate your company as much as you appreciate ours.

When this instrument was speaking to the one known as R earlier this afternoon the one known as R asked the instrument to ask a question of us within this session. That question was, do we remember the difficulties of third density? Is it possible for us to put ourselves into the experiences of third density? May we say that, yes, indeed, we do. Our third density was, in some ways, a simpler experience than the one which faces you at this time because of there being more of a consensus within the entire population concerning the choice of polarity. However, when the veil drops at the beginning of a third-density incarnation there is no possibility that any can proceed through the incarnative experience in a state of calm and peace.

So the first thing that we would like to focus upon is the situation, for it is the situation of third density that is at once its glory and its horror. It is seen as a glory for those outside the incarnation looking at the incarnative possibilities in learning and in service for those who undergo the veil of forgetting. It can be a horror when experienced within incarnation, especially when the tempo of confusion becomes so hectic that there is no longer any island of safety for the emotional and spiritual self but, rather, all seems completely involved in a desperate confusion.

Thusly, it is well to look at the basics of the situation, to begin to see into why you as a soul would have chosen to put yourself into the way of such suffering as you now experience. May we say that the stories that we spin are our suppositions and not fact, but we suppose that the Creator said to Itself, "I desire to know Myself." We suppose that it is this desire that birthed creation. This Creator, wishing to know Itself, spun out of Itself an infinite creation with an infinite number of unique souls, each of which contained the Creator within it. This creation was cast into the creation of light. Thusly, you, as a creation of love, were given a creation built of light in order that you might experience the illusion of time and space and cause and effect so that in this illusory dream each unique portion of the one infinite Creator could become an experiencer, a reasoner, a source of information for the infinite Creator about Itself.

Many things have been projected by entities within your third density and in many other densities concerning the nature of the one infinite Creator. And many are the commands of various religions concerning behavior towards the one infinite Creator. But, in truth, it was not that the Creator wished to be loved but, rather, that It wished to know Itself. Curiosity, then, the desire to know more, is built into the one infinite Creator's nature. It is only reasonable, therefore, that the infinite Creator would choose, at some point, to give Its souls free will.

The way that the densities of light were set up was that there was an octave of steadily increasing density of light and that there would be creatures native to each density that would be able to experience, express and communicate the nature of their experience to the one infinite Creator. These densities begin, in our system of describing them, with the first density, which is elemental, the density of rock, of earth, wind, fire, and water, of sky and sea. Those things which seem quite inanimate, yet they are fully vibrating with the love and the light of the one infinite Creator.

The second density is that density of reaching towards the light. And the natives of that density are your plant and animal kingdoms. They are not aware of self, yet they are aware of the light, and they move towards it.

The third density is the one of which you are now a part. It has often been called the density of choice. The reason for this descriptive name is that this is the density wherein consciousness itself, that is, the soul that you are, takes a second-density physical vehicle and attaches itself within that fleshly temple to experience the limitations of time and space, to experience the first awareness of self by self. In this third density, and only in third density, does the veil of forgetting drop as each soul incarnates into a physical vehicle. This density is full of confusion and is designed that way. And we will come back to this point.

The remaining densities are the fourth density, which many have called the density of understanding but which we would call the density of love; fifth density, in which souls take on themselves lessons of wisdom; sixth density, which is the density of unity, where love and wisdom find the way to meld and become one. This density is the first density wherein the positive and the negative paths are reconciled and all paradoxes solved. The seventh density has been called the density of foreverness, for in this final density before the octave souls spend their last days looking backwards and finally, full of spiritual gravity, are pulled back into the heart of the one infinite Creator to become quiescent and held completely in potential, only to be flung out again at the beginning of the next creation to experience more, to express more, and to inform the one infinite Creator of Its own nature.

In third density you are at the beginning of a three density walk, either on the positive path or the negative path, the path of service to others or the path of service to self. The choice of which path to follow is an extremely central part of what you as a soul hoped that you would successfully grapple with in this incarnation. Looking at this incarnative experience from before or after it the issues are clearly seen. Every human condition contains a lesson in love that can be taken either positively or negatively. Indeed, it is sometimes difficult but always possible to look at the present moment and find the love that is within that moment. This is often very subtle work and, meanwhile, very unsubtle confusion tends to reign.

Let us look at this confusion, for within each heart within this circle we see a puzzlement, a sincere wishing that there would not be so much confusion,

and yet it is the specific purpose of third density to create massive and persistent confusion. You see, each of you came into incarnation with a clear set of lessons to learn and service to offer. You laid down relationships and situations that would produce the most catalyst and would offer you the most efficient possible opportunities to increase your polarity and to share your gifts. You also provided yourself with what this instrument would call a personality shell. And within that personality shell you offered to yourself the amount of intelligence that you thought would be helpful in order for you to do those things which you came to do. Consequently, the human situation is a soul who does not remember its lessons, does not know what service it came to offer, [and] is placed in what will continue to be, until the incarnation is through, a constant cyclical sea of confusion.

The personality shell, you see, has one aspect that can be very difficult to control. That aspect is the mind. The emotions of self, whether instinctual and second-density in origin, or whether of third-density origin, have a truth to them that does not depend upon the veil of forgetting. The feelings that each seeker has are trustable to a far greater extent than that which the mind puts out in the way of thoughts. Let us explain.

The intellectual mind is a portion of the personality shell and is designed to solve problems. The mind is an either/or instrument. It is designed to look at a situation and make a choice. On the surface of life, on the matter of whether to go straight or turn right, whether to keep an appointment or to change it, this choice-making equipment works very well. When the intellectual mind is dealing with the physical creation and the creations of humankind, the society and relationships, and so forth, this mind works well. However, this density is the density of the soul's awakening to an awareness of itself. So there comes that moment within the incarnational experience when the seeker realizes that something has changed, that there is a comfortable nest in which she seems to be sleeping so well, and, suddenly, she woke up. And she got up and she stretched and looked longingly at that nest and could no longer see it. This is the experience of awakening to the metaphysical nature of the self. It is a dislocating experience because it means that you are now the inhabitant of a completely different

creation than the creation that you enjoyed up until the moment of awakening.

The creation into which the seeker awakes is the metaphysical universe. In the physical universe the goals tend to be achievements, things that can be done. In the metaphysical universe the issues have to do with essence and being. In this universe it is thoughts that are the deeds. It is intention and desire that are the actions.

Consequently, when the intellectual mind tends to analyze a situation that is metaphysical in nature it can only be effectual with the careful overseeing of the deeper self, that is, the more true nature of you. In other words, as a metaphysical entity, a citizen of eternity and infinity, you then turn and look back at the human situation, not with an idea to solve the situation, but with the idea to hone your intentions, your desires, and your vibration. Priorities for a metaphysical seeker are completely switched from the priorities of the physical person. And this is very confusing. Naturally, the soul tends to move back and forth between the two worlds and attempts to harmonize physical agendas and metaphysical agendas—and may we say that both physical and metaphysical agendas are valuable and are valuable equally. For you did not come into this density of choice to be aloof, wise and in control. You came into this experience so that you might surprise yourself and the infinite Creator. You came to experience new things and give yourself new catalyst to chew over and make into deep experience.

Let us look at a “for instance.” This instrument was speaking about the irritation and aggravation that she felt at discovering that she was going to have a very sore hand at the same moment that she needed her hands to do a service that she truly wished to do. As a physical entity, this can only be bad news. As a metaphysical entity, there was almost immediately seen to be good news involved in the situation, for it asked both of the instrument and the instrument's mate that they put aside those things that they had previously planned to do and those methods of doing them that they had previously contemplated. And they were given the opportunity to work together or to find catalyst with each other of a negative nature to the point where they decided that they could not work together. In this instance, each of these seekers chose a high road, and, consequently, the experience of increased limitation

has almost seemed to be rather an experience of increased freedom, the freedom to grow closer, to accomplish things as one being, to find the heart of cooperation and sympathy.

May we say that in many, many cases the lessons of love do not involve the great boon of companionship. In many cases the catalyst comes to one who must deal with it by oneself, or seemingly by oneself. And there is a tremendous loneliness and isolation that is felt by those who are adrift in the sea of confusion for one reason or another. Yet, we say to you that when you are at your lowest point, when hope seems to be the dimmest, then is the creative moment, the moment of unlimited possibility. For it is into the darkness that light must shine. Just as the trees in the winter stretch the roots down into the darkness and reach the naked limbs of winter to the sky, each of you has times of rooting darkness, times when it seems truly the Dark Night of the Soul.

And it is in just situations that the intellectual mind is finally brought to a standstill, is finally defeated, and knows that it cannot solve spiritual problems. And when that occurs the way of working moves from the head to the heart. Do not feel that you are less than an excellent seeker if you spend much time within your intellectual mind. You gave yourself a powerful intellectual mind in order to help with the confusion. But note the dark time when finally you listen to your heart and write it down as a red letter day, for when you come into your heart, and when you let your heart do your thinking, the intuitions that can arise can truly seem to simplify and harmonize the experience of being in the dark and being confused.

It is not that the heart is a place of explanation, for it is not. What is in the heart is your deeper self. What is in the heart ultimately is the one infinite Creator, and this is a Creator who has learned one thing for sure so far in Its infinite creations and that is that It loves each and every creation that It has made with a love that is so deep and so pure that the tiniest iota of skin or hair or thought or idea that occurs is important to the one infinite Creator. You cannot bore the one infinite Creator. It is endlessly fascinated by and interested in each of Its souls.

Thusly, when all human habitation fails to comfort or to simplify there is that tabernacle within the heart to which you may go in meditation, in contemplation, in prayer. In a moment of

remembrance you may suddenly be in the light, bursting with joy and peace, and aware that things will rise, things will occur, and things will pass away. And that the one infinite Creator and you will be just fine in weal or woe, in life or death, moving through all of the interesting confusions and conundrums of everyday life. When you live in the heart you shall still be confused, but you shall not begrudge that confusion so deeply. Nor shall you find yourself in the state of irritation for as long a time, for the heart, in its intuitive way, has a kindness, a gentleness when the mind would cut with its sharp edges.

This is a great and central learning, and there is more to say concerning it, but we feel that we have made a good beginning. And we feel that it is a good point at which we shall pause and transfer this contact to the one known as Jim, for we are aware that there are still questions that you wish to bring up at this time, and this instrument is asking us to keep our speeches to a certain time limit. We understand this need and, truly, we know we have too many words. So, consequently, at this time we would transfer this contact to the one known as Jim. We would thank this instrument for its service and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the further attempt to respond to those queries which those present may have for us. Is there another query at this time?

M: I have a question. With this six month automobile thing I'm doing, because it is a karmic relationship with another person, I don't know how to proceed at this point because I don't seem to be getting anywhere. I have tied up almost half a year's income, so it may sound silly, but something I've been pondering for quite a while.

I am Q'uo, and am aware of your query, my sister. When one finds that there is the confusion as to the next steps to take upon the journey of seeking it is well to consider the situation in which you find yourself and to utilize the facilities of the conscious mind to their fullest extent so that that which can be known is known to you. Then take the time from your daily round of activities each day, to retire in [to] meditation that those questions that have been asked consciously may sink further into the deeper

portions of your mind and that connections [may] be made with those pre-incarnative choices which have been guiding you in a more or less clear fashion. And simply await the speaking of your own heart, of the Creator which moves inside of you. When you have stilled yourself to a point deep enough and regularly enough—and no one can say when this point is—but when it comes you will know it, then the direction will be made clear to you that you might move in the confidence of the one infinite Creator.

Is there a further query, my sister?

M: No. Thank you.

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

Carla: Could I follow that up?

I am Q'uo, and we would be happy for you to do that, my sister.

Carla: When there is a money problem when it looks like you are going to lose everything, what do you suppose could be the lesson involved?

M: Not to put all your eggs in one basket?

I am Q'uo, and am aware of your query, my sister. When one seeks the highest path possible for the incarnation, one is then saying ...

(Tape change.)

... When one has chosen the highest path for the incarnation, then one is saying to the self that all else must be subservient to that choice of love, whatever it may be. One must be willing to risk the loss of those things which may seem, for the moment, to be more important than following the path which is closest to the heart's desire. This is where the symbol of the Fool within your system of the tarot is seen to be walking from the cliff to be suspended in midair, ready to fall. However, the faith of the Fool sustains the next step, and the next, and the next.

Is there a further query, my sister?

M: No. Thank you. That was very comforting.

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

Carla: I would like to read four questions from R, if that is all right. First, "I am vulnerable to being used by people who are more self-serving because I am

lonely and want to be of service. I feel manipulated. What can I do?"

I am Q'uo, and am aware of your query, my sister. Again, we find that for each seeker of truth it is most salient and centrally necessary to take that time from the daily round of activities and to retire within the meditative state so that one may see the direction in which the feet are moving, may reassess, if necessary, the direction, the desire, the motivation. And, then, if there is the need for the movement in another direction that would balance that which was first chosen, then to place the feet there and to move in confidence there. We cannot choose for any, for this is the honor and duty of each: to make those choices that carry the metaphysical weight, shall we say, in the life pattern. We say to each that each within the heart knows the next step, the next, and the next. The daily round of activities within your current illusion is such that the frantic pace of existence often causes a blurring of the vision to the heart. Many do not seek the wisdom of the heart because of the commitment to the daily round of activities. We would ask each to look therein on a regular basis that one may develop a clear communication, with the heart, the intuition, the portion of the self that still moves in unity with all.

Is there a further query, my sister?

Carla: Yes, Q'uo. R asks, "It takes time for me to assimilate whole new concepts such as I have found in your group and to stay centered while I am doing that."

I am Q'uo, and am aware of your query, my sister. Each seeker will approach the learning of that which is set before him or her in a unique fashion. Allow the self to move in the way and at the speed which is comfortable for the self. Do not place too many demands upon the efficiency or the speediness of the learning process.

Is there a further query, my sister?

Carla: I hear that, Q'uo. R says that he is sensing to, "Do this, or don't do that," in his meditations. "Is this my imagination? How can I tell good suggestions from bad suggestions?"

I am Q'uo, and am aware of your query, my sister. As one develops the pattern of the daily meditation and becomes comfortable with the sitting within the silence and the seeking with the heart, there is the first inspiration that moves one in this or that

direction. We would suggest that each entity move as the heart instructs, with the understanding that this is not a precise science, that there may be the times when one is uncertain, that the outcome of an action does not seem to be what was hoped for. Yet, we encourage each to reinforce the faith that the heart does know that which is needed. And as the seeking of the conscious self is more and more consciously and subconsciously sought in the daily round of activities and in the meditations that that which is the product of the seeking in the meditation may be followed with confidence and one may find that the feet are placed upon the firm ground though one may not consciously recognize the territory into which one has moved.

Is there another query, my sister?

Carla: Just to follow up with that: What you are saying is that with the faith you have to walk into the midair before the faith can kick in?

I am Q'uo, and am aware of your query, my sister. Indeed, each seeker must call upon the quality of faith again and again within the life pattern. This calling upon faith is that type of seeking which builds upon itself a kind of metaphysical momentum, shall we say. As one moves at first, the movement tends to be hesitant, not quite sure, timid, yet desirous of building the faith necessary to continue to move. And so the movement in faith does just this. The metaphysical muscles are built as are the physical muscles, with exercise.

Is there another query, my sister?

Carla: There is, but I would like to follow up on this question first. How do you balance moving in faith and discriminating?

I am Q'uo, and am aware of your query, my sister? We must pause briefly that this instrument be allowed to re-focus.

(Pause)

I am Q'uo, and am again with this instrument. The discrimination of which you speak is that which each entity is in the process of learning. The following of intuition, the movement according to inspiration, the ability to discriminate with some certainty of success, are all skills which are learned through the exercise of same. There are those times when the intellectual mind will enter the doubt or the fear and the process will become confused. This is the

common practice when an entity is first becoming aware of the need to move the self by the heart rather than only by the head, shall we say.

Is there a further query, my sister?

Carla: Yes. Do they have difficulty understanding Earth problems and situations ... but you already answered that, so you don't have to answer further. R also wants to say that he knows that you are trying to help him and he wants to thank you with all his heart.

I am Q'uo, and we also would thank the one known as R for offering these heartfelt queries to us and to this group. Is there another query at this time?

S: A couple of sessions back I was unable to attend and a couple of questions which were asked for me were lost and unrecorded. The first one was [about] my wife. She seems to be at a crossroads in her life. Work no longer gives her the same joy and satisfaction. She seems to think that her life should go in a different direction and she does not know where. She has physical ailments with her back and her feet that are not getting better. There is a lot of frustration and I don't know how to help. What can I do? How can I help? What suggestions or opinions do you have to help her?

I am Q'uo, and am aware of your query, my brother. We would again suggest that the meditative state is that place within each entity's experience where the self may face the self and seek the heart of self most lucidly. We would recommend for any such entity seeking the answer for the deepest questions of the incarnation that the meditative state is that place where such may be sought with security and with a certainty that can be found in no other experience. The entity of which you speak suffers the pains to those portions of the body used carrying heavy weights. The entity is aware of the weight upon the shoulders. The entity seeks the new direction but is unable to find the new path to travel until it is able to make the choice to leave the old path behind. This again requires the kind of faith that the Arcanum Number 22, the Fool, expresses as it moves in midair. Thus, we would recommend that this entity seek in the quiet times the depth of its heart's desire. Here the entity will find the direction pointed for the new movement. And yet the entire direction awaits the choice by the entity to no longer carry the weight that it now carries.

Is there a further query, my brother?

S: Yes, my youngest daughter at times seems to be fascinated with my mother, who died 11 years to the very day that she was born. What are the dynamics of her interest?

I am Q'uo, and am aware of your query, my brother. We wish to serve without infringing upon free will, and in this instance we find that we must choose our words carefully. The experience of the young entity's fascination with the one which came before it is the one which is supposed or surmised by those closest to it. More than this we cannot say at this time.

Is there another query at this time?

S: You many times say that you do not want to interfere with free will. It reminds me of the Hindu story of two men in a boat and one falls into the water. The man in the boat does not help him and says that it is his karma to drown. It might have been the other person's karma to save him. How do you know when you may infringe on free will?

I am Q'uo, and am aware of your query, my brother. We look at the choices which have been made by the entity in question. If the entity has begun to utilize the catalyst which has been placed before it in a direction which needs only confirmation in some degree, then we feel free to speak. If the entity has not yet used enough of the catalyst placed before it to be able to make this beginning choice, then we feel it is an infringement for us to make it for the entity.

Is there a further query, my brother?

S: Since they are using two tapes now, what caused both tapes to fail at the same time a couple of sessions ago?

I am Q'uo, and am aware of your query, my brother. We find that one tape failed due to a mechanical malfunction. We find that the primary tape failed due to the interference of one within the circle of seeking.

Is there a further query, my brother?

S: I have had problems with my eyes [from] just before Christmas and, since I don't "do sick," it really caught my attention. I was afraid that I might have missed the point of something that was presented to me. I might be thick in the head and

just missed something. Could you comment on that, please?

I am Q'uo, and am aware of your query, my brother. In this instance we find that you were responding to a responsibility which had been placed on your shoulders which you wished was not so and in this instance refused to see a way of accomplishing this responsibility in a timely manner.

Is there another query, my brother?

S: A week ago my 20-year-old niece was in a very serious car accident and at a time in which our family was going to get together and heal wounds that had been out there for a long time. Her serious injuries have been a shock to all the family and could you tell me what were the dynamics to be learned and what are the effects for the family and my niece, particularly?

I am Q'uo, and am aware of your query, my brother. We find that the experience of the car accident involving your niece is one which may yet enable the harmonizing of difficulties within the larger family as it has become a focus point for the various entities of the family to gather about. For the one which has suffered the limitation of the physical vehicle due to the accident we would suggest that there are possible choices that this entity is now able to make, of necessity, that were receding, shall we say, from its conscious grasp as the direction it was moving its life pattern into was somewhat astray from that hoped before the incarnation began.

One may look to various other entities to see how such limitations may aid the overall incarnative process of seeking. The one known as Carla, for example, suffered the limitation of the physical vehicle due to the onset of juvenile rheumatoid [arthritis] at an early age within its incarnation, which had the effect of forcing its awareness into the self, that the meditative state, the contemplative, and the prayerful states be those which took precedence in the incarnation of the entity and allowed it to move into those areas which it has explored as its service ever since. The one known as Franklin Delano Roosevelt, as those who have read *The Ra Material* have understood, chose the paralysis of the lower portions of its physical vehicle as a balancing to the lack of compassion which it had shown to others in its rise to a powerful position. Thus, the limitation of the physical vehicle reignited a compassion within this entity for those about it.

When the physical vehicle is so limited in its ability to carry out its normal functions that it can no longer do so without the aid of others then one may see the necessity of the others' aid as being a significant portion of the incarnational pattern of the injured entity. The ability to give and to receive the vibrations of love may be learned in such a situation. The non-movement of the physical vehicle may also cause the entity to reinforce the looking within that we spoke of when referring to the one known as Carla. The initial response of the entity to this possibility may or may not be the recognition of its value but may, instead, be the complete denial of this need. Each seeker will need to work with the catalyst which is placed before it in the fashion which is most comfortable to it even though this working with catalyst may seem quite chaotic and destructive in its beginning stages.

Is there another query, my brother?

S: I am reminded of my father who had problems with his knees. Hilarion channeled that problems with one's knees is like an individual being cut off or not seeing his higher self. Could this be a somewhat similar situation?

I am Q'uo, and am aware of your query, my brother. And, indeed, this was the point to which we referred to when we spoke of this entity's need of the reevaluation of the incarnation and the partaking in the accident as being the catalyst which would bring this need to the fore.

Is there another query, my brother?

S: I recently finished Book Five of *The Law of One*, and I was wondering if you could tell us what Don Elkins is doing these days?

I am Q'uo, and am aware of your query, my brother, though we are not able to answer this query due to our desire to refrain [from infringing] upon the free will of some of those present.

Is there a further query, my brother?

S: I notice with physical exercise I don't seem to be very flexible and I was wondering if my physical inflexibility might indicate a mental inflexibility. Could you comment on that?

I am Q'uo, and am aware of your query, my brother. In this instance we would suggest that the physical inflexibility is more a product of a lack of use than

the reflection of any mental inflexibility that may have an effect on the physical body.

Is there a further query, my brother?

S: Recently I fell and jammed two of my fingers and they were sore for many days and I could not think what I had done to cause it to feel such pain. What was going on there?

I am Q'uo, and ... we correct this entity. The energy grows low. We are those of Q'uo, and are aware of your query, my brother. The awareness of the increased pain of your physical vehicle is a symptom of the overloading of that area of the physical vehicle in such a manner that the pain is accentuated according to the weariness of that portion of your vehicle.

Is there a further query, my brother?

S: Yes. There was some music that I had purchased called, "The Wing Makers." There were ten selections and I was told there were thirteen other selections available. Could you tell me where I could get those selections?

I am Q'uo, and though we are aware of your query, my brother, we find that we are unable to find a "search.com."

Is there any further query?

S: Yeah. When are you going to get an e-mail address?

We are those of Q'uo, and we are most grateful to each entity for calling our presence this day to this circle of seeking and would wish to speak at greater length to this group but find that the energy of this particular instrument grows low and, thus, we must take our leave of this instrument and this group. We leave each in the love and in the light of the one infinite Creator. We are know to you as those of Q'uo. Adonai, my friends. Adonai. ♀



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SUNDAY MEDITATION

FEBRUARY 20, 2000

Group question: The question this week has to do with the concept of guides. We are wondering what is the best way for anyone who wants to get in touch with his or her guide to do that? And we are also wondering, if we are trying to get in touch with our guides and looking at our guides as something outside of ourselves, does that influence or affect our ability to get in touch with our guides? And if we are able to get in touch with our guides, does that add a responsibility to our life pattern?

(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 a blessing and a privilege to be called to you this afternoon. We wish to thank each of you for joining this circle of seeking and for calling us to your group. It is a great blessing for us to be able to share our opinions and thoughts and you greatly serve us by enabling us to offer our service, for this is the way that we are attempting to be of service at this time. As always, we would ask that you consider each of our thoughts to see if they resonate with your own needs, for we are not those in authority but, rather, your brothers and sisters who walk the same dusty path and make many mistakes. Thusly, take what is useful to you from what we say and leave the rest. We suggest that you do this with all sources of information. For truly, your inner discrimination will be that which resonates to what is right for you, which brings us to

your requested topic, that of connecting with your guidance. For guidance is always available and there are many ways in which one may frame the search for becoming more and more skillful at the using of it.

To put this question in context we would like to talk about the worldly versus the metaphysical universe. The dilemma of those who wish to live their lives from a metaphysical point of view is that this metaphysical universe is not the universe in which consensus reality, or the physical reality you experience day by day, takes place. The concerns of the outer world can absorb all of one's time and attention. And, indeed, many there are upon your sphere who manage to move from birth to the end of an entire incarnation without even once suspecting that there is another universe which interpenetrates the physical universe whose laws are of a higher order than those of the physical universe. However, for most people there are at least one or two times during an incarnation when it is brought clearly to one's attention that there is a higher order of reality and that it sometimes affects physical reality.

For those who are gathered today there is a complete awareness of and a desire and yearning for that second universe of higher truth. Further, the body which carries you about contains what this instrument has called a biocomputer, the earthly brain, the choice-maker brain, that is built

specifically to deal with the either/or questions of survival, protection of home and family, and the other concerns of the earthly life. The guidance system for the earthly brain is difficult to describe in earthly terms, but the word, intuition, surely covers it. However, for those who wish to become serious students, who have begun their path of wandering, their seeking for a true home, this either/or mentality does not satisfy for the simple reason that it cannot satisfy the needs of the metaphysical universe. However, each of you is also, and predominantly, a consciousness, an unique entity made wholly of love and light which goes through many physical vehicles in many densities and through many experiences within each density. This consciousness which is you can dip into the earthly universe, the physical world, by virtue of being wedded through the incarnational birthing process to a second-density physical vehicle; that is, your body. This consciousness, being a citizen of eternity, being infinite in nature, is completely adapted to doing work in the metaphysical universe. And each of you has, lying in potential within you, or should we say, within your consciousness, all of the guidance and information that you need. The challenge, of course, is how to gain access to that guidance, for however framed in conceptual structure, that guidance is a denizen of the deep mind, the roots of consciousness. And the door from the deep unconscious self to the conscious self must needs be opened or set ajar in some way in order for guidance to move into the conscious realm and become available in order that you may have access to it.

It is well to remember that guidance is definitely and always there, even when you are at the most seemingly far reach from it, even when you feel most blind, deaf and dumb. The guidance is there. The guidance is awaiting for your awareness. It is a matter of unblocking the channels of communication rather than searching for something that may or may not be there. We say this because in order to access guidance it is extremely helpful to be practicing a life in faith. We do not wish to imply a certain structure to a life in faith but rather wish to look at this quality of love that is faith. Faith is a paradox, for one cannot gain faith. One simply must leap into behaving as if one had faith in order to begin a life in faith. Thusly, the first act of faith is the leap into nothingness. Faith, after all, would not

be faith if there were a way to rationalize it or prove that it existed by any reasonable inquiry. This makes faith a real challenge, for if you have not faith, then how do you achieve it?

That leap looks very foolish and feels very dangerous. And, yet, we say to you that if you can hold the essence of faith which is that all is well and that all will be well, if you can hold to this attitude, that faith will grow and flourish and bloom in amazing ways. And if you become overwhelmed with a lack of faith you have but to start over to take that leap again and the journey accelerates once more. There is never a failure that faith will not be recovered from. There is never a desert that is too wide for faith to cross. In faith, then, when you wish to seek guidance, you may approach this search in various ways.

This instrument, for instance, allows guidance to come to her by praying to the Holy Spirit. This guide, which she thinks of as an aspect of her higher self and which she objectifies as a portion of the Creator, is a projection of that essence within the deep mind that can be called guidance. Therefore, to this entity does not come a conversation but, rather, a feeling, an intuition, a sense of rightness. For this instrument this degree of clarity is completely sufficient and satisfactory. For many others there is a need to objectify guidance in persons and, thusly, many entities seek their guidance in the form of guides. Again, all that there is, is one, and in many ways and on the deeper levels all that is outside of the physical being is a projected portion of that physical being. If all things are one, then all that an entity sees is part of that entity and, in one sense, a projection of that entity. Each of you, you see, lives in a complete and unique universe, a creation of your own. It is slightly different but definitely different from that universe of each and every other spark of the infinite Creator that has been sent forth. As this instrument was saying earlier, there are non religious ways to set about discovering more about the guides that bless the entity with love and the desire to be of help in a spiritual or metaphysical sense.

These projections of the self that are guides are also entities with their own identities, their own histories, and, to some degree, their own agendas. Some entities feel that they have one major guide and it is to this one entity that the self goes. Indeed, some

have objectified this guide to a great extent. Each of you has seen examples of channeling from inner guides that various sources offer and each is familiar with the concept of getting in touch with the guide. The project, shall we say, of reaching to discover information is best approached within a framework of a daily rule of life that includes a period of meditation during each day. The mind in the earthly sense has that tendency to continue working whether or not there is prominent stimulation from the outer world and, thusly, the inner world can be the world of one listening to a chatterbox.

Many are the conversations entities such as this instrument have with themselves, all in the imagination. And this energy generally moves according to the laws of inertia. It simply keeps going because that is what the mental biocomputer does. It runs. It operates. It is noisy. The idea, then, is to empty out the mental pockets and allow the earthly biocomputer to have a rest so that the consciousness may float free of the either/or demands of the earthly mind. Without the regular, habitual and persistent use of meditation it is very difficult to learn to stop the mind from running. And when the mind is running the deeper guidance is very difficult to contact.

Thusly, in order to prepare the ground for connecting with guidance it is a very skillful idea to place the self in the act of meditation. This is a tremendous commitment and it is a life-changer. This entity, for instance, is fond of saying that she does not meditate well. What she means is that she cannot completely shut off her earthly brain. Bits of conversations and music continue to filter through all efforts to shut down the noise of the mind. However [true], this objective concept of the self as not being good at meditating [is], this instrument would be the first to express the powerful work that meditation on a daily basis has wrought in her life experience. And indeed, any entity who has meditated for any length of time is aware that even a little of this silence of mind is a powerful accelerant of the process of spiritual transformation.

We would strongly recommend, therefore, that any who wish to connect with their guides do this in the context of daily meditational periods. Remember that although each of you came into incarnation fully aware of all of this that we are saying, during the birthing process the veil of forgetting dropped

neatly and usually completely over the consciousness so that within the incarnation the path back to the metaphysical universe must be retraced step by step, and, in addition to the general confusion of the Earth plane, much must be unlearned from the standpoint of the metaphysical universe that is included in the cultural training of young entities. Many are those who have said that adulthood is that period wherein one attempts to undo the damage sustained during childhood. Much needs to be unlearned as the view shifts from the earthly and physical to the non-earthly and metaphysical. In one universe there are things, tables, people, planets, stars. In the other universe there are energies, thoughts, ideals, and as a metaphysical entity you are one who *is*, as opposed to the physical entity which [is one who] *does*.

Guidance is that connection between the metaphysical and physical universes which translates complex information concerning destiny and desire into earthly terms which steps down the energy of the cosmos so that the self within incarnation can accept energy and intuition and essence and open the mind to the translation that guidance will make of these things in offering them to the conscious mind.

The one known as R wondered if it would matter as to how one framed the request for this guidance and we may say that, indeed, this is so. If one frames the search for advice and wisdom as a search for guides, then it is very likely that entities, as opposed to energies, will be contacted. We may say that it is very difficult to express the nature of these essences and energies that are guides and guidance. Take, for instance, [that] of angels. Angels are another way of describing inner plane guides. When entities over a long period of time think along the same patterns and constructions of thought there is created by such thought the reality that such thought embodies. Thoughts become things and guidance becomes angelic. And it becomes true that for each entity there are several angels.

If we were to go through each culture and its religious beliefs we would find the channels and pathways by which that body of entities that believed in that wise perceived their guidance to be housed or contained within. And, thus, you have fairies and genies and inner planes masters and so forth. [There are] as many different ways to contact

guides and guidance as there have been groups of people, or entities by themselves, who were seeking in a certain way with certain needs. What you may depend upon is that you fashioned for yourself, before incarnation, triggers [whose nature] would depend [upon] your appreciation and your awareness of the guidance that you need. As you seek for your guidance you need to follow that intuition that you have within you and those feelings that come from the heart. For it is the wisdom of the heart which often expresses through emotion only, that is the kind of beast, as this instrument would say, that guidance truly is. It is not an intellectual source. Guidance is not heavy on logic. Guidance can be paradoxical and, in many ways, can offer varying views on the same subject. What guidance is, as we said, is connections made within the self that enable the content of the deep mind to be moved close enough to the conscious mind that a translation of concepts into words and thoughts may take place. So what you are doing is asking the self to release the physical universe from consciousness and to move down into the roots of mind. Meditation is the specific way that we would suggest that this movement down into the roots of mind be approached.

Each entity will have a different experience when attempting to create the habit of daily meditation. For some entities it is a procedure that is very easy. Some entities offer to themselves within incarnation the gift of a quiet mind and economical thoughts, and for such entities meditation seems almost a natural way of life. For others, it seems most unnatural and is correspondingly difficult to create as a habit and, yet, we say to you that regardless of the subjective experience while gaining that habit of silence within each day, the progress is being made. It may feel as though one is coming up against a solid brick wall and going nowhere. We assure each that this is not so, that if the time is put in and the desire is true, the meditation periods will do their work and situations will begin to appear in a more lucid clarity. As the one known as Tom said earlier, it is not that the situation changes. It is that the response to the situation begins to change, which alters the situation, not for any other necessarily, but only for the self. Yet, since all metaphysical work is work on the self, this is a completely satisfactory situation.

We would suggest that it is well to develop one's personal way of approaching guidance, to put some time and concern in on clarifying to the self what is truly desired, what is truly sought, where the passion and the intensity of one's life is. For this process of seeking guidance and of listening to that guidance is an important part of accelerating the pace of your spiritual evolution. You will evolve spiritually regardless of what you do. The Creator's universe is somewhat efficient. Catalyst happens. Experience is gained. You do change. However, each of you is hungry for a faster pace of transformation, a more secure feeling that one is on one's way, that one is on the path. And certainly the whole process of meditation and of listening within that silence is central. We wish each of you the joy of finding your desires, of honing and sharpening those desires, and of seeking guidance in the pursuit of that thirst for truth, for love, for the Creator.

Remember that you may be part of others' guidance systems and you may not know it. Remember that when services small or large are done with love they will provide guidance regardless of who else is aware of your actions. When energy is put out it is not ignored, so that even if you do not know that you are guiding and the entity does not know that he is being guided by you, yet still this energy transfer will take place. So, at all times be aware of the ethical considerations involving relationships with others, for you do not know what service you might provide by simply being yourself.

We are with you in the silence. We sit with you in the darkness of the mind. There is love in that darkness. Know that it is there. Have the faith that your search is a good one, and allow. That is the word that opens the door once the silence is achieved. That word, allow. Allow the intuition to arise. Allow the still, small voice to speak. You will not hear, for it is silent. You can only act upon faith with that feeling of rightness.

We would at this time transfer this contact to the one known as Jim, thanking this instrument and leaving it in the love and in the light of the one infinite Creator. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and in the light of the one Creator. It is our privilege at this time to offer ourselves in an attempt to speak to any further queries which those present may have for us.

Is there any other query at this time to which we may speak?

T: I have had, for the last three or four weeks, several very strong dreams by spirit guides or guidance, and they are nudging me in a couple of directions. Away from a couple of things and towards a couple of things. I wondered what you could tell me about these dreams.

(Tape change.)

I am Q'uo, and am aware of your query, my brother. The experiences of which you speak are the natural function of the subconscious mind as it is working in tandem with the conscious experience due to the intense desire upon your part to know the appropriate steps to take in matters that are of importance to you in relationship with others. When the conscious mind has long sought a direction in which to move and has with an open heart found a kind of vulnerability, shall we say, then the subconscious mind moves through this desire and vulnerability and offers to the conscious mind the images and clues of the dream state. In this state there is the ability to impress upon the conscious mind a tendency, a direction, in which one may appropriately move one's being. We recommend that this dialogue with your subconscious mind be attended to so that the conversation might be attended to.

Is there another query, my brother?

T: No. Thank you very much.

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

Carla: I often get requests for questions to be asked by people who are not here. Is that a satisfactory thing to do? Or should people have to be here in order to ask questions?

I am Q'uo, and am aware of your query, my sister. We find that it is quite acceptable for queries to be asked of us for those who are not able to attend these sessions of working, and we are quite happy to give the best response that is possible without infringing upon free will.

Is there a further query, my sister?

Carla: Is there anything that I can do to prepare the mind of the person who is not present and is having

a question asked for him that would help you in the answering?

I am Q'uo, and am aware of your query, my sister. The simple informing of such an entity that we desire to be of true service and that is a service which does not infringe upon free will is all that is necessary in this instance.

Carla: Thank you so much, Q'uo.

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

S: On previous sessions you mentioned that you have talked with this group and with others. Can you discuss some of the other groups that you talk with?

I am Q'uo, and am aware of your query, my brother. There are few groups such as this one that we actually speak with in the words of your culture. Many such groups are there around this sphere who in their meetings and meditations are inspired in images and what you would call intuition and hunches by those of our group and by those of others within the Confederation of Planets in the Service of the One Creator. The channeling process is one which is, though widely used in this culture at this time, one which we are able to pursue in only a few instances, for there is the need for anyone serving as an instrument to proceed in that service in a certain fashion which requires dedication and perseverance.

Is there a further query, my brother?

S: Is there any means that we can help you by as you help others? A kind word or encouragement or similar means that we in third density are more able to do that might be of help to your service?

I am Q'uo, and am aware of your query, my brother. We salute the desire to serve others in whatever way is possible for in any entity such as yourself and all those gathered in this circle there is a possibility of sharing information and inspiration with those that one meets in the daily round of activities. Indeed, each entity has the opportunity and the potential to serve as a beacon of light, as one who inspires faith and love in other entities. It is said often within your culture, and we find it true, that there is no end of good that a smile can do, for as each entity moves more frenetically in the pace of the culture oftentimes the simplest of courtesies are neglected

and when remembered bring a great deal of encouragement to those entities with whom a smile is shared. To speak to another who has experienced a loss of significance, a difficulty in growth, a pain of the physical vehicle, and so forth, is a very helpful thing to do. Wherever there is the seed of love planted then there is a greater possibility of the open heart growing to fruition.

Is there another query at this time?

S: I have read about the planet Niberu which has a 3,600 year orbit in this solar system. Can you tell us how the catalyst from this planet will affect this world?

I am Q'uo, and though we understand that query which you ask, we are unable to speak to this query in any direct sense.

Is there another query at this time?

M: I would like to ask about kundalini energy and how we can grow from that energy and that type of meditation in yoga. Also what that energy can bring about in our growth.

I am Q'uo, and am aware of your query, my sister. The experience of the rising of the kundalini energy is one which is most powerful in its onset and requires that the entity which is undergoing this increase in awareness be most balanced, especially in the lower energy centers, that is, the red, the orange, and the yellow. For it is these centers of energy that form the foundation for the movement upward through the rest of the centers of energy. If this experience is undertaken without a proper balance in these centers there is the possibility of the loss of balance in the overall sense for the entity experiencing this growing awareness.

We would recommend that for any entity that is hopeful of igniting that [that] there be a careful examination of its own lower energy centers so that its ability to handle the increase of energy will be stable and remain so as the energy progresses through each ascending center. This may be undertaken in a daily pattern, shall we say, where the entity retires in meditation at the end of the day, looking at the experiences which have left their mark on the mind for that day and balancing each imbalance with its opposite so that the foundation is securely laid. This may take some of your time, for it is not a quick or easy process but one which takes dedication and repetition.

Is there a further query, my sister?

M: No. Thank you so much.

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

S: Recently I had a period of twenty-four hours where my gums were swollen and infected and I had to seek medical attention for it. I am still mystified for what the catalyst was for that, and is there a better, more direct way to get my attention?

I am Q'uo, and it is in such a case as this one that we find ourselves unable to move very far with our response, for the experience of which you speak is one which, as you have said, is one which has left you mystified. It is such a mystery that provides you with the opportunity to begin the process of untangling, shall we say, the origin of such pain and suffering. When there is no beginning within the seeker's mind of the cause of such an experience we find, then, that we must remain mostly silent in order not to infringe upon free will by putting in the mind that which was not already there. However, we might suggest in this instance that you look at the energy center which is located at the point of your pain and begin there with a consideration of words spoken and the value of such.

Is there a further query, my brother?

S: No. Thank you.

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

R: No question. Just wanted to thank Q'uo for looking after our free will and for the diligence in attempting to answer our questions, as repetitive as they seem to be.

I am Q'uo, and we are grateful for your words of support, my brother. For we are, indeed, hopeful of being of service with our humble words to this group and are also aware of the difficulties that each experiences in the daily round of activities. It is often a paradox that we observe entities which move with a great desire to be of service and in their desire to serve they stumble across this or that which seems to block the service, then, experiencing the blockage of service, ask all who may hear the cause of the blockage. When one wishes to serve such an entity it is apparently easier to give the answer rather than to withhold it and allow the entity to discover for itself in a manner which will carry true weight within the

entity's total being than to simply experience what is given by another. Thus, the table we set for you is often not completely given with all courses available. For this we apologize, for we are aware that many would rather have a simple and clear response, but in our estimation such is not always a helpful response, for entities learn most powerfully when the learning is from the self, with perhaps a clue or two from another.

Is there another query at this time?

S: To perhaps turn this around, can we answer any questions for you?

I am Q'uo, and this instrument's mind began to run wild with that one. We shall attempt to rein him in, for he was wanting to know who was going to win the Kentucky Derby. I am Q'uo, and we are without significant query.

Is there a final query for us at this time?

(No further queries.)

I am Q'uo, and we again would thank each present for inviting our presence and for putting up with our poor humor. We are always grateful to be able to walk for a moment in the world of your words. We assure you that we always accompany you in an unseen fashion and observe those gallant forays into the murky ways of the catalyst of this illusion that each of you makes each of your days, and we cannot thank you enough for your attempts to share your love and light with those who walk with you. For in this illusion at this time there are many who are in need of such inspiration and such light. None of you knows how great an effect that you have with the sharing of an open heart, a smile, an open hand, a suggestion and the simplest gestures of courtesy within your illusion.

We are those of Q'uo, and would at this time take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ❧



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SUNDAY MEDITATION MARCH 5, 2000

Group question: The question this week has to do with what would be the best way to deal with criticism from another person that really hurts us, that makes us feel real bad, especially when we feel that the criticism is unjustified. As a more specific focus for that general query, we would like information on how to deal with people that are specifically trying to take our power, that we feel drained of energy by after we leave their presence?

(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 welcome each of you on this beautiful spring afternoon. Through your eyes we experience the beauty of your plant life as it blooms in the early spring chill. How beautiful your dwelling place is. We greatly appreciate being able to share your setting and meditation with you. As always, we ask that you hear everything that we say with a discerning and discriminating ear, listening for those thoughts that resonate within your own mind and heart. Keep those that do so resonate and leave the rest behind, please.

You ask this day about how to deal with situations in which an entity has said hurtful things or has treated you in such a way that you feel drained of energy or saddened or discouraged by the exchange. As we often do, we would like to take a few steps back from this specific query in order that we may talk

about the background of this question. Each of you is a complex of vibrations. Your scientists can tell you this. This is not purely metaphysical truth. You are, in one way of looking at yourself, a system of energy fields. Each energy field has its life and essence and its way of interlocking with and interacting with other aspects of your energy, other fields of energy within your overall energy complex. You have spiritual energies, physical energies, emotional energies, mental energies, and these energies are a complex kind of signature that speaks your identity as clearly as your name, perhaps more clearly than the name you may share with someone else upon the planet which you now enjoy. You share the vibratory complex that you offer up at this moment with no one in the infinite creation. You are unique.

Each, seen from the viewpoint of a perfectionist, is somewhat out of balance with the self. Yet it is these eccentric balances that add to your charm and your uniqueness and enable you to offer the Creator a new and ever-changing picture of who and what It really is. Thusly, your Creator is delighted with you whether you are in happy times or in woe, whether you struggle or flow and swim easily with the current of your destiny. But to you, gazing within at your energies, there is not seen the charm and delight of your uniqueness. Rather, because as several have said this day in your discussion preceding this meditation, each has good days and bad days and

there are sometimes less skillful ways in which we share our energies.

The energy system that you work with in receiving catalyst and processing it into experience is your physical body, together with the finer bodies that interpenetrate that physical body you can see, feel and touch. Often we suggest to you that it is not wise to use the logical mind, but in this particular case we encourage you when you are looking at how you are feeling with regard to another person that you do take stock, using the intellectual mind as well as the intuition, of the basic balances of the body at each center or chakra of energy. For it is at those chakras or energy centers that energy is exchanged between entities or people.

We would quickly review the basic seven energy centers we would suggest as a model for you to work with. The seven centers are the seven colors of the rainbow: red, orange, yellow, green, blue, indigo and violet. Each center has its domain and together they are as the path which the infinite energy of the one infinite Creator may travel, beginning with the red or base chakra. The first energy center that the incoming infinite light and love of the Creator touches is the red-ray energy center or chakra. To this energy center flow those issues that are the most basic: survival, the natural functions that are necessary for survival such as sexual reproduction, the achievement of a food supply, and so forth. Those who are blocked in the red-ray energy center have a straightened or narrow or low supply of energy moving throughout the rest of the energy system. Therefore, it is well, if you see some red-ray blockage within yourself, to lay all other concerns aside while you work upon this all important energy center.

The orange-ray chakra is up the spine from the red-ray chakra, in the area of the lower belly. And to this energy center come the issues of one person to another person. To this center come concerns of being controlled, or controlling others, the love of control, or the fear of control, the love of being controlled, or the fear of being controlled.

Within the solar plexus is the yellow-ray chakra or energy center and to this energy center come the issues of the self with regard to groups. You will find many family difficulties depending from this center as opposed to the orange-ray center because within the mind the family members are given a different

kind of concern, attention and energy sharing than one gives acquaintances or strangers.

These three lower energy centers are very often the centers which you will find being blocked or being overstimulated when there are what this instrument would call personal problems between people. When there is a straightening or narrowing of the path of energy flow in these three centers the supply of energy reaching the heart chakra is diminished. Consequently, there is far less energy with which to respond to felt insult, offense or hurt feelings.

The higher energy centers are not those usually considered when thinking of how to deal with a difficult relationship or an unwise exchange of energy. However, it needs to be said that in the green-ray center there is great healing. In the blue-ray center of open communication even a little energy into this center can produce clear communication that is very helpful in situations sometimes. And certainly the indigo-ray center, which is that center which does work in consciousness, is one which the seeker is always attempting to use to some degree as the hope is held in the heart that the self is truly a seeker seeking for that which truly is there, as opposed to the self seen as a dreamer seeking for something that is not there, something that is only a dream. We can assure you that none of these energies or essences are at all dream related. Indeed, they are aspects of your nature that, to us, are far more real than your day-to-day experiences, for these are, as we said, the vibratory essences which are your signature in the metaphysical world. The saying that this instrument has is that you are what you eat. We would replace this adage with you are what you think.

What you ponder, what you hope, what your dream: these are more real than the day-to-day experiences on the deep level of work done in consciousness. Thusly, when you receive catalyst that seems to take your power away from you, to drain you, or seems to hurt the feelings, the first process, then, has nothing to do with any other person but, rather, has to do with working with the self to reestablish the feeling of wholeness of self that, in a metaphysical sense, implies safety. Sometimes there is fear connected with such a difficult relationship exchange. Sometimes there is anger, but, whatever the emotions are, the experience of being out of control and left to twist in the wind, shall we say, without

any power, is that which needs to be looked at carefully. Think about the exchange that has taken place and, in the privacy of your own time, ask for the forgiveness that lies within you to come to aid you. You are a powerful being. Within you lie conduits that move deeper and deeper in mind until you eventually merge with the one infinite Creator. Nothing outside of you can destroy this wholeness. However, depending upon the circumstances, a difficult experience with another entity can make you feel like you are no longer whole, entire, intact or safe.

Thusly, the first work of the seeker is to reestablish the wholeness and integrity of the self. This instrument earlier suggested to one who was expressing the feeling of being drained that the physical motion of the scissors cutting be made over the energy center from which this sensation of being drained was being felt. We find this a perfectly sound suggestion because the work actually being done is being done in the metaphysical universe as opposed to the physical. You are not making motions in the air in the physical to any use. Rather, you are expressing an intention or desire in the metaphysical world, and in this universe thoughts are things and a thought pair of scissors will cut the thoughts of another who wishes to exchange energy in the sense of attempting to control or take the power of you. Thusly, once you have reestablished the integrity of your finer bodies you can begin to heal from this unwise exchange of energy.

The energy of forgiveness is one which is infinitely strong and yet very subtle. Sometimes it is difficult to pin down precisely whom you wish to forgive first. Are you upset with this other entity who has caused you seeming discomfort? Or are you more upset with yourself for being vulnerable to such unwise energy exchanges? If necessary, sit with this question in meditation and simply await a sense or a feeling of whom to forgive first. For both yourself and the other are involved in this exchange. Both are individuals, holy in their own right. The deeper truth of both beings is love. Once you are able to establish whom you need to forgive first then it is left for you to accomplish this by intention.

May we say that it is often not possible to forgive completely at the time that you would wish that all be forgiven. There are times when the disharmony within an energy center is such that such energy gets

jammed and will not, shall we say, go through, much as a telephone call will not go through if the line is busy. Again, this may take time for you to work with. It is easier for you to forgive the other very often, than it is to forgive the self. It seems always that the seeker is disappointed with the self for having any problem whatsoever. It is easy to forget that the reason for incarnation, the reason for entering into a body, and entering the veil of forgetting as you do, is so that you will be confused and puzzled and have many uncomfortable experiences and undergo much suffering. This is difficult to remember when one is uncomfortable. And yet it remains true.

Once this process of forgiveness has been carried through to what you may feel satisfied with as an outcome, then it is time to begin to look to your systems of energies to see if they are, indeed, in balance. For the preparation for meeting the moment with an open heart does involve coming to a position within your energies wherein you feel relatively unblocked and able to allow the infinite energy of the one Creator to easily move through the system of energy centers traveling upwards into and then through all of the energy centers and then back out into the creation.

We took the time to go through these energy centers and to look at some of the, shall we say, high points of each center because this is a system which you can work with in many different ways. It helps to know how you are made. Any mechanism which is having difficulties remains broken until someone who knows how it is supposed to work can take it and work on it. Your metaphysical beings are such creatures. They do have a rhyme and a reason. They can, indeed, be drained of energy, and there are things that you can do to mend those broken places, but until you grasp how your energy works it is not so easy to sit down and begin to do the repairs. When you have gone through the processes of balancing and forgiveness then you are once again at peace and at rest, feeling relatively safe in your own skin. However, you remain vulnerable and this vulnerability is very, very important. It is central to the Earth experience.

We would like to frame this vulnerability in a more positive way, for each of you before incarnation was extremely eager to come into the Earth plane and to offer the life experience as a service and gift to the

one infinite Creator. From a position before the dropping of the veil of forgetting you could see that you had an opportunity in the darkness of the Earth plane to live by faith. You knew that a life in faith outside of incarnation was very easy to achieve because you, like all other entities not in incarnation, were totally aware of the plan of the one infinite Creator, of the beauty of that plan, of the goodness of the adventure of attempting in a world where it was not at all obvious that love abides, that it would help your polarity tremendously to come into this darkness and to express a life lived in faith. It looked easier, by far, before incarnation than it does now. We are sure that this is an understatement for each of you. It does not look easy at all from within incarnation to deal with difficult people and situations, challenges that seem to rob you of energy.

However, all of these difficulties, all of these ways of moving beyond your ability to cope, are moments of great opportunity. For when you are beyond your ability to cope you still have one choice to make: despair or hope, giving up or digging in. Saying, "I'm finished," or saying, "I have just begun." You are entities of great power. Again and again your outer experience will seem to rob you of that power. Again and again there will be the level upon which this is accurate. There will be the level at which you have lost power and underlying this level of apparent experience is a faculty called faith. It lies like a floor that you must believe is there before you can feel it under foot. It is in times when you are helpless and hopeless and at the end of your human strength that faith will help you soar and fly far above all restraints and limitations. Faith is something that picked up weighs nothing but planted yields everything. It is in the air about you. It is in the heart within you. It is in the remembering of the mind that is disciplined to reject hopelessness, so you have good work to do when catalyst overcomes you.

Feel those feelings of helplessness, anger, grief, pain and puzzlement. Allow all of those strong emotions to wash through you, for they are cleansing to you. Moan and cry if you need to in the privacy of your own chambers. Do what you need to do to validate this experience that you are having. Don't say that it doesn't matter, because it does. These energies that you are experiencing as being drained are very real. But also move onto the next process. Invoke faith, forgiveness, and faith again. Surround and permeate yourself with faith.

The one known as Jesus the Christ wished with all its heart, all its soul, all of its strength, and all of its mind to take upon itself as it died the death of every other being in the creation. The difficulty with your doing the same thing is very simple. Is this your time to go to Jerusalem? Is this the time for you to be completely sacrificial of yourself? Do you feel that you will be of more help by being vanquished by this unwise exchange of energy, or do you feel that it would be of more service to the infinite Creator and the world in which you live for you to mend yourself, to re-establish your health, speaking metaphysically, and then to move on to further learning within this incarnation? This instrument, may we say, has at times been the martyr, offering the self in unwise energy exchange and not realizing that this was unwise. Each of you has had the temptation to be the martyr, to give of the self beyond all possible healing, until there is nothing left. You may be Christ-like. We do not say this is a poor choice. We only say consider well if you wish to remain bankrupt or if you wish to restore your own integrity.

We would suggest that, most of the time, skill lies in protecting and defending the self, metaphysically speaking, [so it] can repair its energy loss and again stand upon its own two feet, metaphysically speaking, ready once again to offer all, to love all, to serve and hold to high ideals as best as it can. New catalyst will come and new challenges, in each and every day. But you are a powerful entity. You can and you will learn more and more skill and take more and more courage, for each time that you go through the balancing, the forgiving, and the re-determining to live a life in faith, you open to yourself more of the power that lies in potential within you. You do not need to remain a victim. You may have relationship into which these periods of unwise energy exchange will come again and again. These are the relationships in the school of Earth that you prepared for yourself. You felt that you had plenty of ability to deal with these challenging personalities. You felt that you wanted to look in the mirror at these qualities within yourself projected onto others. When you are at your lowest, remember who you are. Remember the confidence you felt in yourself and then move into the ways of faith.

At this time we would transfer this contact to the one known as Jim. We thank this instrument and

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

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves to speak to any further queries which those present may have for us.

T: I understand the need for polarity. To experience one, you have to have the other. Most of my days are very positive but now and then I have one where I feel very negative about everything. As one becomes more positive does the need for the negative experience lessen, and when you have a number of positive experiences does that mean you need more negative to remind you where you are?

I am Q'uo, and we believe that we grasp your query, my brother. We would not suggest that there is a general rule for all entities, for the balancing process in which you are now partaking is one which you have been experiencing for some time now, where the outlook for the day, the attitude of the mind, is one which has moved in a, as you would call it, positive direction in which the joy and light of the Creator is more apparent to you because of work you have done upon yourself. On those days in which you experience the negative, the attitude [of mind] sees much of darkness about you and is the remnant of the prior perceptive abilities. Thus, you will find in your own abilities ...

(Tape change.)

I am Q'uo, and am again with this instrument. To continue. There is a momentum that is possible to obtain either with the positive or the negative outlook, for as one feeds the beast, shall we say, so shall it grow. The momentum of the positive outlook for you now has begun to hold sway in a greater extent than in the past and this may be expected to continue.

Is there another question at this time?

T: No. Not at this time. Thank you.

I am Q'uo, and we thank you, my brother. Does another have a query at this time?

S: Our oldest daughter has very consciously avoided any contact with us. Phone calls go unanswered. My wife is quite concerned that our daughter needs our help or is in need of attention. My meditations tell

me that she has done something and is afraid of our disapproval and wants to avoid us. Should we back off? Does she need our help in any way?

I am Q'uo, and am aware of your query, my brother. As the daughter has been aided in her leaving of the home environment and has now found a place in the physical world of her own it has the normal response that is to be somewhat divided, shall we say, in appreciation for its new position and in some trepidation for its security. Thus, one may expect that if aid is needed, it shall be requested. However, there is also the possibility that the entity known as the daughter is hoping to create the feelings of fear within the parental entities so that they will rush to an unasked aid or, perhaps, simply worry that their expectations were too high. The young entity must needs exercise its own muscles in order to grow strong. This, we find, is a portion of the philosophy which has put each in the position which each now occupies, and we would recommend that the course be stayed.

Is there a further query, my brother?

S: I have been in business for fifteen years and my wife has been in it with me for ten years, and we are contemplating the possible [closing] of the business and perhaps pursuing other ventures. It's not so much a spiritual question but a friend to friend question of having an opinion as to what we should do. Can you give me one?

I am Q'uo, and though we are aware of your query, my brother, we must respectfully decline to offer a friendly opinion for it would infringe upon your future in a manner which we would not wish to accomplish.

Is there any further query, my brother?

S: I guess I have to ask at least one question a week where you give me that response. Let me think of another one which I can put you on the spot with. It seems that I have had an infected hair on the back of my neck for years. It will sometimes scab up and go away and sometimes it occurs. Can you tell me what is the cause of that?

I am Q'uo. Buy pork bellies. We find that this response also causes this instrument to wonder, but we cannot offer any opinion other than this. Please forgive our shortness of words. We are sure that you understand.

Does any other entity within the circle have a query for us at this time?

R: No question. I just want to thank you and the other entities of the Confederation for joining our circle today.

M: I want to express my sincere appreciation as well.

T: I, too, want to thank you for speaking to us.

I am Q'uo, and we thank each of you for your gratitude. It is an attitude which is most helpful in this circle of seeking. May we ask if there is another query at this time?

Carla: If you had one thought that you would like to leave us with, what would it be—in regard to all that we have been talking about today?

I am Q'uo, and we are grateful for your query as well, my sister. We are not usually those who are quick to give a thought for the day, but we are aware of the concerns shared within this circle of seeking on this particular day. There has been much opening of the heart in true concern for the way in which the life pattern has unfolded for each in the recent of your past. We find that each is concerned that the correct approach, attitude and steps have been taken, that the best that each has to offer has, indeed, been offered. And we would recommend to each our thought for this day that the worries of each be released, that the concern which each feels for one another, for the self, for loved ones, for any situation in which each moves, that the proper attention has been given, for each is a sincere seeker of truth and offers that which is in one at each moment and at each turn in the daily round of activities. That there is any question here we understand for each of you within the illusion, for you move within the darkness of not knowing the complete connection of all things within the one creation. However, from our point of view we can assure each of you that each is moving in the appropriate direction, accepting that which must be accepted, and moving on as best you can. And the burden of your experience seems heavy upon your shoulders. The worries that propel you to take one step or another are yet another heavy weight that each could well do without, for there is no mistake that love cannot make whole. There is no missed step that cannot be corrected with compassion. Understanding will heal many wounds, my friends, especially those that are self-inflicted.

We would encourage each to move forward in joy, in love, in light, and in appreciation and exuberance for the life which each now shares upon your whirling ball of Earth. The one Creator is strong in each and is most pleased with that which you have accomplished. You cannot displease the one Creator, for all experiences, both those which you call negative and those which you call positive, are the food of life for the one Creator that wished to know the length, the breadth, the limits of love, if there are limits to love. What can love heal? How far can love move? How powerful is the love that made the one creation? Each of you tests these questions and many more within the daily round of activities and thus far no one has exceeded the bounds of what love can heal. Rest, then, in peace and in love and in light, my friends, for each of you is doing most well in the difficult journey of seeking the truth within the third-density illusion.

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



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SUNDAY MEDITATION MARCH 19, 2000

Group question: The question this week has to do with the discipline of the personality. We wonder what that might mean and how we can utilize it in our daily lives. Does it have more to do with how we respond to the things we do in our daily lives? Does it also include what we do in our daily lives? If, for example, we had six times during the day that we did meditation and prayer would it be a discipline of the personality in the positive sense for us to do these six meditations with a welcoming, relaxed, happy, open attitude, or would we still be exercising disciplines of the personality if we did it grudgingly or if we occasionally forgot? What exactly is the discipline of the personality, and how can we use it in our spiritual life?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator. It is our privilege for us to join your circle of meditation. We thank you for the beauty of your vibrations and the keenness of your desire to seek and know the truth. As always, we ask that those things that we say be tested by your own discrimination so that you keep only those things which seem helpful to you and release the rest from your memory.

You ask this day concerning the discipline of the personality. We are most glad to speak to you on this subject but, as is often the case, we would like to

place this question in the context in which we see it, for this question is a question concerning what this instrument would call work in consciousness. This work in consciousness is a function of the indigo-ray or pineal energy center and there are strictures upon the appropriate occasion for doing such work which we would like to look at.

As this instrument is at this time working in the project of creating a handbook for wanderers it has had a good deal of occasion to reflect upon the basic arrangement or pattern of the metaphysical universe. Each of you as a physical entity and part of the physical universe is a human being with goals and interests, habits and preferences. The world seems to do unto you rather than you unto it. In the metaphysical universe this same situation takes on an entirely different cast. Rather than things in the world having weight, it is the thoughts and the intentions, the desires and intensifying effects and the blockages of energy and relaxing or limiting effects of catalyst that bear weight.

The person who is newly awakened to the way the metaphysical universe works will need to make a dramatic and often life-changing shift in thought in terms of what is valued or prioritized in the attention from moment to moment as the seeker is going through her day. The things of the world call upon the very persuasive levels of the senses and the errands and chores and busyness of the day intrudes greatly upon this basic frame of mind with which

the person of the world goes about interacting with his environment. In terms of the metaphysical universe the everyday experience becomes the hallowed and greatly valued grist for the mill, as the one known as Ram Dass put it. And when one considers the same chores and concerns one is looking not simply for the completion of a list of things to do but also a way of going about the doing of these things that is informed and energized by the manner of being which underlies and undergirds the everyday experience.

It is in this regard that the discipline of the personality can come into play. However, it is important to note that the energy system of the mind, body and spirit of the complex of energies cannot be manipulated beyond certain limits. That is, if there is a blockage in the lower three energy centers, which have to do with survival, the way the self regards the self [or] relates to other entities one at a time, and the way the self relates to the groups of third density, such as the work environment and the family, then the power of the one infinite Creator that enters the body in infinite supply cannot come into the heart center with full energy. There are many ways to distort or block or confuse these lower energies.

The most likely culprit in the root-ray or red energy center is the self's basic opinion of the self as being either a deserving portion or an undeserving portion of the creation. Those who are harboring depressed thoughts and thoughts of suicide, for instance, will block almost all energy coming into the body system. Those with intense sexual cravings or with other ways in which the self has distorted the energies of sexuality and survival can also substantially block and hinder the life-force from moving into the body energy system and rising to the heart. Each of you knows already too well the difficulties of the orange and the yellow-ray energy centers, as the conversation before this meditation expressed eloquently. Each is working with the concept of self, with the concept of self in relationship, and with the concept of self in groups, in ways that distort and filter that energy. And each, being unique, is doing that distorting and partial blocking in her own way. And, therefore, each has what this instrument calls a knot to untangle that is unlike anyone else's knot, has the confusion to unravel that is not precisely not like anyone else's confusion.

And while these processes are going on it is not wise to attempt to work in the higher energy centers. This means that there are many times in each day where remedial and centering work in balancing the lower energy centers and clearing them is called for. There is not the work that is done once and then left but, rather, the metaphysical housework of clearing and re-clearing and re-clearing, cleansing and cleaning the energy centers, encouraging them by various means to be crystallized, balanced and energized so that more and more energy can be taken in and processed and transmuted as the energy moves up the energy system of the body. Each then must determine, daily, hourly, if it is an appropriate time to do work in consciousness. If it is an appropriate time to be looking at the discipline of the personality. Now that we have expressed our cautionary hope that each will refrain from doing such higher energy work until full energy is pouring into the heart we can take into consideration the discipline of the personality.

As a background to work in consciousness in general it may be noted that that energy which is called the rising of the kundalini is an energy placement that is heavily dependent upon the intensity and purity of desire and the type of desire that you as a soul or spirit are naturally and inherently feeling the need to express. In other words, there is energy entering the bottom of the energy system, coming up from the feet and into the root chakra and moving from there upwards. But there is also the inner light of the one infinite Creator that is called into the energy system through the gateway of intelligent infinity through the violet ray and into the green, blue and indigo energy centers. Work in the discipline of the personality is indigo-ray work. And it is facilitated greatly by persistent daily work on one's desire. For the more intense that desire the more powerful will be that energy moving through the gateway to intelligent infinity from above. And the more powerful will be the pull that pulls that energy up from the root chakra and to the meeting with that inner light that is called by the metaphysical worker in consciousness.

What one hopes for from the energy system in this regard is to have an intensification of the full power that is coming into the heart meeting in the indigo-ray center, and this is a goal which cannot be followed as a goal but, rather, lived as a process. For, again, this will not be work that is done once and

never again. This is in no wise a work that after one has done it one may rest upon one's laurels. Rather, this is a continuing effort throughout the incarnation.

Now, let us look at the concept of the personality, for this is what one is attempting to discipline. It is our feeling that the personality shell is an artifact of the incarnation in which you are now enjoying existence. This personality shell was chosen carefully by you, picking from the gifts that you had worked upon in previous incarnations, choosing areas of weakness that would give dynamic to the catalyst that was desired for learning the specific lessons that you chose in this particular incarnation. It is not to be considered a real being but, rather, the outer shell of a being that is infinite. It is a face to meet the faces that one meets in the physical illusion, a voice to meet the voices, a way of thinking to meet the ways of thinking that one meets. Those of the Eastern religions tend to look at this as a fundamentally unreal entity and see the self as unreal. We note that this is, to us, a somewhat simplistic diminution of the actual situation.

However, we would agree that the ego is a good term for this personality shell and may be seen to be subject to the suspicions, shall we say, the justified suspicions of the spiritual seeker. For this personality shell is a collection of gifts, challenges, limitations and biases of all kinds which then is taken out of one's control, for the most part, while one is young in years and given a thorough enculturation from parents, teachers and others in authority during the young years of the incarnation. By the time the entity awakens spiritually and resolves to take responsibility for the self this personality shell has become huge. It seems very real. It seems to be indestructible and almost impossible to change in many ways. This is a semi-permeable illusion.

There is complete free will to alter the distortions of the self. It is simply that there is tremendous resistance to change from this personality shell. The value of the shell is that it is as the user interface between the self and the catalyst, those faces that meet you face, those thoughts that meet your thoughts, and so forth. It gives you a place to start. It gives you preferences and biases to begin with. It gives you, shall we say, the abode that is as the haven where the precious self within rests in potential, waiting for the opportunity to come forth.

Now, each of you has undoubtedly noted throughout your experience that bits and pieces of this personality shell will fall away, sometimes for clear reasons, sometimes for no apparent reason, at a certain point within the incarnational experience. This instrument has called this the subtraction process, and many have thought of it as the refining fire that tempers the self. One could see the action of catalyst and experience on this personality shell as that of the sculptor who skillfully or awkwardly is attempting to create a new shape out of the block of stone that is the personality shell. There is a far more vital and authentic being resting within this relatively non-vital shell. Consequently, the spiritual being within the worldly incarnation is as the mine of precious stones which has been overlaid with dirt. It is a wise and protective measure, given the circumstances of incarnation. This mining, then, can be seen as the discipline of the personality. The careful, slow, almost scientific excavation of the authentic self from the jagged edges and roughness of the personality shell is the goal of the worker in consciousness who is attempting the discipline of the personality.

Each personality will have significant areas where the self can see that there is metaphysical work to be done. This instrument, for instance, cyclically moves into an attitude of self condemnation because of its tendencies as a personality towards clothing itself in many, many varieties of outer skin; one layer of clothing after another is seen to be acceptable and then not acceptable. There is felt to be the energy given, for instance, as this entity has recently done, to the achievement of an Easter dress and hat because of this instrument's tendencies to think along the terms of appearance and wishing to have the clothing that it would prefer.

However, simply cutting off the self from the purchase of the clothing can be seen only to be working on the surface of the personality. In disciplining the personality it is far more telling if the worker in consciousness can see into the fear and the unworthiness, these being indigo-ray energies that are distorting the entity towards achieving further changes of clothing in order to defend the self and create that feeling that the self is in some measure of control. Each entity will have deeply personal areas where the energy is drawn and leached away from metaphysical pursuits and it is to these rough places of the personality that the worker in

consciousness will go in thought, not to condemn the self, not to attempt with the knife to excise surgically parts of the self, but, rather, to see these places as places where the earth is covering the jewels in such a deep way that the focus of service and learning is shifted to trivial concerns.

In no wise do we recommend that entities simply cut out those activities which the self considers beneath metaphysical notice. Rather, we would encourage each to come into a vision or an attitude concerning the self that—we offer this instrument the phrase, “My funny valentine.” We find the words to this song very pointed in this regard. “My funny valentine, you look so laughable, unphotographical. You’re my favorite work of art.” This is how you may see yourself as a spiritual entity. As a funny, but very, very sweet work of art. Each entity in incarnation, especially in third density, is a puzzle, a mystery, and an enigma with funny quirks and uncommon lapses that don’t seem to add up to a totally sensible human being, and, yet, with all of the preferences and biases and funny places yet still each of you is a beautiful and perfect sublime complex of vibrations that is unique and most beloved by the infinite Creator.

When you can have this attitude towards yourself, rather than a condemnatory or a judging attitude towards the self, this in turn frees the self to be the self without apology or guilt. And at the same time it frees the self to begin to consider where lies love in the personality and where lies fear. For fear is part of that dirt that covers the gems of the true and authentic self. What you are doing is panning for gold in a way. You don’t want to take great chunks of your self and toss them to one side. You might miss a gem. You want to take a sieve and sieve each part of that earth, gazing at all that is you to see where the glimmer of treasure truly is. And as you sieve and discard the earth, you do not judge the earth but, rather, thank it for protecting that authentic self and offering it a haven within incarnation which is relatively safe, no matter what the outer circumstances, difficulties or tragedies in a worldly sense that the self may be going through.

We feel that this is sufficient material to begin this consideration and would at this time transfer this contact to the one known as Jim for further questions to refine this subject or anything that remains to be discussed at this working. We leave

this instrument in thanks, love, and light and would now transfer to the one known as Jim. We are known to you as those of Q’uo.

(Jim channeling)

I am Q’uo, and greet each of you in the love and the light of the infinite Creator through this instrument. At this time it is our privilege to offer ourselves to speak to any further queries which those present might have for us. Is there another query at this time?

Carla: I would like to give the instrument a chance to ask any further queries on this topic since he is the one who brought it up. He can just ask it mentally and you can respond.

I am Q’uo, and we are aware that the one known as Jim will need to read that which we have given before further questions are offered. Is there any other query at this time?

Carla: Well, just to follow through the example of me with my clothes, would the discipline of my personality in this regard, then, be looking at this habit and this preference and seeing the energy that is caught there in a metaphysical sense rather than making a move to change my behavior? Would that be a discipline of the personality?

I am Q’uo, and am aware of your query, my sister, and we find that you are, indeed, correct in that when one is assessing the metaphysical treasure, the metaphysical value of an activity, an action, or a thought then one is beginning to build the foundation of that which shall, in total, for the entity become the discipline of its own personality. The personality in each instance, then, is offered an expression of itself in a fashion which allows for the understanding of the metaphysical nature of the action to be expressed. This is to say that all thoughts, and actions, words, and deeds may be assessed for the metaphysical quality that they offer to the individual. Thus, the entity in each instance is attempting to concern itself with those things which have value or growth. The metaphysical nature of each expenditure of energy is assessed and further expenditures of energy are arranged according to those qualities which the entity feels will help in personal growth.

Is there a further query, my sister?

Carla: So what I am hoping for when I am working on an area of my personality is that as I see into that area that I will have less and less to tie myself to that expenditure of energy. But is it also a discipline of the personality to go ahead and cut off the clothes-buying, in this particular instance, or is the metaphysical work best done by doing the thinking about it and then allowing spontaneous subtraction to take place?

I am Q'uo, and we are aware of your query, my sister. The expression of the discipline of the personality would be in that area where you felt there was the greatest potential for personal growth in the metaphysical sense, springing from your decision concerning purchasing or not purchasing further clothing. One may, for example, feel that there was growth potential in further purchases for they would add to the sense of worth for the self. Or one may feel that the metaphysical value would lie in the area of reducing the purchases or further purchases in this area would be felt to be of no value in the metaphysical sense. That is, there would be no increase in the sense of the worth of the self in so doing. This would depend upon the personality that was involved in such a purchase and how this entity viewed the self, the clothing, and the interaction of the two.

Carla: So you are saying that it isn't that one way is the right way, but that this is an area of play where we can make holy play out of improving ourselves or becoming more true to ourselves?

I am Q'uo, and we find that this is, indeed, correct, my sister, for it is the intention with which the activity is undertaken that determines its value in the metaphysical sense and the discipline of the personality would be that activity which the entity determined to be of metaphysical value.

Is there a further query, my sister?

Carla: One more. So if, for instance, we decided to be more disciplined about how much time we spent in formal meditation or offerings of some kind, what would make it a discipline of the personality would be the reason that we undertook such expenditure of energy. Is this correct?

I am Q'uo, and this is correct, my sister. Is there a further query, my sister?

Carla: No. Thank you.

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

T: Yes. I mentioned earlier that I had an insight into my own possible motives, justification, or whatever, for certain service to certain people in my house, and it seems that part of this is ego or control factor on my part as much as wanting to help. I would like your comments on this type of thing when one undertakes a service and there are ulterior motives or things possibly of the personality that causes you to undertake this, that might not be the purest of motives.

I am Q'uo, and we believe that we grasp your query, my brother. In the situation of which you speak the underlying quality that is of significance is the intention upon your part is to be of service in an overall sense. This is to say, that the actions and attitudes employed with the desired end in mind ...

(Tape change.)

I am Q'uo, and am again with this instrument. We shall continue. That situation of which you speak is one [in] which each entity involved is deemed to have a stake in the outcome of the endeavor. That is to say, that each entity will benefit from the action which has been undertaken, with the hope that the overall effect, then, will be for the growth of each entity. There may indeed be, as you have stated, certain hidden desires or portions to the agenda that one will be happy to see occur, yet we suggest that the overall desire for the benefit of all is the overriding consideration in this situation.

Is there a further query, my brother?

T: No. Thank you.

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

(No further queries.)

I am Q'uo, and we are also most grateful to each who has gathered here on this day and we would remind each that we are with you in your own meditations to aid in the deepening of your meditations. If you would ask us to join you there we would be most happy to do so. At this time we shall take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♀



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SUNDAY MEDITATION

APRIL 2, 2000

Group question: The question this week has to do with protection. And we are thinking about two types of protection. First, the type that you would invoke from outside of yourself if you felt that there was a need for angelic protection, protection by Jesus, in asking a saint for protection or a guide or any other inner energy you felt was helpful. We would like Q'uo to speak to that type of protection and also relate it to the type of protection that comes from one's way of living, from focusing on the being, upon service to others. Ra said producing fruit was a protected activity. Would this have anything to do with refusing to be afraid of that from which you might need protection? Does it help to have an attitude of gratitude?

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet each of you in the love and in the light of the one infinite Creator in whose service we are. We cannot express our delight to you and our pleasure at being able to join this meeting this afternoon. It is always a signal event when we are able to meet with this group. We would like to thank each for calling us to you by your desire for the truth. In that regard we would like to share with you that it is our perception that we are not authorities over you in any way, nor do we have what is, for you, necessarily the truth. We have opinions and thoughts which have come out of our experience, and we are happy to share this with you, for this is the nature of our

service to the Creator at this time, to be in communication with those who seek information of this kind in this way.

However, we ask that each thing that we say be brought before each entity's discrimination, for you and only you will be able to feel the resonance of your truth when you hear it and when it comes into your heart. If there is not this solid feeling of resonance in our thoughts then we ask that you leave them behind, for what we are doing is not so much informing but, rather, sharing. For we are as you: students of the way. That way that calls all of us towards the mystery and the fullness of the one infinite Creator.

You ask this day concerning protection and because of the music which you played to begin to tune the session we would choose to begin with a discussion of the protection that can come from what the questioner called outer sources. The practice of calling for aid from a strong helper is as ancient as the belief that there are strong helpers. You must see your density as one in which you will inevitably, again and again, throughout your life be in the position of wishing to call for help from others. For the entire purpose of third density is socialization, the learning to give and to receive love and to give and receive lovingly that encouragement and support that is needed.

This instrument, for instance, in her tuning process habitually calls upon the archangels and all of the discarnate and angelic spirits that are within the inner planes of your planet. This instrument asks them to come and be a part of the session of working, helping to protect the instrument, the source of the contact, the contact itself, each person in the circle of seeking, the circle as an entity, and the physical space in which the meeting is taking place, the room, the house, and the surroundings. Each time that this instrument tunes itself for contact it goes through these preparatory protections. Further, it works with the energy centers of its body and wraps itself first in the protection of the body by the body and then the protection of the infinite white light of the one Creator.

May we say in this regard, then, that it is efficacious to call upon those entities, energies and essences to which an entity relates as ideas or ideals that are esteemed and admired. Calling for help sets up a dynamic within the inner planes as does any prayer. Indeed, we may include in this category specific worries which come repeatedly to the mind and begin to take over the mind. If these worries can be reformed into a more prayerful rendition so that help is asked this is an efficacious thing to do. However, you may note here that in this way of asking for protection danger is seen as “out there” and the protection against the danger is also seen as “out there”; that is, beyond the confines of the physical body and its thoughts and feelings and spiritual nature.

Consequently, there is a natural limit to this kind of request for help. The efficaciousness of these prayers and request for protection depend, in part, upon the attitude of the one praying towards the entities who are asked for help. If an entity is not actually one who believes or has faith that such calls for help will have an effect, then it weakens the prayer greatly. The faculty of faith, then, is signally important in asking for help from outer sources as well as in general.

To look at the attitude of the spiritually awakened entity who refuses outside help we would like to look at some of the actions of the teacher known to you as Jesus. This entity was extraordinarily aware of the issues involved in asking for protection. This is a time within what this instrument would call the

church year when the one known as Jesus spent over a month in the desert. The story goes that this entity was fasting and being tempted. One of the temptations that this entity, Jesus, faced was the temptation to ask for outer help from angels. “Go ahead,” suggested a negatively-oriented entity, “Throw yourself off of a high rock. Show me that the angels will catch you and not allow you to harm as much as your foot.” Jesus remained on the rock. “You are hungry,” came the voice. Make some bread out of that stone.” Jesus ate locusts and starved. This entity grasped that he had no need of protection because he had nothing to fear. As the one known as T so accurately pointed out in an earlier discussion, an entity which has come to be fearless has come into a kind of balance that is beyond the forces of life and death. This may make such an entity seem weak-minded or [to be] missing the point. Someone new to the story of Jesus the Christ would at this point wonder what the point was of refusing any help when clearly there was no food, no shelter, and no comfort.

And, yet, to the one known as Jesus all that was necessary was the knowledge that he and the Father were one. He and the Father could be one in a desert with nothing to eat. He and the Father could be one in death when that illusion would vanish and he would once again, in spirit and in truth, be one with the Father. He could be one with the Father in any human situation whatsoever. And this was the value that this entity held above all others, seeing the primal nature of this utter belief in the unity of all things under the one infinite Creator.

There is a great key in this understanding. As long as an entity may tabernacle with the Most High, with El Shaddai, with the light, the Creator, the one original thought or Logos that is the Creator, all else has a habit of falling into place. This falling into place may include limitation, difficulty, illness and death. We do not say that fearlessness or faith will protect one from the natural processes of catalyst, declining health, or the natural end to an incarnation. However, let us continue to look at the attitude of the one known to you as Jesus the Christ. For if there was ever an entity which declined protection, this was the entity.

In its final days, knowing that this was its final few days upon the Earth, one night after dinner this teacher lovingly asked for its students to accompany

him to a place where they could pray, for the one known as Jesus was fully aware that the time was almost gone and, oh, how this entity dreaded what was to come, as would any human in the bloom of life, young, and strong, and vigorous. It did not wish to lay itself down upon an altar as had Abraham done his son. He had no wish to immolate himself on some sacrificial fire. He wished to teach and to share and to love those who had been given to him. But the will of the Creator was pressing upon this entity's awareness, and he could not ignore the call that he felt was true. One last time he said in prayer, "O Father, please, if it is at all possible, let this not happen. Let me not have to do this." The answer was "no." Three different times he looked around to see if anyone was still praying with him and three times he found that all of his students were asleep and that he must meet this moment alone, vulnerable, completely undefended and unprotected.

When that moment came, when their little retreat was filled with soldiers suddenly, his students sprang to defend him. But he shook his head, "No," he said. "Put away your swords. My kingdom is not of this world. No fighting, please." He gave himself up to the authorities immediately and he walked willingly and sacrificially into his destiny. There must have been a thousand times in the next twenty-four hours before his death when he was tempted to say something in his own defense, to call upon powerful friends, or his heavenly Father, or some kind of angelic fix, but he never prayed, "Get me out of here." He was too busy watching for one more opportunity to love. When he was upon the cross at last, in the worst of his misery he kept finding little ways to show love. He saw his mother and suggested that one of his disciples take care of her and that she take care of him. He prayed for those who were murdering him, asking that his Father forgive them. No excuses. No anger. Just one more way to extend love, and when one of the two who were crucified with him mocked him and the other rebuked the first thief and said to Jesus, "Sorry about that. As for myself, do you suppose if you make it you could bring me along?" Jesus said "This day you will be with me in paradise." Anyone who hears this story knows two things for sure. Jesus the Christ loved and that thief was in paradise that day.

Now, how to bring such intense and pure love into your life, how to ask of that love to remove all fear we do not know, for with each entity the gifts of

your incarnation, the circumstances of your incarnation, and the lessons that you came to learn will greatly shape the rhythm of your life. And those lessons that cycle through, again and again, for you may not seem at all the same as the lesson that is cycling for the next person, for your mate, or for your sister, or for your good friend. And, indeed, each of us, no matter what our density, if we are in incarnation, does have an agenda that we design for ourselves before we entered incarnation. This agenda involves relationships which need to be balanced and issues about which we have not yet learned enough to make skillful choices.

Now, both of these relationships and these issues will revolve around some aspect of the giving and the receiving of love to each other. As we said, your third density is a social density. You are here to learn to love, to give it and to receive it. You would be surprised how often it is that the giving of love is not difficult. It is the receiving of love. It is the surrender to love that is so hard, so very, very hard. And we know this because we have been through much more experience, but we still have that slight skin of separation between us and the goal that we see before us. We do not yet see that all things are one and that all expressions are one and, then, even the most fearsome and negative expression is a distortion of love. And, yet, we find that if we can move into that awareness that sees all entities and souls and all behavior as distortions of love, no matter how we feel about the actions involved we can continue to open our hearts and allow the love of the infinite Creator to flow through us and out into loving that distorted entity that is attempting to act negatively towards us. No matter how opaque the negative action may seem from the human standpoint, the rising to a level where all are seen as souls places the mind in a position which gives it the capacity to grasp that all is truly one, that all is truly well, and that all will truly be well.

Is this wellness congruent or synonymous with "well" in the worldly sense? By all means, no. That which is well in the spiritual sense may involve limitation, difficulty, disease or death. For these are processes that are part of life just as much as being born, being young, and learning new things, and so forth. The energies of living and of dying are companions within the density and its blood and bone aspect. This is a physical density. It is not an eternal one. That portion of yourself that is within

incarnation and that will not continue after incarnation has every right to be afraid of death. Again, it is a matter of a leap of faith with no proof whatsoever to come to the understanding or the acceptance of what this instrument would call faith. And there is in that faith a surrender or a leap involved and in this leap of faith there is the leaping into what is specifically and absolutely unknown. There is no cheating here. No one can know while jumping into midair that the parachute is going to open, and that is what faith is like. Because faith is that which looks at a situation in which protection is desperately needed apparently, judges the situation and sees no human avenue for help, and simply says, "All is well, and all will be well."

Where does this faith come from? We assure you it is a powerful protection. It is the most powerful protection that you can invoke. It involves you as a human and spiritual entity digging in your feet, metaphysically speaking, and saying, "Here I am. Listen to me. I am real. I am not what I was born, and I am not going to go away when I die to this reality. I am a citizen of eternity. I follow a higher law. I follow a higher way, a higher truth, a higher life." It is this identification with an idea or an ideal for which you would die and for which you are living that brings you to the courage to jump into midair and say, "I am doing this by faith, blind faith, and I will live by faith, blind faith, not words, not deeds, not reasoning, not wisdom, not logic, not what seems to be efficient or suggested. I will live by faith."

This entity, this instrument speaking, once was at the crossroads of life and death. And because the ailments involved were physical was fully aware of the tenuousness of her hold on physical life. In that situation this instrument's reaction was to put up two quotes. One was from her beloved St. Paul. It was a long passage about being bloody but unbowed, in difficulty yet lifted up, and it spoke to those pains and agonies which the instrument was going through. The other one was simply the re-writing of part of the opening monologue of the original version of the television program *Star Trek*. This entity laboriously wrote out, "Faith, the final frontier," and placed it where she could see it every minute of every day. For she knew that it was faith and only faith that would keep her alive. Faith that all was well and that all would be well. And as this instrument went through one emergency situation

after another and then one difficult rehabilitation after another, she kept this motto with her as the watchword. Faith, the final frontier. And, truly, this motto was able to open every door, to quell every fear, to quiet every anxiety, but only because the instrument moved into a state of mind in which nothing actually mattered except remembering that watchword.

For a time it is very possible that this instrument was difficult to live with, for it was so keenly focused on the best protection it knew. And it is possible that when you sense a crux of destiny and do what you need to do within your own mind and heart and soul in order to hew to faith you may lose a friend or find that a family member does not understand you. Or that other entities feel that you are not exercising proper caution or care. And, yet, this attitude of faith is, to our knowledge, the key to the highest protection of life, of work, and of fruit that we know is effective within or without incarnation. This is a value and an asset that is powerful within third density particularly because it cannot be proven. There is no way that you can sit down with someone and justify faith. There is no way you can prove faith. You cannot argue someone into having faith. There is no reason or rhyme to faith. And, yet, it is our understanding that this is how the creation works. To those who have faith and move forward in that faith, the universe opens and the entity moves with increasingly unfettered foot through all the densities of love, of light, and of unity.

Now, how can you attempt to build your own faith? We would suggest three things to you. Firstly, we would suggest focusing upon love. This instrument is fond of saying "There is love in this moment. Where is it?" This instrument is incorrectly quoting those of Ra, but the idea is important. In all relationships there is a more loving path, and we encourage each to spend the time and the thought aforesaid, if possible, to see the way clear to cooperating with this path of love. This is not necessarily an easy choice, for the entities that one deals with are not designed to be pleasant or helpful necessarily in the usual sense, but, rather, may well have been chosen specifically because of their irritating and aggravating value, for it is in the friction and the heat of tempering and refining fire that the personality which you wish to improve will have the opportunity to improve. For that tempering and that friction begins to smooth away some of

those aspects of personality that may not be so helpful in a spiritual sense. And they will not leave simply because you would rather that they not be there. They will leave when they fall away because they are no longer called upon. And the habit of not calling upon them will come because there will come a time of testing, and you will have learned enough to make a more skillful choice and to cooperate with the love in the moment rather than in the defense of the self.

The second aid to increasing the ability to choose faith is meditation. You will note that we do not ever lose an opportunity to encourage seekers to prayer, meditation, praise and thanksgiving. These powerful techniques of tuning the mind and the heart have a cumulative effect. The first time you choose to go into the silence or to have a conversation with the infinite Creator that is honest and deep and probing it may not seem to have amounted to much. But if you persist, then, moving into that silence again and again, that silence will expand and lighten and become the holy of holies in which you are sitting with the Creator. Indeed, the Creator sits already within your heart of hearts and waits for you to come and join Him.

The third aspect that will increase faith is the right use for the will. Indeed, faith and will go hand in hand and we encourage each of you to gain an ever increasing respect for your will. For it is your will that decides what you will desire, how you will desire it, and how strongly you will pursue it. We encourage each of you to hone and purify your desire. Always asking yourself, "Who am I? And what is my desire? What is my deepest self and what is my deepest desire?" For the more you know about yourself the more you will be able to come into acceptance and forgiveness of yourself. And the less that those of negative orientation can do to unbalance and topple you from this balanced view in which you are attempting ...

(Tape change.)

The will can run away with the self and lead the self into most unwise areas of thought and interests. And that is why we emphasize the right use of will. Before you apply your will, before you decide to will that which you desire, we encourage each to look carefully at your desire to see if that desire is consonant with the laws of love that demand that all entities have free will and that the self never infringe

upon that free will. Be very sure that you are following love and that your desire truly is a loving desire before you set your will behind it. For that which you will to desire you will receive. And each desire, when fulfilled, will have side effects which contain the possibility of adhering karma.

Consequently, be very clear when you set your will, and gaze carefully at what occurs thereafter with an eye to maintaining a loving and giving and cooperative attitude concerning the outworkings of that fulfilled desire.

This is a good beginning, we think, upon the topic of protection, so this instrument is encouraging us to wrap it up for this day. We are glad, then, at this time to transfer this contact to the one known as Jim that if there are any further questions we may respond to them before the end of this session. We thank this instrument and leave it in love and in light. We are those known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and am again with this instrument. We greet you once again in love and light of the one Creator through this instrument. It is our privilege to ask if there might be any further queries to which we may respond?

S: This last week I have been quite depressed because our eldest daughter has chosen not to communicate with us and we don't know if she is OK, if she needs our help, or what. Could you give any information that I could give her mother as to how she is doing?

I am Q'uo, and am aware of your query, my brother. The young entity of which you speak is one who feels the need to express its own individuality in a manner which not only carries the nature of its own unique identity but also an emotional charge as well, for as this entity was encouraged to partake in the pursuance of its own individuality it was, shall we say, set upon this journey in a manner in which it was in some disagreement with and now seeks to express its own anger and sense of self in the refusal to communicate with you and the one known as C. We cannot speak in a specific sense for we are not privy to the details, shall we say, of this entity's experience but can give the report that it is well and is pursuing its own journey in its own way.

Is there another query at this time?

S: I've been reading recently on interesting magnetic devices and one thing interests me. They mention

their source as the universal mind and can you expand on the reference to a universal mind?

I am Q'uo, and am aware of your query, my brother. Each entity which has individuality and, seemingly, its own separate mind, if it moved deeper into the roots of its own mind it would pass through those greater and greater accumulations of mind such as the racial mind, the planetary mind, the archetypical mind of the Logos, and eventually into that area of the intelligent infinity which you may call the universal or cosmic mind of the one Creator. Thus, each entity, if it is able to move in a conscious fashion past the veil of forgetting which separates your conscious and subconscious mind, it would eventually come to this source of all minds.

Is there a further query, my brother?

S: I have conversed with them a couple of times and my recent e-mail messages have not been responded to. Should I be patient in that respect?

I am Q'uo, and we suggest patience is always a virtue. Is there another query at this time?

S: No. Thank you.

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

Carla: Would it be helpful if I showed S the material on the gateway to intelligent infinity which has to do with opening to the deeper aspects of the mind?

I am Q'uo, and we find that this is completely at your discretion, my sister. Is there another query at this time?

(No further queries.)

I am Q'uo, and we are most grateful to each for inviting our presence this day. It is always a joy for us to walk with you in your meditative sessions and we look forward to each such event. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai. ♣



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SUNDAY MEDITATION

APRIL 16, 2000

Group question: The question this week has three parts. The first has do with information on what the experience each of us will face as we go through the experience of death will be like. We've heard a lot of things said about it, such as there will be guides and friends and teachers there to help orient us to our new environment. We would like Q'uo's perspective on what this death into life transition will be like. We also would like for you to relate that to the concept of what our entire evolutionary process is like from the third density on. Some writers here in the third density have mentioned the possibility of skipping the fourth density and going directly to the fifth, and we are wondering what Q'uo's take on that might be? The third part is information on how we can discriminate between positively and negatively oriented entities if a discarnate entity is in our daily lives and the information which we come across there.

(Carla channeling)

We are the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we are. We thank each of you for making the effort to join in this circle of seeking on this day, for, truly, it is a blessing and a privilege to be called to this group by the energy of your desire to seek and to know the truth. It is a blessing to us to be able to share our thoughts and also because this sharing of our thoughts with those who would seek to know them is our chosen

area of service to others. And so we depend upon groups such as yours for our opportunities to be of service to your people. Consequently, you loom large in our life at this time. We are most grateful to you, and we know what it costs each of you to be here this day, the will and determination that it took to lay aside those other things that are of concern to you that you might seek in this manner. We greatly appreciate your dedication.

As we share our thoughts with you we wish you to know that we are those with opinions and information that we have come to feel is valuable in spiritual seeking, things that have stood the test of time for us. However, we also know that in speaking to a group we cannot be all things to all people. And, consequently, those things that we have to share may or may not resonate with your own personal truth, and we would suggest that each of you does have an extremely efficient and very sensitive apparatus of discrimination which is, for the most part, a portion of your intuition rather than a portion of your logical mind. When you hear our information do not simply ask yourself if it sounds logical, because we generally do sound logical. However, our truth may not suit your seeking at this point. For there is a movement and an aliveness to truth. It evolves for each seeker, and we would not wish you to hold on to something that might turn out to be a stumbling block. So use what seems helpful to you and, if you would, it would be very helpful to us if you would

simply disregard and leave behind all other thoughts. Neither we nor any is an authority for you. You are an authority for yourself. We encourage you to trust in this energy of discrimination which you have within you, and when you sense a thought that resonates with your own, seize it and work with it. And when you do not, release those thoughts that do not ring true.

We are aware that we would speak to you this day about the processes involved in what you call the death of the physical body and would only preface our discussion of this interesting subject by noting that the living of the life is at least as interesting as the end of it so that we encourage each of you not only to think of the goal or ending of that great adventure in the middle of which you are now walking, but to think of the death of the physical body as a portion of an ongoing experience of living that is not ended by birth or death or any ending whatsoever. But, rather, that each of you is a citizen of eternity, that you were in your spiritual integrity a creation before the world was created, before the universe as you know it was created, indeed, before this octave of creation was present. For you have been a spark of the one infinite Creator, a child of the one great original Thought, for eternity. And there is no end to you, or to me, or to any part of the one infinite Creator.

Having said this we feel more comfortable with focusing upon this portion of the experience of incarnation which is the physical death and that which occurs directly after the physical death. Perhaps in order to create a more coherent explanation it would be helpful for us to look at the basic plan of what this instrument would call the octave of creation which represents the creation in which you are now involved. As the one known as D was saying earlier, this consists of the seven notes, shall we say, of existence in the octave that you now experience and we would ask you to think of this term, octave, as specifically musical or, alternately, that which is colored. One may either think of the musical scale of the first note through the seventh note ending in the octave of the first note, which is also the eighth note, the same note one octave higher. Or you may think of the rainbow with its red, orange, yellow, green, blue, indigo, violet, ending once again in that octave of color which is, shall we say, white or the octave density which

moves without noticeable change into the first note or density of the next octave.

The first density is that density of elements where the lesson is simply being. The second density is that density which you enjoy when you step outside. It is the density of the animals and plants that turn towards the light. It is the density of awareness, not self-awareness but that awareness which is wishing to turn to the light, to seek the light for growth or food and so forth. Those which are animals within second density do not always seek the light for food directly but seek those plants and animals which have sought the light in terms of food. Consequently, this very large density is a density which is one with the infinite Creator. It is not self-aware, but it is aware of the truth. There was never a discontented flower, for instance, nor a rebellious wild creature. These entities know who they are and do not have questions concerning their nature.

It is in the third density which you now enjoy as what this instrument would call a human being that you experience that self-awareness that asks, "Who am I? Where am I going? What are my goals within this experience?" The higher densities after third density pivot upon third density because third density is the density wherein self-aware beings take stock of their situation and determine the nature of their further seeking. Seeking is all about loving. And the question becomes, "How do I express love?" Usually, this is conceived in terms of service and the question of how to love becomes the question of how to serve. There are two basic options for service to those who have come to this point in their spiritual evolution.

One option is to serve the Creator by serving others as though others were the same as the self. The other option is to serve others by encouraging them to serve the self. The rationale there is that the self is the Creator and, consequently, when others are serving you they are serving the Creator. This is called the service-to-self path as opposed to the service-to-others path. And in many ways it is difficult for those within third density, especially wanderers, to recognize the difference between service to self and service to others. For those who wish to help others in terms of service to self are often extremely dynamic and charismatic entities, who wish to control and manage the affairs of others for their own good, as the one known as M said

earlier. This can be extremely fatiguing and difficult to deal with for those who are focused on service to others. And it is, indeed, a challenge when a service-to-others entity is faced with those who wish to control or manipulate. We can only encourage those who seek to advance themselves through service to others to continue in that path in faith that regardless of the seeming disadvantages of this attitude or point of view, the energies involved in responding always in terms of service to others over a period of time begin to have their own momentum, thereby moving the self into a point of view which is enough changed that the efforts of service-to-self manipulation are seen as less fear provoking and more provoking the desire to pray for, care for, and love those entities which seemingly would wish to manipulate you.

This kind of choice begins a process which we have called polarizing and for the rest of your third density experience, once you have begun to deal with this basic choice, you will be repeatedly, and on various levels as you proceed through the incarnation, be involved in times of observing, evaluating and responding to situations in which you have the repeated choice of service to self, by control, manipulation, fear and offense, or service to others with no control, no manipulation, and only blind faith and a hope of meeting others in their needs in such a way that you may be of service to them. This process of learning to love goes on through the next two densities. The next density of your experience after this one is the so-called density of love and understanding, the fourth density. The density after the density of love has been called the density of wisdom. You will note that the density of wisdom is not called the density of understanding, for understanding is that which is of the heart rather than the mind or the wisdom. In the sixth density, love and wisdom, which have been studied separately insofar as that is possible, are now considered in terms of their balance, one with the other, within the seeker. And so the sixth density is called the density of unification. Somewhere in the middle of this density those upon the path of service to self, or the negative path as this instrument has called it, face a choice once again. For they discover beyond a shadow of a doubt that they cannot move forward in their own spiritual evolution until they have accepted at last that the heart holds truth, and that other selves are the self. This is a crushing and an

absolutely life-changing discovery to those of service to self and the phenomenon of reversal of polarity occurs at this point individually for each service-to-self entity. Each entity must make this choice again for the self: whether to stay with all that has been learned along the path of service to self, or whether to switch polarities and move further on, having accepted the unification of positive and negative paths as a positive path.

We have called these two paths the path of that which is, that is, the path of service to others, and the path of that which is not, service to self. And the reason that we call them in this particular way is that in service to self the heart is denied and ignored. Consequently, the main source of power for service-to-others entities, and the strongest source of power for all, is left out of the scheme of things. This is the great limitation and it is a denial. Consequently, we call service to self the path of that which is not.

After the unification occurs, the end of sixth density and the seventh density are those in which the selves gradually stop turning backwards to look at what has been and begin being drawn, as if by gravity, into the heart of the source of all that there is: the one infinite Creator. At the end of seventh density there is a movement into timelessness, and in this time of unknowing the heart of the Creator beats and another creation begins. This is the panoply of cosmology within which you are now experiencing the third of seven experiences or types of experience. And each of these densities represents a considerable length of your time.

However, your third density is the shortest of all densities, being only 75,000 years long. During third density the pattern of incarnation is, at first, quite automatic. Entities are graduating from second density because of the growing realization of love itself. As they become harvestable, for whatever reason, they are able to incarnate as individuated consciousnesses and they become what this instrument would call human. At first, incarnations are largely automatic. Little is known. Much is in chaos. And there is a little learning each time and then a relaxing from incarnation through death into the body of light that is yours between incarnations within the inner planes of this particular planetary sphere. During this time between incarnations there is first any healing that needs to take place from the incarnation, any traumas that need adjusting and

comforting, and so forth. Then there is the opportunity for another physical vehicle, the descent into the world of heavy chemical bodies that your physical plane represents, the gathering of more catalyst, more information, more experiences, until the incarnational self is completely full and has done all that it has hoped to do within this particular incarnation, at which time it moves through the physical death again, the healing of the incarnation after death, and, gradually, as the incarnations mount up and the entity within begins to crystallize beyond the simple personality shell this between incarnations process becomes lengthened because there is more to heal, and because more and more, as entities become senior in their vibratory patterns they earn the right, more and more, to have a say in their own incarnational plan. At this point within third density upon your sphere, this being the end of that 75,000 year period, each entity that incarnates upon your planet is capable of graduation from third density to fourth. Each entity has chosen the incarnational lessons of the present lifetime and the relationships that it will use for learning and for service.

In this particular lifetime for each of you there is the potential of graduation at the end of this physical death experience. Now, let us say that the physical death is one thing to the body and another to the consciousness that the body is carrying about at this time. For each of you is not one being, but two. You are a second-density animal, a hairless or nearly hairless great ape, with certain instinctual patterns of behavior and a choice-making brain that is extremely good at choosing what to eat and how to survive and how to protect the family. And you are also this eternal being whose present life is merely a parenthesis in eternity. When the physical body is exhausted or is traumatized and can no longer sustain the breath of life the spirit itself does not miss a beat. There is no alteration in consciousness. It is as though you were continuing to observe but the nature of your observation changes. For, instead of observing the heart beating, the mind thinking about dinner, the feelings of the physical body as they move into your consciousness, suddenly you are experiencing what seems to be a physical body, what seems to be physical feelings, what seem to be physical incoming data. But the body itself has altered.

This instrument has had the experience of moving through the gate of death and so we are able to say through this instrument that this entity's first-hand experience was a valid one. And this entity's experience was simply that, the kidneys having failed in this instrument's body, it experienced a great deal of pain and then when death occurred, there was the cessation of the pain. There had been disfigurement of the body because of the lack of the kidneys working. Suddenly the body was fair and perfect. The clues mounted quickly, however, that the entire situation had changed. For when this entity spoke to a rose upon a fence an entire section of rose bush wound itself around this entity's arm, without thorns but with endless love. This entity could hear music and see it in the air. And the colors that this entity saw were more substantial and had a life of their own. They pulsed and glowed with a three-dimensional seeming energy that is lacking in the colors upon your planet.

The experience expanded through the death process rather than being cut off and then changing or stopping altogether. This is the actual experience at the time of death. Indeed, it is so persuasive that many there are who die suddenly who take quite some time to realize that they have indeed passed through the gates of physical death and no longer have a body or an incarnation upon the planetary sphere.

Now we would address that which occurs at the time of graduation, and this, in part, moves into the second question which you have asked of us this day. Picture, if you will, a walk that is long and beautiful and seems to be completely a walkway filled with light. On either side of this walkway are presences that are extremely loving and nurturing and that guard each and every spirit that walks this path of light. Picture then, if you will, a light whose very nature changes, becoming more dense, more bright, and, in ways hard to describe, more challenging. It is as though elements have been added to this light as you move along this walk. The reason for this is that the nature of light changes by quanta. A photon within your density is not as complex as a photon within fourth density, which is not as complex as the photon in fifth density, and so forth. When you are walking steps of light you are walking to find your most comfortable and attractive place to be. You are looking for your new home.

This situation is somewhat complicated by the fact that many there are among your peoples now, including many within this room, who do not originally come from the Earth and its density system but, rather, have moved through third, fourth, perhaps fifth and sixth, to some extent, on other planetary spheres or on other planetary influences. Then you, perhaps, [have] come back to third density here. Why? For two basic reasons. Firstly, you wanted to undo a balance between love and wisdom that you felt could be improved upon and intensified. And so you came back to third density to remake the original choice and to reinvestigate the power of love, especially unlimited or unconditional love. Your second reason as a wanderer for coming here was to lend all of your being to what this instrument has called the ministry of essence upon planet Earth. It is a simple plan and it is the basic plan of wanderers upon planet Earth. The plan is basically to come into incarnation here and become subject to the laws of third density, to forget everything that you knew so well, and to exist within this density living a life of faith with no proof, no way to be sure that you are right, but only your heart telling you, "This is the way for me."

In this way you hoped to make the choice even more purely, even more surely, even more firmly than you did before. And so you are hoping to offer to the planet, as you make this choice, your being as you breathe in and as you breathe out. As you love and as you accept the love of others. This allowing of the infinite Creator's love and light to flow through each of you and out into the Earth plane accelerates the lightening energies of the planet and, consequently, makes it much more possible for the planet itself to move through what is being a somewhat difficult graduation. For the planet itself is also graduating into fourth density, moving into a new area of space and time and experiencing that addition to the photon that fourth density is bringing to the very physical creation in which you enjoy this continuing adventure.

The reason that this applies to the graduation context is that in that question that was brought by the one known as J the entities involved felt that, as wanderers from the fifth density, upon graduating from Earth's third density they would automatically move back into their home vibration. This is emphatically not true, and we felt that this is a very germane point, for all wanderers become Earth

natives when they incarnate. The taking of a physical body is the taking of the blood, and bone, and the sinew of the entire human experience. There is no such thing as a tourist in the body on planet Earth. All of you have become natives, whatever your planet or origin or your densities of previous experience.

This means that there is a very simple dynamic involved and it involves service to others, for the graduational criterion for positive polarity is that the seeker think more about serving others than about serving the self. The minimum grade for graduation from planet Earth is 51percent service to others. Now, for those who are attempting to polarize service to self, the maximum grade is 5percent service to others. To say that another way, the service-to-self entity must fight a graduation requirement in its purity of intention to serve the self. We may say that it is about as difficult to make the grade of 51percent service to others or of 95 percent service to self. We are extremely pleased that each of you have chosen service to others, for that is the polarity that we also have chosen, and we would truly be out of our depth in attempting to be of service to those who were attempting to polarize along the other option.

For service-to-others entities, appreciate each moment and see what you can do to find the love in that moment. There is love in the moment. There is love in every moment. There is love in every thought. The question is: how distorted is that love? And one helpful discipline for the seeker is to look at that which comes before the attention with an eye to using both the intellectual mind and the intuition to ask the self questions about what one is perceiving. And, indeed, about how one wishes to respond to what one is receiving.

When an entity is able to walk the steps of light of graduation into fourth density and feel comfortable there, one is able to move into fourth density for the next experience. And this is true in a continuing way. If an entity is able to enjoy and use the light of fifth density or sixth density, the entity may, indeed, move back into that home vibration. However, it is first necessary to rediscover that deep self within this incarnation which you now experience to the extent that you are able to recapitulate that choice and the decisions that lead to being able to tolerate the light that is offered to those whose thoughts are more

than 51 percent for other entities and how to serve them.

There is a tremendous amount of persistence and dedication involved in the processes of learning how to accelerate the pace of your spiritual evolution. And we would encourage each of you to take it slow, to attempt to seat experiences in silence, and to keep always before the self that light touch that is devoted to principles but not to the extent that the self and the principles become larger than the principles. Take the principles seriously. Take the self lightly, for you will be misunderstood. You will not always have anyone who is able to support or encourage you. There are aspects to the spiritual walk that are difficult. And, indeed, most of what this instrument would call the “good stuff,” most of the pith and marrow of learning is received during times of intense suffering, limitation and change. Consequently, it is never obvious that this is a good thing. It is never clear that you are on the right track.

Occasionally all things may come together, and it is, indeed, a moment of clarity and delight. But again and again you as a seeker will be in the Dark Night of the Soul, looking for dawn but not at all sure that it will come. And all of this is a refiner of souls. You are engaged in distilling a truth and a duty that is so much larger and fuller and [more whole] than anything that you can imagine that we cannot express it to you. You are already a perfection that is the one infinite Creator, and yet you have this opportunity not to know and yet to seek. It is, in our experience, an absolute delight, and we feel that each of you here have had those moments of clarity and delight. We ask that you believe them, that you remember them and trust the memory. For these are little gems of your truth that have popped out into consciousness from that place where joy and purity and truth live within you. This instrument would say that they reside within the heart, and in a very real sense this is true. For it is through the heart center that these awarenesses are able to springboard from the unconscious or subconscious self into consciousness. In another way, we would say that these are energies of the deeper mind, this mind that attaches you to others, to the planet in which you now enjoy life, to all of life, and to the one infinite Creator.

This instrument is informing us that the time is nearly up for us to speak through this instrument.

We do not wish to move beyond forty-five minutes. We have, in a sense, touched upon the discrimination between service-to-self and service-to-others sources within your reading and your hearing. And we simply encourage you to trust yourself. And at the same time to get to know that self that you are trusting ever more deeply, to consult your discrimination, and at the same time to strengthen your power of discrimination by trusting it, by using it, by seeing at first hand how it works. It is a faculty within you that is a gift from the one infinite Creator and from your higher self. And to this gift of discrimination is linked your guidance. We would encourage you to move into that place within the heart where you are able to ask within the safety of your own energy field, “Is this true for me?” If it is, move on it. Use it. Live it. Eat it. If it is not, walk on.

You will find those things that you need to be considering more and more coming to you in the words of a song, or the coincidences of a roadside sign, the flight of a butterfly or a bird, those things that pop into your reality seemingly from nowhere. All of these things are messages. And all of these things have something to say to you. Once you catch on to the synchronicity of spiritual events you will find more and more of your experience speaking directly to you in a spiritual sense.

May we say what a delight it has been to talk about these subjects through this instrument, and we would like to continue this meeting through the one known as Jim. We would leave this instrument in love and light. We are those of Q’uo.

(Jim channeling)

I am Q’uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves to speak to any query that those present might have for us of a shorter nature. Is there another query at this time?

D: My question centers on thinking why Ra built the pyramids for that land. Isn’t part of the reason that the King’s and Queen’s chambers would open up the heart so that the Egyptian culture would be able to share love amongst the members of the culture? And the complement to opening up the heart was activating the brain so that true intelligence could be used in conjunction with opening the heart in the context of love and light or mind and spirit, in the context of personal

development and social development of the culture as a whole?

I am Q'uo, and we are aware of your query, my brother. This query is large in its scope but one which hopefully will lend itself to an abbreviated response, for we are often known as those who speak for too long.

At the time of the construction of the Great Pyramid, that monument of antiquity located in the holy land that you call Egypt, the peoples of this culture were engaged in an appreciation of the one Creator which you may liken to that philosophy which you might call animism or paganism, in which the Creator was seen in all things and was everywhere present. Wonders were a part of this culture. The miraculous was seen as that which was as it should be: a portion of the everyday experience. However, the individual entities of this culture were of a nature that lent itself to being taught, shall we say, by those who were other than the self. Thus, the kind of spiritual awareness that was available to these entities was that which was handed down from one entity to another, from teacher to student. Thus, within the structure called the pyramid there were located those centers of energy that you have called the King's chamber, the Queen's chamber, and the resonating chamber below the surface of the earth. Within these central locations of swirling energy students and teacher could meet and be infused with the intelligent energy of the one Creator for the purpose of healing, the purpose of teaching, and the purpose of facing the self for the potential experience of being reborn, of finding a new life, a new direction. Thus, these centers of energy within the pyramid symbolized to the population of that culture the means by which teaching and enlightenment could be achieved. Thus, individuals were able to gain a certain amount of advancement, shall we say, within these structures and then were able to move within the culture and to share this teaching with a greater population. These structures, for the most part, were successful in being able to share with the population of that culture the advancement that was sought. However, there was, after a period of time, the reserving of these experiences within the pyramidal structure for only those who were of an advanced status according to the measure of wealth, power and position. Thus, as the information available within the structures became less and less available to the general

population the purposes of the pyramidal structures were perverted. And those entities who had aided in the construction of the pyramids found it necessary to take stock of themselves, shall we say, and to find other avenues of service through which they might begin to correct the imbalances that were promulgated by the reserving of the use of the pyramids to those of power and wealth.

Is there a further query, my brother?

D: I recently submitted a manuscript to a series of publishers, and I was wondering if anything was going to come out of what I submitted, or if I still needed to do work, or do I need to take another approach, or what's up?

I am Q'uo, and am aware of your query, my brother. And, unfortunately, we are aware that to answer this query we move into an area in which we would be infringing upon your free will, for we are aware that you have made a great effort in personal sacrifice and achievement in order to have available these manuscripts and to submit them for further publication, shall we say. We recommend that one remember that there are no mistakes within this illusion, and the effort that you have put forth will produce its appropriate [result] and that there is the necessity for maintaining the faith in the perfection of all things in this instance.

Is there a further query, my brother?

D: Yes, I am curious. Could you share with me information about Jehovah, Yahweh, Id, the Council of Layette, and an entity known as Kingnah. I was wondering if you could share the types of entities that they are?

I am Q'uo, and am aware of your query, my brother. We find that there is only a certain distance that we may move in responding to this query, for there are elements of this query which also fall within the area of the infringement upon free will. We can suggest that there are entities such as Yahweh and Jehovah that are familiar to all who have appreciated the holy writings contained within your Bible and that these entities in their original and untarnished state were what you would call social memory complexes or groups of entities known by one name for the ease of identification by the populations that they chose to serve. These entities moved in service to those of not only this planetary sphere but also others as well, most notably those of the red planet that you call

Mars who were in need of finding a new home upon which to continue their evolutionary process, having caused their original planetary sphere of home vibration to become inhospitable to life through bellicose action. Thus, these entities of the Confederation of Planets in the Service of the One Creator set before the Council of Saturn a proposal for transferring and somewhat altering the genetic nature of the entities of the Mars experience that they might continue their progress towards the One on this planetary sphere. However, their efforts were not to go without meeting difficulties.

The enhancing of one group over another for the purpose of aiding that group's ability to apprehend the nature of infinity and of unity also creates an opening for negatively-oriented entities to communicate with the same Terran population and to give them the idea that perhaps they were special, they were elite, and that they were given this special nature in order that they might govern others and bring others into their influence of power. Thus, the experience of the ones known as Yahweh, the ones known as Jehovah, were difficult in that their efforts were lost to the groups of entities from the Orion constellation that moved also in service, yet moved in service of a negatively oriented nature and were able to make inroads for the first time upon this planetary sphere using the efforts first offered by others within the Confederation of Planets.

There is much that has been attributed to these entities that is not of their making. However, they were the first to offer the efforts that created inroads for a mixed contact, shall we say, and results which also were mixed in aiding the entities they desired to serve. Thus, upon reflection each of these social memory complexes have also sought to find other avenues of service to this planetary population that would balance the imbalances that they felt responsible for these many years ago.

Is there another query at this time?

D: One more. Do you have any suggestions that you could give that would assist me on personal healing in the areas of doing conscious out-of-body experiences and in opening the heart so that the love of God can simply be shared in a humble and consistent manner?

I am Q'uo, and am aware of your query, my brother. We would recommend that in addition to the offering of yourself in the early portion of your day

to the one Creator, as you now do, that there be given over at this time a special meditation in which you visualize the heart being able to open to the extent that it can encompass greater and greater need from others for the love that can flow through it. That you see in your mind's eye the green-ray energy center vibrating with a greater and greater brilliance of an apple green. That you see this center becoming bright, vivid and crystallized. That for a few minutes of your time you offer yourself without condition, with the open heart, for the service of the one Creator in the face of each entity that you see in your daily round of activities.

Is there a further query, my brother?

D: No. Thank you very much.

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

C: I have a query and thank you for the opportunity. I recently learned of the term the neutral implant release, referring to the concept of voiding one's karma status in the third density. Could you help me understand and clarify some issues still unclear with this, such as what does this really mean in terms of voiding one's karma and does it have anything to do with releasing the death hormone, which voids remaining illness?

I am Q'uo, and am aware of the nature of your query, though we do not fully grasp the opportunity that could be offered to void the karma of the incarnation, for to our way of looking upon the opportunities provided by each incarnation, though each entity within the incarnation may see the karma that it has accumulated as a kind of weight or burden, we are not of the opinion that this is the most efficient way of looking at karma. For to be within your third-density illusion is a great privilege and honor. We see the ability of each entity within the third density to move ahead upon the evolutionary journey as being far, far greater than ever will be presented to an entity again in further densities. Thus, though your density may be one in which you move within a seeming darkness, lit only by the smallest of lights of your consciousness, yet this small light of your consciousness can accomplish a great deal within this illusion in a much shorter time than will ever be possible again. For those who move beyond your illusion find that the work that is able to be done there moves in a great extent because of the work that is done here, within the third-

density illusion. Thus, we are unable to appreciate the desire to negate or remove one's karma. Perhaps we have misunderstood the query. Could you elucidate for us?

C: I think you've answered it adequately. It was a concept that was unclear to me, and I just wanted to find out your opinion.

I am Q'uo, and we hope that we have been helpful in this area. Is there another query at this time?

Carla: Could I follow up and ask if it would be possible that the good kind of elimination of karma would be forgiveness?

I am Q'uo, and am aware of your query, my sister. The ability to forgive, to have compassion for that for which there was previously no compassion, is the healing of the incarnation, as we have heard it said. Indeed, the efforts that each entity makes in every area of the incarnation may be aided by the ability to forgive, whether the forgiveness is of another or, more especially, of the self. For we find that forgiveness of another and of the self are intertwined in a manner that is irrefragable; that is, they are one. As you see another entity and feel one emotion or another for this entity, it is for yourself that this emotion is truly felt. For each entity is a mirror unto you that shows you yourself and the face of the Creator at the same time. When you are unable to perceive that this is what is being shown to you, then there arise a myriad of emotions, both those that are what you call positive and those that are what you call negative, that you attribute to this entity. When, through your own personal work and perseverance, you have been able to see that the world about you reflects your attitude back to you, then you are able to open the door to forgiveness, to compassion, to mercy, to understanding, and to those qualities that truly stop the wheel of karma and allow you that progress that you desire: the opening of the heart so that compassion is felt, not just for those about you, but for yourself, for the Creator, and for all of the creation about you.

Is there a further query, my sister?

Carla: One other question. The instrument now channeling you is going to write a letter this week correcting some errors concerning those of Ra being part of the Stargate Conspiracy. Would you like to express any opinion that would help the one known as Jim as he writes this letter?

I am Q'uo, and am aware of your query, my sister. And we would simply remind this entity, as we would remind each, that all entities are a portion of the same Creator. And that to salute that Creator in each is a firm foundation on which to begin.

Is there a further query at this time?

(No further queries.)

We are those of Q'uo. May we speak to any further queries at this time?

M: When you are dealing with times of hardship and you try to get through it the best you can, is it wise to take periods of rest before you jump back into the lion's den again?

I am Q'uo, and your query makes enough sense to us that we would say that you have answered your own query. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce we shall refrain from speaking overly long, for we do not wish to overtire those who have so generously offered their time and themselves for this circle of seeking. We thank each for bringing your queries and your heartfelt concerns, for it is to those of like mind that the journey is made easier by the companions that share it. We are known to you as those of Q'uo. We shall take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ✽



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SUNDAY MEDITATION

MAY 7, 2000

Group question: Our question today concerns the concept of the emotions. A couple of months ago Q'uo described emotions as the thinking of the deep mind and said something about how we might be able to utilize our emotions in our spiritual evolution, and we would like for Q'uo to elaborate a little bit more on that today.

(Carla channeling)

We are those known to you as the principle Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank you for calling us to your session of working this day. It is a great blessing to us to be able to speak with you on the subject of the emotions and their role in working to accelerate the rate of your spiritual and mental evolution. It is our privilege to be able to address this subject, but, as always, we ask that you refrain from following our suggestions without careful thought. For that we have to offer are opinion and consideration which we are glad to share with you as long as you understand that we are not authorities. We would not wish to be taken as authorities, for we are your brothers and sisters who walk the same dusty path that you do.

There is an irresistible pull to evolution. There is implicit in the structure of each density every potential outworking of every energy within that density. In a universe of builded light the subtleties are endless and, at the same time, progress through

the gradually ascending densities is inevitable and irresistible. The only question that each entity faces is, "How quickly do I wish to progress?" There is no question that you will progress. It is as necessary to our nature to progress as it is for the iron to be drawn to the magnet. It is understandable that you might doubt this, for you see instances of your own lack of perceived progress, and you see apparent lapses in progression on the part of those with whom you come in contact. When these lapses are perceived it is easy to become discouraged, but we would encourage each of you to meet these judgmental feelings about the self and others with the courage of your conviction that all is proceeding according to an unseen plan.

You are, little by little, and step by step, gaining in experience and awareness, and each of you is on a path of strong progression. We encourage each of you to come into a fuller understanding, as time goes on, of the meaning of imperfection. It was not intended that third density be an illusion in which any conscious seeker after truth could honestly perceive the self as perfect. It was, in fact, designed into third-density experience that from beginning to end each person's personal experience will include perceptions of the self as being subtly or grossly imperfect, not once, not twice, not three times, but seven times and seven times seven. In other words, cyclically without an end throughout the incarnational experience.

This would seem to be a recipe for discouragement, heavy heartedness, and feelings of hopelessness. And yet the actual intent is the opposite. You see, as the spirit awakens this process of spiritual and mental evolution begins to accelerate. Whereas before awakening you were content to skate upon the surface of life as though it were a pond, once you have awakened you are aware of and drawn to the depths of each present moment. The profundities, implications, resonances and overtones of each present moment are infinite. The learning in each present moment is potentially infinite. The gateway to intelligent infinity lies within each present moment. As the spirit awakens it becomes gradually more able to hear the far more complex symphony of messages that are coming in within each present moment.

The resulting weight of experience can be crushing, and, typically, the spiritual seeker will scramble for a way to control this process which seems too chaotic to be useful. The first defense of an entity which wishes to control experience is the analytical, logical, reasoning mind. There is the desire to get hold of the experience, to rationalize it, and to understand the workings of it by analysis and logic. Great religious systems have been built which encourage and structure such intellectual and logical analysis of experience. We offer, for instance, the Buddhist, the yogic, and the Taoist systems of study, learning and worship as those systems which are primarily designed to utilize the intellect and the faculties of reason and logic in becoming able to distance the self from those things which are occurring to the self and which the self is feeling. We call this basic approach the way of wisdom. It has many advantages for the seeker, and for those who are unable to move directly to working with the emotions we encourage the pursuit of such study. For it does accelerate, to some extent, the evolution of spirit and mind. However, the way of wisdom as a general discipline—and here we do over-generalize for effect—is a way of remaining comfortable while learning, thus obviating the main thrust of the third-density experience.

There is another way to look at this process of learning from experience, and that is, shall we say, the way of the open heart, or the way of love. The religion which is known to this group as Christianity is a system of study, and learning, and worship which moves along this path of love or the path of

the open heart. And it encourages the utilization of emotion. Now, let us look at why this might be. What are emotions exactly?

If you can gaze at the panoply and scope of your life experience, you can see a definite progression and coherent trail of emotions that are difficult and emotions that are wonderful. Both kinds of emotions have cropped up within the life experience in response to the difficulties and challenges of the incarnation and in response to the gifts and joys that are spontaneously given to the heart, whether it be the song of a bird, the smile of a child, a thought that is read in a favorite book or any other thing which has enlarged joy and encouraged faith within you as a spiritual seeker. For the most part it well may seem that the difficult emotions—anger, guilt, remorse, fear, grief, jealousy, pride, alienation—are very much in the majority, and that the joyful emotions are given out with the miser's hand. And, indeed, this seems unfair. What is the justification for the surfeit of suffering that each awakening spiritual seeker seems to face?

Life is energy. Progress within life is a shift in energies. Everything that you do and everything that you think creates a certain vibrational energy, and the summation of all of these processes of energy changes and exchanges within your life represent an energy system or field that has a certain strength. To an awakened seeker who is pursuing the way of wisdom these energies move in a spontaneous manner and the seeker's goal is, more or less, to allow them to proceed. This allows the seeker to remain relatively peaceful and comfortable. However, this also creates a stiffness and resistance within the process of transformation, and this is where we get into what emotions are.

If the way of wisdom contains a linear structure so that one can follow one's processes and talk logically about them, it also holds the energy within the higher chakras or energy centers. Working with wisdom is not working with heart or with the lower energies but, rather, largely, the indigo-ray, and to some extent, the blue-ray energy centers. While it is good to do work in consciousness in this manner it is also somewhat imbalanced because there is no encouragement of the flow of energy through the system but, rather, the holding of energy in the higher chakras. Conversely, when one is working in the way of the open heart one is constantly faced

with the entire spectrum of self, from the lowest and most primitive emotion, the desire for survival, the desire for sexual reproduction, the desire for food and safety, upwards throughout the system, touching all of the energy centers, rising as high as indigo ray, but again and again springboarding from the heart. So that instead of the seeker moving into and maintaining as a steady state reliance on the higher chakras, the seeker in the way of love has released the preference for work in the higher energy centers and has accepted the self as a full energy system and reconfigured the goal from staying in the higher energies to accelerating the flow of energy throughout the entire system. Instead of a safe but somewhat turgid and slow moving path of energy refinement the brother and sister of the open heart are attempting to take the whole self as it is and through blind faith alone and the processes of self-acceptance and self-forgiveness blessing, forgiving, redeeming, transforming and offering each and every emotion and sensation to the one infinite Creator.

This invigorates, energizes and enlivens the entire system. It is as if the owner of an automobile began running the engine through its paces in such a way that it began to burn off the carbon from the valves. The way of wisdom collects detritus, shall we say, the carbon on the valves that is not easily dealt with from the way of wisdom. The way of love is a rough and tumble way in comparison, but it also is the fast and cleaner way to use the energy system of the body, mind and spirit. For the emotions that are the responses to catalyst are the shadows, symbols, or increasingly as one progresses, the essence of deep and purified rivers of energy that abide within what your psychologist would call the unconscious mind. At the roots of consciousness lie rivers of purified emotion that are as gems, perfectly and regularly refracting from the white light of unlimited energy the colorations of energy which are called emotion which express essences which the Creator has previously learned about Itself. These essences are as great truths into which the seeker taps, however imperfectly and however distortedly, as it moves through catalyst and encounters difficulties and meets challenges.

Each has felt those moments when a tiny thing triggered a massive flood of emotion. And when this occurs it is an excellent signal from the self to the self that here is a gift that is imperfectly seen, perhaps, but that is real. That moves into the experience as a

done thing, as something that is felt, not created. Emotions are messages from the unconscious or deeper self to the conscious self. Now, there are various levels of messages and various layers to emotions. It is not a simple practice to enter into one's emotions and to attempt to come into a deeper understanding of the heart of those emotions, not simply what triggered the emotion, but what kind of emotion it essentially is and what challenge it represents. In this wise it is often helpful to think of the centers of energy within the physical body, for difficult emotions often can be placed within certain energy centers and can be seen as messages expressing to the heart the need for working with those aspects of those emotions which are disturbing in such a way as to be able to balance and clarify those feelings. For there is a deeper truth within each emotion. The key to working on emotions is to realize the seat of emotion, shall we say, as being the green-ray energy center or heart chakra.

If one attempts to work with blocked and negative emotions from the energy in which they originate without moving into the heart chakra there is little chance or opportunity for self-forgiveness. Therefore, while it is very important to assess and evaluate such negative emotions as probably stemming from certain energy centers it is well to model the working with these essential and energetic nexi which are emotions with the model of keeping the energy in flow, moving again and again into the heart chakra and resting in that primary emotion which is called faith.

There is a deep well of emotion whose basic goal is to move all entities into unconditional love. It is towards unconditional love that the path of your spiritual evolution is irresistibly moving. This unconditional love is the most universal and powerful emotion and, indeed, is all that there is. In other words, the Logos Itself, the one great original Thought, is a purified emotion. It is not a thought precisely. A thought is linear. An emotion is global, universal, round, three-dimensional. It does not climb. It rolls. It does not fall. It continues to roll. Nothing can knock out the force of emotion. Indeed, it is that to which each must come in order to be able to graduate into the density of love which is your next experience.

Consequently, it is simply more efficient to choose the way of the heart, in our opinion, and to see the

goal of working with difficulty, not in achieving happiness, peace, or content, but rather, simply in continuing to accelerate the pace of spiritual and mental evolution. The energy of the open heart is open ended. It does not attach an outcome. It simply seeks greater openness of self and a greater ability to allow these rising emotions to do the work of the refiner's fire. The seeker who has faith in the way of love has faith that no matter what comes she will be able to survive it. That no matter how much various difficulties cause suffering and pain she will be able to use those difficulties to refine those rivers of emotion that are rising to consciousness.

It is a bumpier and rougher ride to seek the way of the open heart than to seek the way of wisdom. It is a way which invokes faith without proof, reason or logic. There is no attempt to justify hardship, but neither is there the attempt to disempower hardship by rising above it. Rather, the way of the open heart is the way of vulnerability, of remaining open and weak in the face of strong and sometimes painful feelings. And, yet, because it sees the whole of imperfect selfhood as a beautiful and perfect thing in all its paradox it is the wiser path for your density. There is time enough to learn wisdom once you have learned to love fearlessly, to meet each moment with an open and unguarded heart.

This entity has experienced two pure emotions that it consciously knows of: grief and love. Neither experience shall ever be forgotten. When the seeker touches the heart of an emotion and it resonates purely, it is a life-changing event. Never again will grief lay waste to this instrument as it did before it experienced pure grief. And we might say that this is so for each shade of emotion, each tributary of each river of purified essence.

When each of you staggers under the load of difficult emotion we can only ask you to think on what you basically believe to be true about your incarnational experience. If you believe that your life makes sense, and this we truly believe is so, then you are able to see that each difficult emotion is a gift from the self to the self of the truth of what that self is processing at the moment and of its relationship to the deeper truths within. If the seeker can believe that the life makes sense, then there is that faith which can be called upon, that faith that says, "My life does make sense. These difficulties have a reason for being there. They are my way of learning past

this moment." Then the seeker has a reason to work with these challenging and difficult feelings, to allow and even to encourage their movement through the energy system.

It may help, as it does this instrument, to think of the heart as a seat which contains deity so that there is, in emotions brought to the heart, a place where they can be laid and given away to the one infinite Creator, for many times emotions are overpowering and there is literally no way to do anything with them except to offer them up. But if they are offered up in faith, this too is working with emotions in the heart center and is part of work well done.

This instrument is informing us that we need to end our initial message, and we do so in hopes that we have given you some food for thought that may give you some comfort as well as some resources. We would at this time transfer this contact to the one known as Jim. We are known as those of Q'uo and leave this instrument with thanks in love and in light.

(Jim channeling)

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

R: I have two. In your talk you said the gateway to intelligent infinity is present in every moment. Would you state that in other words to help me find entry into it?

I am Q'uo, and am aware of your query, my brother. By that statement we mean to say that each moment contains not only love but perfection. If one were to investigate all of the energies that have added themselves into that time period which you call the present moment, if you were able to investigate your own experience leading up to that moment, any such moment would offer you the opportunity of making contact with the one Creator, of experiencing the full presence of the one Creator. Thus, the use of catalyst is the variable which offers to each entity more or less of this opportunity to realize the perfection and the love contained in each moment. Thus, if one is able to fully utilize the catalyst that is presented to one, at any time that one is able to do this the doors to infinity open for you.

Is there another query, my brother?

R: Yes. I will have to think about that. The other question concerns another term that you have used and that is the purified emotion, and I would like to ask you to restate that in other terms.

I am Q'uo, and am aware of your query, my brother. The purified emotion is closely related to that which we spoke of in your first query, and this is the untangling process which each of you goes through as you utilize the catalyst which is given to you in your daily round of activities. As you are able to see where catalyst originates, to see its effect upon you, to see your response to it, to see those responses which you have made previously—this ability to see the nature of your experience is also the process of untangling those emotions which are fused together, perhaps in a confusing fashion, so that you are able to separate anger from jealousy, from disappointment, from doubt, from hilarity, from rage, from all the various sources which may be a portion of your experience, so that when you have discovered the sources of your feelings you will have found the various threads that together form the fabric or tapestry of your lives. You will see what part each emotion plays. A purified emotion is an emotion that stands alone, that is itself pure, that has one source and one effect in your being. It is not blended with any other emotion. It is not confused with any other emotion. It is itself a thing in itself.

Is there another query, my brother?

R: Is this purified emotion a reflection of the love and the light that is the universe?

I am Q'uo, and am aware of your query, my brother. We may further confuse you by suggesting that [in coming to experience] the love and the light that each so values as fundamental portions of this experience that each shares, the purified emotion occurs as that kind of feeling that is so basic within one that one is able to see the ramifications of this feeling, its source, its object, its effect, its continued presences within one. And there is a kind of satisfaction that comes from so seeing an emotion that will, indeed, reflect to you increased amounts of love and light. However, the purified emotion is, shall we say, a joy in that there is no confusion any longer as to its nature.

Is there a further query, my brother?

R: No. Thank you. I don't mind being confused, and I appreciate your attempt to make sense with words. That is very difficult.

I am Q'uo, and we thank you also for your ability to perceive the difficulty that each of us has with the word description of experience.

Is there another query at this time?

Carla: I have two questions from P that I would like to read. "Somehow, the year 2000 tripped a switch in me and I have been on quite an emotional rollercoaster, and I don't know where these deep feelings of anxiety come from, but I would say that they are blocking love from my heart. The anti-anxiety drug seems to have kicked in for the meantime, giving me much needed relief."

I am Q'uo, and we believe that we grasp the nature of this query. The feelings that one has about an event, or a person, or an experience such as the year that you have numbered 2000 may be investigated by the entity that so values it in order to see what value one has given to it. Look, then, within you to see each aspect of this event, this year, that has meaning for you. Dissect it, if you can, with pen and paper. Look to the essay, the driving out of the meaning within that you may not consciously be aware of. Make a list of those qualities that you feel are unique to this year 2000. Beside each quality give your emotional response, that which you feel about this quality. Take this list as that which you then remove yourself into meditation to consider. Look deeply at each quality, each emotional response and to their summation as well. Then you, yourself, shall find the triggers that have opened in your mental and emotional and, perhaps, spiritual energy systems, the torrent of emotions that now move through you. As you are able to untangle these various sources and qualities of emotion and experience then you will be able to see more clearly the power that you have given to this event and its effect upon you.

Is there another query, my sister?

Carla: Yes. His second question: "I would also like to ask what might be the effect of the May 5th planetary alignment and whether that might affect one's emotions?"

I am Q'uo, and am aware of your query, my brother. Again, we would recommend the same process be used for this event as well, for each of us creates the

fabric of our experience by the expectations that we hold for certain kinds of events, of experiences, and of people. There are within each of us preconceived notions, shall we say, that we attach to certain events. Those of the astronomical and astrological and metaphysical moving together blend many powerful energies that only we can describe for ourselves. Thus, we recommend that this entity utilize the same procedure for discovering the value of this event which has now passed.

Is there a further query, my sister?

Carla: I would like to follow up on something that is common to P's question and the conversation I had with M before the channeling meditation, and it has to do with what you said earlier about blessing, forgiving, redeeming, accepting and transforming these difficult emotions. I was saying to M earlier that, "You are going to have to take care of yourself because no one else is interested in your having a happy heart. You are going to have to support your own work and your own security emotionally." I was just wondering if you could look into that. How do we support ourselves? How do we bring ourselves healing and comfort when we are dealing with these difficult emotions like anxiety?

I am Q'uo, and am aware of your query, my sister. Within your meditative state—and this is again our recommendation for the investigation of emotion, to use meditation—look, then, to those feelings which you have, for they are valuable in themselves. They are the temperature, shall we say, of your current experience. Each may be seen as a portion of a trail, a thread, that will lead one to more fruitful finding of the value of experience. The emotions that one feels at any particular moment give one a place to begin to assess that which is occurring in the life pattern, to see the honest and spontaneous response of self to self. Then, as one is able to utilize these emotions in the balancing process one shall find their opposite occurring. Thus, if you are able to relive a situation in which a strong emotion occurs and within the meditative state to see this occurring, giving it free reign, to become as large as you can imagine, then there is the opportunity for the polar opposite emotion to arise within the meditative state so that you begin to feel another way about a certain situation, person or event. Then allow this polar opposite emotion to get as large and as powerful as it can. When this has completed its growth and

presentation to you, then accept yourself for having both of these means by which the Creator may know Itself in you, in your experience. Thus, you have taught to the Creator that which you have learned within the situation and you have seen a fuller expression of natural emotion within your being as a means by which you know the Creator in you. Thus, you, working with every emotion that leaves its imprint upon you, are able to see the full range of your beingness, the appropriateness of each facet of emotion, the direction that each emotion points towards the heart of being, so that eventually there is but one emotion for [every] event, that being compassion, love, forgiveness, mercy, understanding—all of those qualities of unconditional love.

Is there a further query, my sister?

Carla: Just to finish up, then all emotions, all these purified rivers of the Creator, empty into love or stem from love, or are a derivative of love, or are distortions of love?

I am Q'uo, and am aware of your query and also aware of the accuracy of each observation that you have made in asking it. For all does come from love. All exists in love. All is pointed towards love. The examined life is that life which is able to get a glimpse of this truth from time to time in the process of examining, balancing and accepting each emotion as it moves through your being and points towards each heart.

Is there a further query, my sister?

Carla: No. Thanks. That is a beautiful message.

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

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for this session of working we shall thank each once again for inviting us to join you for your meditative session. We are filled with joy at each opportunity to do so. At this time we shall take our leave of this instrument and this group, leaving each in the love and the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai. ♣



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SUNDAY MEDITATION MAY 21, 2000

Group question: Our question today has to do with being of service to others and we would like some guidelines as to when we are actually being of service to others and when we have gone too far and infringed upon an entity's free will.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator in whose service we are. We thank you for calling us to your circle of seeking and for asking us the interesting question about the boundaries of service to others and free will. As we speak we would request that, as always, that each use his or her discernment to determine those thoughts of ours which may have resonance and which thoughts need to be left behind. We trust each seeker's discrimination and it would be a service to us if each could, indeed, leave behind those thoughts which do not ring true. For in their own way, such thoughts are a subtle infringement and we would not wish that. Authority itself has the ring of infringement and we would like to take away any taint of authority from our words, for we do not feel that we have any over you or that we are wiser than you but, rather, simply that we have more experience. We are glad to share that experience and our thoughts with you, but we greatly appreciate it if you would do us this favor.

The boundary between helping someone else and infringing on their free will was noted in the discussion which preceded this meditation as being somewhat moveable, or seeming to be moveable, and we would heartily agree. Indeed, for many within your density there is almost no action that can be taken of any kind that is not considered an infringement on free will. The character and temperament of each seeker or, shall we say more generally, each person upon your planet whether or not she is consciously seeking, is a completely individual one. Some entities are set up by the gifts that they brought into this incarnation and the experiences that have helped shape their opinion to feel that all helpfully meant suggestions are completely across the line and are not helpful at all but rather are seen as interference.

There are others of your density that are happiest when all of their decision are either made for them or are made very much with them in mind but not necessarily with their intense contribution. To such entities almost no act seen as helpful by the other is seen as infringement upon the part of the self. This is due to the entity's feeling that his opinions do not have worth. Therefore, there is clearly no arbitrary and theoretical line across which to step will be an infringement and before which no step will be an infringement. With each entity with whom you deal the boundaries and possibilities of the relationship will be unique.

We give this instrument the picture of the ship out on the ocean that the introductory song was singing about. In the spiritual sense each of us, we as well as you, is a wayfarer on a medium that seems far more watery than earthen in that there are no graven roads. There is no path in the pathless wilderness of the ocean except that which is laid down by the sextant and the other instruments of navigation. On a cloudy night such navigational aids may not be effective and so often each seeker is as the ship without a useful rudder. There is the yearning for the end of the journey, the desire for the home, but there is not the conscious awareness at the particular time of how to get there, what direction to take, or how to prepare for the weather upon the ocean. As that song said, each is in this sense a stranger, a single entity following the yearnings of the heart and attempting to make the journey that is before it. In this basic environment information is worth its weight in gold, and, in a way, when the entity who wishes to polarize service to others attempts to be of service to another entity that person is offering to a friendly ship information on the road, the weather, the state of the stars, the direction of home. The help may be very physical. It may be food to eat on the journey or warm covers for a chilly day or an ocean night, may be supply of some kind or gifts of goods. And in this way parents have for countless centuries of recorded and unrecorded history helped their children in a continuing round of a movement of the energy of goods and supply. And, for the most part, this is seen by both parties as a genuine gift of service that is appreciated and not considered to be an infringement.

The gifts of information as from a friend to a friend or from a teacher to a pupil can certainly be seen by most on that trackless main as a genuinely helpful gift. And in that category we would put such information as the weather and the stars and so forth. Each of you often has good opinions [for] the others that are sailing in the sea alongside you. Certainly, one key question when it comes to the dividing line between service to others that is well given and service that extends into infringement is the consideration of whether that stranger on the boat near yours has actually asked for such information. When needs are physical it is somewhat easier to see a need and to supply that need. There is a fairly clear, well drawn knowledge that each has of

what it takes to keep the body and soul together during an incarnation.

The giving that is beyond the family, that which is called by this instrument charitable giving, is also of this kind in which it may be seen that there is no infringement and attempting to provide necessities for those who do not have them. When the gifts that one wishes to give are opinions and information then it becomes much less clear as to what is fairly given and what is excessive. So if there is within you a feeling of uncertainty about the gift of an opinion or a thought, ask the question to yourself, "Has this person requested this of me?" If the entity has, indeed, requested such information you are on very safe ground. You are free to give what information you have and what thoughts you may contain in the knowledge that they have been asked for.

When the information and the ideas are not asked for then it is well to ask the self, "If my thoughts were a handful of seeds, which seed would I want to sow first?" For you may consider the field of another person's consciousness as a field of earth which is able to receive ideas and to generate or create new life from those ideas if they are given the kind of interest and nutrition by that person that enables an idea to grow. The dropping of a seed is almost always that which is within the reach of fairness and justice. Attempting to plant the whole field with ideas and opinions that were not asked for is, in most cases, going to be seen as somewhat of an infringement.

And when there is a question about whether a relationship has been infringed upon we would strongly advise clear and honest communication. This instrument was saying earlier that clear communication is a gift, not one that is often easy to give and not one which is often easy to receive when the communication involves uncomfortable material. However, when two entities can communicate clearly they can together determine for themselves the actual situation as regards infringement. For it is entirely a contract that is unique to two individuals as to where the line is drawn between service and infringement.

Perhaps the greatest gift that each may offer is the self. There is a tremendous hunger in spiritually awakened entities for a companion or companions of like mind. There is comfort, even at sea in an open boat, at having a small fleet of small boats about one

which are all headed for the same general destination and, therefore, may sail together helping each other with supply, information and essence. It is the essence of self that is the greatest gift. Certainly, when the seeker finds a companion that is of a like mind and that offers a helpful presence each to the other, there is great cause for rejoicing because there is beyond any gift of thing or idea an utter beauty in the gift of self to self that has a purity that cannot be matched by outer gifts of any kind.

Blessed is the seeker who stumbles [across] the great good fortune of meeting such a companion. For some this becomes the mated relationship of husband and wife. For some there is tremendous metaphysical attraction but there is not the kind of companionship that suggests a shared life, but rather a shared friendship that is a looser and more loosely fitting relationship but which has a tremendous amount to offer of that essence of self that is like the most haunting of perfumes, impossible to replicate anywhere else. How appreciated is that unique scent of self that is the essence of old friends. And how fortunate does the person feel who meets the new friend. How gifted and how cherished does a friend make you feel.

We encourage each to look for ways to share the self beyond any concept of sharing the ideas or the supply. Look for ways to share the beingness. On a fundamental level it is as though the entire creation of nature were already sharing its beingness at a very intense level, holding nothing back, doubting and fearing nothing whatsoever but giving all of the self all of the time, all of the color, all of the bloom, all of the glory. That it will last for only a brief period of bloom matters not to the flower or to the blossom on the tree but only that it is there today to vibrate in the air, to drink in the wind and the sun, and to share its scent with all those around it. This is also your heritage and your manifest gift to offer, your odor, your special scent, that which you have created of thought, feeling and experience that is a vibration unlike anyone else's and which makes your friends smile. How loved each of you is by the Creator who appreciates each essence and by those who appreciate each of you. Do what you can to become appreciators of all those around you. Perhaps you indicate only by your expression or your smile that you are entering fully into a moment with another, but that other senses the profundity of your gift. One thing unique to the offering of the essence of

the self is that it cannot infringe. The self has no words, no requirements, and no demands. Presence is the perfect present.

We would at this time transfer this contact to the one known as Jim. We greatly thank this instrument and this group for calling us, and we would like to further answer any questions that you have at this time. And so we leave this instrument in the love and in the light of the one infinite Creator and transfer to the one known as Jim. We are those known as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which those present might have for us. Is there another query at this time?

S: I have asked about our daughter in the past. Thank you for your past words. They were helpful. Another friend who is a walk-in mentioned that I should open up and share more or I may develop cancer. I have had phantom pains in my groin and I have been tripping about them. Could you tell me about those pains and what I need to be doing and be concerned about?

I am Q'uo, and am aware of your query, my brother. We are indeed heartened that you have rejoined this circle of seeking, for we are most honored to speak to each who comes with queries and with the open heart. We bless and welcome you once again.

As to the nature of those pains and questions that you have concerning the health and well-being of your physical vehicle, we would suggest that you are, indeed, very healthy, for the physical vehicle that you utilize to move about within this illusion is one which has a natural health to it. However, one can alter this health by offering to the deeper mind the questions that are in the form of doubts. One can erode one's own health by such doubts and fears, not usually in a significant sense, but in the sense that the physical vehicle will respond to the manipulations of the mind. For, indeed, the physical vehicle is a creature of the mind. It is well, therefore, not just to affirm one's health but to claim it, to live it, to exercise it, to go forth filled with it. We would recommend that you rest in the knowledge that your physical vehicle supports you as well as you support it. The pains that you have felt are not of

consequence. They are, rather, fulfillments of expectations, more specifically, of fears that have no substance to them at the present time. Therefore, our recommendation [is] of the positive affirmations that remove doubt.

Is there a further query, my brother?

S: Yes. On a world event stage level, the drama of the Elian Gonzalez child seems to be a catalyst for millions of people. There seems to be more going on behind the scenes than is being reported. Could you share your perspective as to what is being played out?

I am Q'uo, and am aware of your query, my brother. The drama that surrounds this young entity is that which each feels it to be. Again, the minds of those observing this event will see what they wish to see, will see what they are told to see, and will see more than there is to see. For, indeed, the mind is a powerful source of seeing, of information. There is as much to this event as any says there is, for as soon as it is said, there it is. We look upon this young entity and many entities who have been placed in the public eye and see that the mass consciousness of many entities needed this young entity to focus upon in order to discuss and describe the nature of the lifestyle found in this young entity's two worlds. And the nature of the family itself, for this basic unit of support, nurture, teaching and guidance is one which has suffered, shall we say, significant loss of influence for many people within your planetary population. Many would have governmental powers, political powers, economic powers, and social institutions take from the family that which is its responsibility. An entity such as the one known as Elian can serve as a point of focus for people who need to bring into their own minds the topics of concern. Such entities are as the lightning rod which attracts the attention of a great deal of public energy, and by allowing this energy to be expressed then provide to many people an avenue not only for expression of emotions and thoughts and opinions but of the possibilities for their own life patterns to be altered by such discussions, depending upon the passion with which the discussion is carried out. Thus, the world stage is one which always offers to each individual entity whatever the entity desires. For if you look at the range of opinions and responses to every situation you will find that there is, indeed, a wide range, and one may pick and choose those areas of importance to one's own areas.

And those areas, therefore, will be important to each entity because each entity will make it so. This is the value of public explanations, displays and so forth. Each entity may take from it that which has value to it.

Is there a further query, my brother?

S: We were talking earlier of the opinion of Laura Jadzick/Knight having an opinion of *The Ra Material* and the events surrounding it. It seems to be another case where people can interpret and take from it what they will. Some of the comments were curious. I would like to know your response to it.

I am Q'uo, and am aware of your query, my brother. We look upon all such expressions of opinion as that. There are as many opinions as one can imagine and perhaps there are more. Indeed, as those of Ra mentioned within the material that has been published as *The Law of One*, there are many who feel that that work is of the devil. Many feel it is angelic. Many feel that it is of importance. Many feel that it has no significance. Again, this is all opinion. Each will take from what they see, what they see. Each person's journey is valuable in itself, and however they fashion that journey, and from whatever opinions they weave it, this is their journey. This is what is appropriate to them. It matters not whether the importance is shared by any other.

Is there another query at this time?

S: None at this time. Thank you very much.

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

Carla: I'd like to ask about my low energy level. I understand if you can't answer, but I am trying to take care of myself, but I haven't done very well. I have felt worse this last week than before. I deeply believe in what I am doing and usually look forward to working on the book project. But I seem to be doing too much. Do you have any pointers for me as to how to balance and re-energize myself?

I am Q'uo, and am aware of your query, my sister. We look upon this topic which you have expressed in terms of feeling that you have depleted your own energy and because of this observation suggest that it would be well if you were to rest for a period of days, giving yourself nothing of importance to do, luxuriating in whatever brings you rest, and letting

your energies of your mind, your body especially, and your spirit recharge so that there might once again be a reserve upon which to call. We are aware that there are those duties which are of a regular nature which you perform each day and we would recommend that these be taken care of in a short manner by either neglect or a short [reply] to each entity, writing to inform them of your need for rest.

Is there a further query, my sister?

Carla: Could you tell me if three days of this would be enough? Five days?

I am Q'uo, and this will be your determination, my sister. As you are able to rest, it is then your estimation that will be important as to how you are rejuvenating.

Is there another query at this time?

Carla: No. That's it. Thank you very much.

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

S: The Derby and Preakness have been run. Did your horse come in?

I am Q'uo, and we are aware that this instrument was finally able to pick a winner after twenty-seven tries. We rejoice with him for his success as we rejoice with each of you in your successes.

S: So, who is your pick on the Belmont Stakes?

I am Q'uo, and we are happy when the underdog wins, but we see that there are no dogs in this race. Therefore, we shall be content with whatever outcome occurs.

Is there a final query at this time?

(No further queries.)

I am Q'uo, and we rejoice with each of you and take a great deal of pleasure in the mirth that this group has found in its seeking together. We are always privileged to join this circle of seeking and are aware that this shall be the final session of working that includes the channeling aspect for a portion of your time, and we would hope that each will remember that we walk with you in your seeking, immanent or not. All you need do is mentally request our presence and we will be glad to join you in your meditations. We are known to you as those of Q'uo, and we would now take our leave of this instrument and this group. We leave each of you in the love and in the

light of the one infinite Creator. Adonai, my friends. Adonai. ♫



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SUNDAY MEDITATION SEPTEMBER 10, 2000

Group question: Our question today concerns the seasons of awakening. Each person seems to have a time and a way of realizing more of the heart of the nature of the life experience and consciously becomes desirous of learning more of accelerating it, of growing, and really taking things in hand. We would like for Q'uo to speak to us of these seasons of awakening: how we might cooperate with them, foster them, and work with them, not only in ourselves but in other people as well.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite creator in whose service we are. It is a great blessing to be called to your meeting, and we thank you for seeking this circle of seeking as part of your spiritual practice. We know that each of you sacrifices something in order to spend time in this search for truth, and we thank you, for it truly enables us to be able to share our service with you as we have hoped to do. For we are here as a service to those who are seeking and who wish another voice to consider.

We would ask that each be careful to realize that we are not authority figures but really brothers and sisters who travel the same spiritual road, who are looking for answers to the same mysteries. We are happy to share our thoughts but, as always, we ask that you leave behind those thoughts that may

present a stumbling block. Take only those that are useful to you and move on. And we would encourage you to practice this discrimination with all sources that you may hear or read, for, truly, authority resides in the resonance between your own nature and that which you need. When you meet your own personal truth it has a resonance to it that is unmistakable, and we ask you to trust that and not some outer authority, no matter how persuasive or powerful.

You ask this afternoon concerning awakening and change. And since there are several levels of discussion in this subject we would choose the more general one with which to begin. We would discuss the basic concept of incarnational lessons. The mechanisms of change are somewhat cyclical and, spiritually speaking, descend from the level of preincarnative placement of the self and of the lessons of the incarnation that were set up by the self and by the higher self and other guidance, before incarnation. Before incarnation, each spirit that is now incarnate in a physical body on planet Earth had a great deal of say in choosing what lessons of love it wished to concentrate on during the upcoming lifetime and what outer services it might be able to specialize in sharing.

When the lifetime begins, memory of this process of choosing the basic themes of the incarnation or the basic lessons of the incarnation is removed. The veil descends, and in complete forgetfulness and

innocence the physical child is born with a destiny that is, in some way, complete. This, however, does not abrogate free will. For it is the choices that this entity makes as it faces the relationships that it has chosen to offer itself and the catalyst that it has chosen to offer itself that will create the actual distortions that will be followed throughout the pattern of a lifetime. Consequently, the same relationships and the same situations may occur three different times but if the person is in three different states of mind the outcome of the same catalyst can be three different outcomes, and this is basically the structure of change throughout an incarnation. There will be a repeating theme, or perhaps two or even three themes, of incarnational lesson which bring up material having to do with one or another lesson of love that becomes familiar to the spirit in incarnation to some extent. Each time that it repeats it becomes a little clearer. At least that is the process that is hoped before incarnation.

In actuality many times a person in the midst of a difficult situation may choose to feel that it is the relationship or the situation that is at fault, rather than the self needing to pay attention to relationship or situation. Consequently, the solution chosen by the careless thinker may be to leave the relationship or leave the situation, thinking that another person or another situation will change that which is wrong. It is only when the pattern is repeated with another person or when another situation develops that brings in the same themes that the person may begin to feel that there may be a theme and that it may be worth attending to in hopes of learning the lesson, achieving the learning desired, and being able to move on to more interesting lessons. This is a general scheme of spiritual evolution that is at the unconscious level that is designed to work while the person is asleep, spiritually speaking, and designed to be very vulnerable to being accelerated by the person who has awakened.

Now let us speak concerning this situation where some are asleep and some are awake as spirits. The hope of each entity who enters the Earth plane at this time is graduation from this density. Each entity who has achieved incarnation at this time is capable of expressing full enough awareness of love and service to others to graduate this density in this lifetime with just a little more effort. In each case the spirit that each is before incarnation has real hopes of making some strides towards cementing that

graduating ability, that ability to receive and transmit the light of the infinite Creator.

However, as we said, it is part of the plan of a school of life and love that depends on faith alone and not knowledge that all knowledge that can be proven of the reality of the spirit be removed from the conscious mind so that during incarnation the spirit that each of you is is faced with a journey that is strictly a journey of faith. There is really no way to prove spiritual principles, except by subjective experience and subjective conclusions drawn from subjective thinking. In other words, there is no objective spiritual proof possible. This is a protected illusion in which faith alone can bring the seeker through. The mechanism of destiny set by each before incarnation will periodically bring great confusion and trouble into the patterns of energy of each seeker, and it will attempt in a mechanical and rather blunt instrument sort of way to move the thinking of that person from head to heart, from intellect to openhearted love, and it will or will not have an effect depending on something that cannot be taught or bought or predicted or encouraged or manipulated, and that is the condign pre-set alarm clock of each individual within the Earth plane.

Each entity dwelling in an incarnative body has her alarm clock set for a certain triggered time. Now, many hit that triggered time and rather than waking up, hit the snooze button and go back to sleep. To some extent this tendency can be manipulated, but we would recommend that it be left completely to each seeker as to when that seeker will actually awake. For it truly is an awakening process. It is as if entities of Earth are born into a certain kind of dream which they can dream nicely all the way from cradle to grave. However, there is a likelihood that there will be an awakening from this level of dream into a higher and more overarching level of dreaming which involves more light and more so-called reality. And in this awakened state it can be seen that this incarnation is not simply the days and the nights of someone working until it falls into its grave but is the adventures in flesh of citizens of eternity that are not bound by time or space.

This is a huge change in consciousness: to become self-aware that one is a citizen of eternity. This is a real awakening, and when this occurs, there is a shift. It is as if before you were plodding upon the land, and suddenly now you are on the ocean and moving

quickly. And you cannot walk out of the boat and onto the water and onto safe shores. Indeed, you are on a path that cannot be predicted beforetime and that has many elements that are not linear.

Consequently, there is a tremendous amount of experience that comes very quickly when the awakening occurs. To our way of thinking, it is a time for rejoicing when the spirit that you are has this sense of awakening to a deeper level of reality, to a fuller sense of life, to a wider appreciation of the possibilities of the present moment. It is not that learning can be accumulated like bricks until a wall can be built to house the knowledge of the mysteries involved in being who we are, but rather, that the fuller the light that we are standing in and working with the more of that light that we can send through our selves and into the creation to lighten those energy patterns about us.

When an entity wakes up it is as if a light has been switched on. It is not a light that can ever truly be put out again, for there is an awareness there. A change has been made, and it cannot be undone.

When the awakened entity views those who are still asleep it can seem desirable to shake them up and wake them up. And as the one known as S mentioned, it is perfectly all right when talking about things that interests us to mention such things and drop a seed here and there. There is no infringement on free will in doing so. However, to move further than the first mention of an interesting topic or thought without a substantially positive response is to begin to encroach upon that person's privacy and free will. We would encourage, rather, the attitude of trust and faith that each person's incarnational schedule is set as it should be, that if they are still asleep they should still be asleep, that something is going on that in the pattern of that person's life will work out perfectly for that person.

The person each needs to focus on in terms of spiritual work is the self. For, truly, the self is the universe. The self is the Creator. The self is all that there is. For all is one. The unity of all that there is beyond understanding and an attempt to explain its nature devolves into paradox. This is as it should be, we feel, and we are, as we have said before, content to allow the mystery to escape us. We continue to pursue the mystery of deity, the mystery of essence, and although we have come to feel that we know many, many things we still find our reliance in the

values upon which you are now focused: love itself. And that precious feeling, instinct, to help.

That desire is as a passion that shall burn through many lifetimes and many densities, and each of you will be that which brings beauty and healing, not because of the outer gifts that you share, but because of your being, because of the nature of your self as you meet the present moment. Regardless of the rate of change, indeed, regardless of the rate and pace of the busy days that each of you experiences, we encourage each of you to find time to be. For in the midst of whatever change you are, in the midst of whatever transformation, beyond all levels of alteration, you are who you are. And you have a basic nature and vibration that has been your signature of love for eons. All that you do within this incarnation shall burnish it up a little, shine it a bit, perhaps correct some distortion that you, as a spirit, see in the overall pattern as you gaze between lifetimes in leisure and patience.

But for now, have faith in yourself, and know that you need to spend that time just being, whether it is in meditation, taking a walk, sitting and holding hands and looking at the sunset, whatever chance that you have to share the silence and let the mind come to a halt and just be, take that moment and let your heart open and flower and blossom, and let your nature roll out in sympathy and harmony with all of the other natures of creation whatever. Let yourself sing like the stars, and the trees, and the wind and the fire at the heart of the planet, for you, as much as any of these elements of nature, are elemental, are yourself, are authentic and are a part of the good and the healing of your planet and your people.

May each of you take the time to become aware of yourself as these wonderful energy systems that allow the energy of the great original Thought of love to come rolling through and out into the Earth plane. Only entities and incarnations such as you can give that gift to the Earth. Many of you are wanderers who came here specifically to act as transducers for light upon Earth, to lighten the planet, to lighten the vibration, to help Earth at this time. All awakened entities, whether mature Earth natives ready for graduation or wanderers hopefully ready for the same graduation, now have this opportunity to lend their love and their light in service to those upon the Earth. We hope that you encourage and support

each other as each of you attempts to become more truly yourself amidst all of the changes and transformations that you experience.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and light, and with thanks. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time it is our privilege to offer ourselves in the attempt to answer any further queries from those in this circle. May we ask if there is another query at this time?

S: It's good to hear from you again. There is a girl whom we work with and her daughter is having health problems at 13 and they seem unusual at that age. Is there anything that we can do to help or advise? Any suggestions that you might have would be most helpful.

I am Q'uo, and am aware of your query, my brother. We appreciate the opening of the heart energy center upon your part in the consideration of that which would be helpful to the young entity of whom you speak. We are not those who give what you would call life readings or assessments of entities in order that one remedy or another be applied for any malady that may be found, for there are those who have this skill and use it well. We, on the other hand, are more philosophically oriented among those who seek to serve Earth at this time. And, thus, it would be our suggestion that any assistance given to this entity be that which is a natural outgrowth of the interaction between the group that is your family and the group that is this entity's family so that there be the normal progression of conversation which expresses the concern for the welfare of the young entity and the desire to be of service. When this seed is thusly planted and interest is noticed, then one may continue to water the seed with the attention that you may offer through one avenue or another. The choice of avenues is that which we would recommend by utilizing the intuition, the feeling within your deeper self that there is a path that can be taken and action that can be offered and, moreover, a concern, a love that can be shown by the entire process of interaction. Thus, the attention given to this situation may be nourished in love, contemplated with the mind, and directed with the intuition.

Is there another query, my brother?

S: Yeah, there is a tree in our backyard that's not been real healthy but provides wonderful shade and is a beautiful tree and it's something that we enjoy when we are outside. We wonder if there is anything that we can help with the health of this beautiful maple tree?

I am Q'uo, and am aware of your query, my brother. You will not be surprised to discover that our suggestion for this entity is similar to our suggestion to the previous entity. However, the means of communication between you and this entity may be somewhat different in that the second-density entities known to you as trees are those which also respond to that quality of love which comes from the open heart. Again, in this instance we would recommend that in the shading and protective arms of this entity you retire yourself into meditation seeking not only a direction for yourself but the establishment of a feeling-tone, shall we say, between yourself and this tree entity. Find the silence within and when that silence has been achieved, move in harmony and sympathy into a communication with the tree. Ask what it needs. Await a response which may or may not be in the form of your words. If you are able to perceive an image or a feeling that comes after the asking of the question, pay attention to that image and to that feeling. Follow either as a trail of communication is laid. Trust that this tree knows its needs and appreciates your love. Perhaps it will be necessary to achieve this meditation for a number of your days before there is a clear response. Perhaps the response will come immediately. However long or short the response time may be, then move in action according to that which you perceive, and trust your ability to perceive the response from the tree.

Is there another query, my brother?

S: I had many questions before coming here, yet they seem to escape me at this point, so I will turn the questioning over to anyone else who has one.

Carla: It's the first time I have had a chance to talk to you since I finished the handbook. I don't know if you have the capability to perceive what has been written, but if you do I would just wonder if you are satisfied with what is in it, or if you have other things that you would like to see in it?

I am Q'uo, and am aware of your query, my sister. We are most honored to have been mentioned in this work in a number of references. We are aware that this work has been one which is both fatiguing and enlivening, for the effort is great, yet the feeling of achievement that we feel within your energy system is substantial for the accomplishment of this work. We, of course, are not in the role of the critic, though if we were would have little purpose to fulfill, for we are aware that you have been most diligent in covering those areas which are of concern to entities such as yourself and many others like you who seek that which may be called the truth and seek it within a very difficult environment in which there is much of metaphysical or spiritual twilight, the lighting of the path for the next step of the path being dim in some cases, bright in others, various at all times, and we are aware that there are those concerns within this volume that are spoken to in a clear and enlightening manner so that those who are able to read this book may feel the same inspiration and information that has been felt by the few who have read it to date.

Is there a further query, my sister?

Carla: I had a gal write in to me that had a sore arm which she had abused physically and wore it out, with tennis elbow and golf arm and everything else wrong with it. She was afflicted by a new age healer who wrote her and upset her terribly and said she had all kinds of things wrong with her emotionally which were causing her to have this sore arm, and I wondered if you could comment with anything that I could say to this woman to express that it is not her fault that she has a sore arm. I really hate new age guilt and I really dislike doctors and healers who make their patients feel guilty for feeling bad. I know there is something between the psyche and the soma, but I would really appreciate any comments that you may have that I could send to this woman.

I am Q'uo, and am aware of your query, my sister. When we consider requests such as this we look again to the preamble that we offer before each contact is made with this and any other group that we are privileged to contact and that each entity present be encouraged to exercise the personal discrimination so that any information that comes before its notice be subjected to that inner knowing that each entity possesses that can direct it surely and safely along this journey of seeking the truth. For

each entity's truth will be somewhat different though it partakes of the same great truth of the unity of all things created by love. Each entity must be aware that there is a unique journey that it is traveling and will travel. When information is made available that may or may not aid this journey then it is that the mind first looks at the information and assesses it upon an intellectual level and determines one thing or another about the information. Then the mind gives over the assessment of any information to what may be called the intuition, to the heart, to the deeper self, to that deeper knowing that each entity possesses. It is here that a feeling is generated in response to any thoughts about information offered. And it is this feeling from within that one must trust. We would suggest that this entity and any other entity in a similar situation take the information that has been given it into the meditative state after having considered it intellectually, and within the meditative state allow the feeling tones to arise from within that are the heart's response to that which has been given from without, and then to follow this feeling to its conclusion, whether it be to accept all, some or none of the information offered, and to do this with a feeling of love and gratitude for the Creator of us all and to the individualized portion of that one Creator which offers information to the one to be healed.

Is there any further query, my sister?

Carla: No, but I will be very happy to send that on to her. Thanks.

T: I have a question, if you still are up to it. I come here and always enjoy the silent meditation and I sit here and start meditating and sometimes, like today, I didn't hear anything that was said. I am just stoned and as high as I can be on the meditation, but could you comment on this incredible energy that I feel, and this whole process?

I am Q'uo, and am aware of your query, my brother. We are most pleased that you have been able to experience the basic vibrational frequency of our contact.

(Tape change.)

I am Q'uo, and am again with this instrument. The vibrational frequency that is the result of our vibrations and your own, blended in an harmonious fashion, is the heart of what we have to offer. It moves beyond words. It moves beyond feelings. It,

hopefully, gives an inspiration to those who are able to perceive it. This inspiration is that which is as a, what you may call, blank check. One may take this inspirational energy and fill in the blank as to how it shall be used, what shall be considered, or if there shall be the thoughts related to it at all. In our speaking to you we not only infuse thoughts upon this basic carrier wave, but we fashion words that are in response to queries asked so that we take this basic vibrational frequency and shape a portion of it in such and such a fashion that it might communicate to both the mind and to the heart and, hopefully, to the spirit as well. If the words spoken during our sessions with you do not register then one may consider the possibility that these words were not for you this day and move on without a second thought. However, if one is also able to feel the inspiration of the basic carrier wave then the fundamental portion of our service to you has been accomplished and we are grateful to each for any opportunity to serve that was made available to us.

Is there another query at this time?

T: Yeah, if you're not too tired. I had a conversation with a crazy friend of mine who has never had anyone to talk to about things important to us. His wife has developed Alzheimer's and he is now back on the bottle. We talked and he wanted to know what faith was. He didn't know if he had any. I said that his feelings were like his faith and he should have faith in what comes out. Could you give a quick comment on faith?

I am Q'uo, and am aware of your query, my brother. The trust of which you speak in relation to faith is not only in one's feelings but the feeling that despite that which one sees and experiences that one knows that all is well, that one knows that all will be well, that what is occurring at any moment is appropriate and may be learned from in an effective manner which enhances the evolutionary journey. Each entity along this journey will have those times of doubt, of trial, of confusion, of feeling lost, of feeling alone. All of these and many more experiences are those which test one's character, which offer one kind of lesson or another. There are as many kinds of learning as there are entities to learn. However, in each experience and for each entity, if one can uncover that feeling of faith within and let it be the north star, the Polaris of the self, then one may move without fear and accept whatever is the daily round

of activities as they come to one. For an entity that is filled with faith, there is no challenge too great. For any entity without faith, all challenges feel too great. Faith is that which one develops by wishing to develop faith. If one feels faith is lacking in the life pattern, begin to investigate the qualities of faith, the nature of faith, and begin to act as though you have faith, and faith will come to you. Moreover, faith will come through you, for faith is like love. It is a basic quality of this and all creations. If one can begin to exercise the quality of faith it is much like your physical muscle. It will grow in strength and ability.

Is there another query, my brother?

T: No. Thank you very much. That is wonderful. Thank you.

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

(No further queries.)

I am Q'uo, and we again thank each present for offering us the opportunity of joining your circle of seeking this day. It, as always, has been a great privilege to speak to each present, to offer our thoughts and words, humble as they are, to those concerns of heart and mind and soul. Know that you do not walk alone ever upon this journey. Not only do you have friends within your illusion, but there are those guides and presences that have been with you from the beginning of this illusion and who will not leave you until this illusion for you has ended as well. Each seeks a way to inspire, to guide, and to offer the hand when needed. In your meditations seek there the guidance from all those who wish you well upon the inner planes. We are known to you as those of Q'uo, and at this time we shall take our leave of this instrument and this group, leaving each, as always, in the ineffable light and love of the infinite Creator. Adonai, my friends. Adonai. ✽



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HOMECOMING SESSION SEPTEMBER 23, 2000

Group question: The question this evening has to do with the fact that there seem to be changes in the world happening very quickly around us. As seekers, we are wondering if Q'uo could give us some idea as to how we can maintain our balance on our path while changes are happening so quickly around and within us?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet each of you in the love and in the light of the one infinite Creator in whose service we are. We wish to express our deep gratitude at your calling us to your circle of seeking this evening. We thank each of you for the sacrifices that you have made to be part of this circle. For each of you it has been a challenge, and the resulting desire to know the truth has been sharpened and honed and the energy that has been created is most beautiful. Your desire is as a beacon, and we thank you for the questions that you have asked and the hopes and the dreams that bring you to the restlessness of spirit that has caused this instrument and many among you to call yourselves wanderers.

Your desire to hear such information as we can offer through this instrument is also a great boon to us because this is our chosen path of service as a group at this particular juncture, so without being able to speak with groups such as you we would not be able to offer our service or to progress in our own

learning. And so we thank and bless you for several things, not least of all the joy of sharing time with each of you.

We would ask of you that you take our word lightly, for we are not authorities. We are as you: pilgrims upon a dusty road. As the one known as V has said, each of us varies in our experiences, in the quantity of them, in the quality of them. And each of us knows the stones in the shoe, the dust upon the road, the light of hope in the sky amidst the clouds. We share a landscape, and we share in what may be called the journey. And as each of you has found many times already, the journey has many faces, challenges and surprises. And we are glad to look at these masks with you, for you have asked concerning keeping to one's path in the course of rapid change. And we would, indeed be delighted to share with you with the understanding that if any words that we say do not ring true to you, you will put them aside without a second thought and move on. For as the one known as A has said, that which is yours has a resonance, and you know it, and you feel it. And when it is not for you it is a dead thing and can easily be left behind. To hold to authority is to create a stumbling block. Hold only to your thirst, to your hunger, to your desire, to that passion that often seems so unfashionable within the mirrored walls of the world. For you need not look at those mirrors until you are ready to see that all things are the reflection of the self.

We would begin speaking concerning paths and change by speaking on the level at which there is no variation or shadow. For we would root that which we have to say in the truth of unity, in the circle view that sees the octave of experience, in the view that knows that each is the Creator. In a very real sense it is useful to think of all times and spaces as the final moment before oblivion, for, indeed, that is the precise link of a creation. That which seems eons is but a heartbeat of the one infinite Thought which is love. All that you will and have and are—experience, experienced, experiencing—is taking place precisely now. You are in a circle dance. Your movements contain eons of awkwardness, missed steps, and seeming mistakes of every possible kind and character. And yet, seen from the level of the circle dance, every mistake was part of a perfect pattern. Every foolish choice was that freedom that you could not otherwise have had. Every lifetime in which you spent years questioning this and that is seen within the level of the circle dance as the eccentric but perfect balancing dynamic that it was, that it is, and that it shall be.

Each of you, each of us within this group, each of those infinite sparks of the Logos, rest in unfathomable perfection drenched in a unity so profound that there is none to behold the light, but only the light. And this is your star being. This is your nature. Each of you has at the heart that fire of suns, that spark of creatorness that contains all that there is. And so, in a very important way, each of you is, beyond all changes, yourself. The you that was created before time and space, the only you that was ever you, the only you that will ever be you, you are unique. And truly are you precious and beloved to the Creator who values every distortion and seeming imperfection that has dented and banged you in the fire of learning and made you who you are. For you vibrate with a certain chord that cannot be duplicated, that is essentially you, that is most beautiful.

We realize that each of you would like to vibrate as the Logos. Each of you would like to have that perfect vibration of love, and yet we say to each of you how perfect you are as you are, as you turn, as you change, as you come to this moment. How well you hold within yourself the unity of all that there is. How gently do you cradle that being within that shall be and has always been a child of the one infinite Father. This instrument objects to the use of

the word, Father. We object to the Father calling a Father, Mother. Consequently, shall we say, “celestial parent.”

At any rate, beyond that level lies a life in which you are involved. Each of you has chosen to come into a heavy chemical illusion, and you have chosen to come into an illusion that is quite athwart your nature, for each of you remembers better ways to do things, better ways to live, better ways to think. And it is frustrating, indeed, for K to hold his laughter back, for those who attempt to work for the people they find in a way that enlarges the love within the world. We realize that there are very real challenges to expressing that level of self that is the soul of the spirit in the everyday life. And yet that is the level at which the self feels most authentic. That level at which the entire self can be shared.

There are so many calls upon the pilgrim self. It is extremely easy to move upon the surface of life as though one were skating upon the surface of a pond, or walking along the midways of a carnival, distracted by the rides and the amusements, busy with one thing and then another, and beguiled by the surface of things. Meanwhile, just beneath the level of the surface that self that has awakened to the spiritual path chews through catalyst with a voracious appetite. And the self is placed in one pickle after another, a puzzle followed by an enigma, followed by another challenge. As quickly as one can focus upon one thing there will come another. Whether the events are large or small often does not matter. It is the accumulation of changes that creates the sense of having lost one's sea legs or of even of having lost the lodestone by which one sets one's course. Certainly, it is easy to feel lost along the path, and there are, indeed, times when it is best to remove oneself from the path, one way or another, to go find a cave or a rock or a beautiful valley dotted with sheep and rest a while, and wait, and cultivate as a crop, patience.

For there are some things which continue to puzzle one for a significant period of your time. There are some riddles that do not have a ready solution. There are other times when the thing to do comes as if upon a wave and deposits itself at your feet, and when those gifts of the sea resonate with you, then we encourage you to move quickly. More than anything we encourage each of you to follow your discrimination. It is easy to doubt one's own

judgment, and we have heard the one known as V speak concerning her lacks of awareness, and we have heard the one known as C say somewhat the same thing. But may we say that within our view these judgments of self are unfair and inadequate, and, in general, we would encourage all never to judge the self. This instrument calls it taking the spiritual temperature. May we say that it is an extremely rare seeker who is capable of seeing herself. Each of you was placed in this illusion precisely so that you would lose sight of your self. You were not put here to be intelligent and to make wise decisions. You were put here to make mistakes and to suffer. You see, each of you came here to get lost and to make what may be considered mistakes. Each of you hoped that when you plunged into this place of unknowing you would awaken to that instinct within you for faith, and you would choose to live by faith. You had hoped that you would take the opportunity of not knowing anything to choose, freely, the good, the true, the beautiful, the just, for no reason except that it is a beautiful thing to behold a fair and truthful principle.

And each time as a small new being, or as an adult being, you have heard stories of true heroism, love for others, and a nobility of the ordinary human being. Each of you has thrilled and known what it is to be a person of faith in a world that is dark. Each of you has seen what light a being can shine just by being who he is. You did not come into this world with high ambitions within the world. You may well create them within the world, and that is something to be encouraged if that is what you desire. But each of you came into this world in hopes that you would have the opportunity to choose to express love. You came to breathe the air, to love each other, to accept the love of each other, and to be yourselves. These are the ambitions with which you came into this world as a spirit: to be of service, to choose the good, to give and receive love. Every learning and every service has its roots in these simple hopes.

Of course, in the press of circumstance each spirit will often feel lost, abandoned, alone and without resources. This is part of the refining action of the illusion known as Earth. Consistently, again and again, you will find yourself in positions where you feel you are pressed against your own limitations, and it is at these times that the opportunities for faith are the greatest. And what is faith? We can say it in three words: all is well.

To keep one's feet, to keep one's balance, those three words are often as far as one needs to go if one is able to say them in quietness and in confidence. For truly, to the best of our knowledge, all is well. You are here. You are doing what you should be doing. You are experiencing. You are feeling. You are loving and you are being loved. You are extremely successful at being third-density human beings.

Do you come close now to that point where the light becomes fuller and your next incarnation works with different lessons in a different environment? Yes. For each of you, this is so. Whatever books you have read, whatever you think your level of awareness is, each of you is poised at graduation into fourth density. Each of you is eager for more light. And so you are in a wonderful position to gather experience, to make mistakes, to suffer from them, and to learn in the suffering even better who you are, why you are here, what you truly want to do, and who you truly want to become. And that which yesterday you dreamt, today you experience. That which today you dream, tomorrow you shall experience, until all that you have possibly imagined to desire has been experienced. So gauge carefully that which you desire, for you shall receive it.

Although we say in many different ways that you cannot lose your way amidst whatever change, we would say, as always, that a great aid in keeping one's balance in the midst of great transformation is the daily habit of silence. Whether it be contemplation, meditation, a silent walk, whatever it be that is your own prayer of the heart, open that heart to the silence daily and allow the experience that is coming through you to seat itself there. For time spent in silence is time spent with the Creator. And what a blessing for the Creator to spend time in silence with you. For there is no asking and there is no telling, but just the meaning. And the Creator craves your company and your communion and loves you so dearly, and waits for you so patiently to remember who you are, and whose.

May each of you be about your business. May each of you, as this instrument says, bring each other home. For you see, in that mirror world, each of you is, to the other, the picture of the self, the picture of the Creator. What shall you mirror by your thoughts this day? What Creator shall you be to those about you? And what being shall you be to yourself? May each of you enter your own heart in a mood to

forgive completely, to fall completely in love with yourself just as you are. This is an important step in the evolution of the spirit, this ability to accept the self as it is, with every distortion, every folly, everything that the illusion seems to be telling you about yourself. For, you see, you are looking so hard at a personality shell that is not really there. Instead, depend upon that self that is beneath the surface, that will well up in the silence and tell you who you are when you need to know it, will give you new information when you need it, and may tell you to wait when you least want to hear it. Fall in love with that self that is you. Forgive and love that self, and you will find it easy to love the rest of the selves about you. Or at least as easy to love as it was to love the self.

We would at this time transfer this contact to the one known as Jim. We leave this instrument in love and light. We are known to you as those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you again in the love and the light through this instrument. It is our privilege at this time to offer ourselves in the attempt to speak to any further queries which those present may have for us.

Is there another query at this time?

E: The sun and moon have a great deal of influence on us and is it by accident or design that they are the same size in the sky? That is, the moon perfectly superimposes the sun.

I am Q'uo, and am aware of your query, my brother. As it is the nature of the one Creator to allow for the expression of free will throughout the one creation, the formation of this creation in such and such a fashion is that which falls under the provenance of those entities which you would call the Logoi, which you have discussed this day to some extent. Thus, each entity of completeness that you see in your sky, known to you as the star, is an entity which takes the infinite mind of the one Creator and refines it in a fashion which this entity hopes will offer avenues of expression to the one Creator that are efficient in what you would call the evolutionary process. This extends to those bodies in your sky of which you have spoken that are arranged in a fashion which seems at first to be of chaos, and yet when investigated more closely reveals an order all about. The fact that the moon body of your local planetary

sphere is of the identical size of the sun body at most opportunities of observation is of a nature of choice which is beyond our ken of understanding. Yet we do perceive that this choice was made consciously for a purpose that we are unable to plum, and this is not so unusual for us or for any who looks carefully at the one creation about one. For all about there are clues. There is a trail to the one Creator. There is a mystery that has a solution that reveals itself by slow degrees, and so we see that which is and ponder its meaning and take what we can from that which we observe. In short, we cannot give you the reason why but can say that this is so and was chosen so.

Is there a further query, my brother?

K: Will you speak to us of your knowledge of those who are known as the Children of the Law of One?

I am Q'uo, and am aware of your query, my brother. There have been various times in this planetary sphere's evolutionary process that some of the population of this entity has partaken in a more pure degree, shall we say, of the knowledge of the unity of all things. Many there have been upon this planetary surface who have felt in some way this harmonious unity and have, by their desire to know more, drawn to themselves information from those who are of the Law of One and members of what we have called the Confederation of Planets in the Service of the One Creator. And as these entities have been called to service by the population of this planetary sphere this service has taken various forms, not only the telepathic kind of communication that we engage in at this time but also the movement into the incarnative patterns of the planet as that which you have called the wanderer, moving in groups or clans, shall we say, that have had more or less influence at different portions of your planet's history. The most well known being that of the entities who incarnated within the eighteenth dynasty in the area of your holy land or that which is now called Egypt. There were those at this time who moved, shall we say, heaven and earth that the Law of One should become the means by which the One Creator was worshipped and the life upon the planetary sphere was lived. At other times, such as the movement of the Brotherhood of the Seven Rays into the area which you call Peru, in which time there was also the sharing of the information concerning the unity of all things. In each instance it was the intention of these entities that you have called the sons and

daughters of the Law of One, or the Children of the Law of One, that it was given to the planetary population to understand that this was that which they were seeking by the nature of their beliefs. At this time there was also the movement of these entities and those of a similar nature to again share this law of singleness with those who seek such.

Is there another query, my brother?

(Tape change.)

Is there another query at this time?

S: In the last few months I have received a lot of help in my spiritual growth and I was wondering if you could tell me what help I have received. Who? What? Where? I was wondering if you could give me a little more detail on this.

I am Q'uo, and am aware of your query, my brother, and find that there is information of this nature which we may share but that there is some concern that we do not abridge free will. When an entity such as yourself seeks with a strong desire in the area of the spiritual evolution there are many unseen hands which move in concert to answer this call. Each entity such as yourself has those presences about him which are from birth given the honor and the duty to watch over and guide the progress of those within their care. In your case there are those who have been called, not only from birth, but according to the interests and areas of investigation which you have undertaken in this time period of which you speak. Thus, added to the angelic presences that are seen most commonly by your peoples as guides—those of the male and those of the female and those of the androgynous nature—there are also those inner planes teachers which have responded to the particular interests which you have given your attention to. Thus, not only do you find their influence in the books which make themselves available to you and the meetings of other entities in your daily round of activities that seem synchronistic but also in the moving into certain activities such as the joining of this weekend gathering of seekers that may seem in some to have been coincidental. Yet each step was carefully planned, not only by such invisible assistance but by those portions of yourself which you may see as your higher self, which is that great resource which may be called upon in the silence of the open heart. As one moves along the path of seeking the intensity of the desire is that which is seen as foremost in importance in

responding to a seeker's call for assistance. Thus, you attract to you those whose desire to serve is as strong as your desire to seek. In this way there is the opportunity to give information in many forms that will assist in opening to the heart and to the mind those layers of self that are most in need of being explored.

Is there a further query, brother?

S: I would like to express my appreciation to those who have given me such assistance and I would appreciate it if it could continue. It has been enlightening and, at times, humorous.

I am Q'uo, and you may rest assured, my brother, that your gratitude is felt most purely by those who send their gratitude as well for the opportunity to be of service.

Is there another query at this time?

S: Yes, I think of you and who you are and what you are, and you mentioned you are service to others, blah, blah, blah. The information and the way you project things ... did you go to channeling school, and take channeling classes, and have channeling parties with your channeling friends, and get a degree in channelology? I am curious on more details as to how you answer our calls.

I am Q'uo, and am aware of your query, my brother. We are members of those who are called the Brothers and Sisters of Sorrow. It is the sorrow upon the planetary surface and within the peoples of this planetary sphere that calls us here. This sorrow is expressed in many ways. That which you may call an intense desire to seek the truth is a shining light amidst the sorrow and that which gives great joy to all who beholds such light. And, yet, it is the sorrow that calls us here. The lack of knowledge of the one Creator. The lack of light. The lack of love. The heart that is closed. The mind that is beaten upon by the culture in which it cannot find expression. There are as many ways to feel and express sorrow in this third-density illusion as there are entities within it. And each seeks in some fashion that which may be called the truth. As we see those who express the kind of seeking and sorrow that we are able to respond to we are desirous in the extreme in moving to these entities in whatever way is possible. It is rare that we are able to speak as we do now, through instruments such as this one and others in a mind-to-mind contact that allows the expression of words.

It is far more usual in our experience of serving entities such as yourselves that we would move in an unseen fashion, perhaps working in dreams, creating an opportunity in meditation to transmit a hunch, an intuition, a feeling, a direction, a thought, an image, a tone. In such a way are we most able to reach the greater majority, shall we say, of those who seek that which we have to offer.

Is there another query at this time?

V: May I know the nature, positive or negative, of the entity Turquoise?

I am Q'uo, and though we are aware of your query, my sister, we find that we are bated by the Law of Confusion from giving any information concerning this entity. We apologize for our lack of information.

Is there another query at this time?

S: I would like to ask for my bashful wife about the troubles of her feet, and I was hoping that you could tell me how we could alleviate the condition that troubles her?

I am Q'uo, and am aware of your query, my brother. Again, in order not to move beyond that line of infringement, we would suggest that it is well to look at the nature of the ailment, the arena, shall we say, in which this ailment has arisen. The nature of the experience that brings about the pain and the philosophical approach to this aspect of the life pattern that has brought this situation to the notice. If one is able to move along the trail of clues that the physical body gives one when the mind has not completely processed catalyst it is possible to find that area of movement that has yet to be investigated that will, when investigated, cause the cessation of the difficulty.

Is there a further query, my brother?

R: You speak with us of the entities that are gathered with this particular group, the Brothers and Sisters of Sorrow, and you have mentioned that you can be present with us in our personal meditations. Can you speak about that topic a bit?

I am Q'uo, and am aware of your query, my brother. Those of the Confederation of Planets in the Service of the One Creator who have been members, shall we say, of this group's circle of seeking are always, in some degree, aiding in the conducting of these sessions of seeking. Those of Hatonn, who were the first contact with this group many of your years ago,

are more of what you would call the elder statesmen, lending their vibrations without dividing them into words. Those of Laitos, who have worked with many of the new instruments who have moved through this group, also have lent their vibration at this time and at any time that this group meets. There are those of Oxal, who have rarely in recent times been part of this group's activities in the sense of the telepathic channeling, yet who also lend their blessings and their vibrations to the seeking and the service within this group. There are others within the Confederation of Planets who have offered themselves over the years of this group's history in a manner which may be seen as sending the basic vibration of love that aids in each heart's opening in some degree to the messages offered by other members of the Confederation. Some there are who have not chosen what you call the naming, who are unseen and unnamed, who have had their influence and continue to do so within this group's circle of seeking. Each entity is available upon the mental request of any in this circle of seeking to join that seeker in the private meditation, not to speak or to communicate in words, but simply to lend the conditioning vibration which aids in the deepening of the meditation of those who call. This is our privilege and our honor, to aid each entity who calls in the meditative state. It is a steadying influence which brings a more focused approach for the seeker to the listening to the silence, to the one Creator, to the heart of the self.

Is there another query at this time?

K: Does the entity known as Edgar Cayce who passed from this life in January of 1945 live again?

I am Q'uo, and am aware of your query, my brother, and we would answer in the affirmative. Is there a final query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce we shall once again express our great gratitude to each present for the great sacrifice that each has made to become a part of this community of seekers at this time and in this place. We would encourage each to see the self as a member of an even larger family of goodly souls who seek the One and who serve the One in all. Remember, each one of you, that you do not walk alone, that there are those who rejoice at every step taken with you, for this is a difficult illusion in

which you find yourselves moving at this time. Your friends would seem to be confusion, doubt, fear, defeat, and being humbled daily by the difficulties of existing in such a heavy, chemical illusion. And yet, you do move with such encumbrances and yet the courage that each shows in continuing upon the journey, moving as the Fool from the cliff with no sure footing or idea of the next step, is that kind of action which inspires entities such as ourselves greatly as we observe the valor, the courage, the faith, the will, and the determination of so many seekers such as yourselves upon this planet at this time. The seeking is most intense. The service is ever more lovingly offered. The light shines ever more brilliantly through all of the difficulties and distress that are so much more apparent upon the surface of things in this illusion. We add our love and service to your own, as do many others, so that that which you accomplish can be seen to be as the fulcrum that allows a greater leverage in the overall evolution of this planetary entity.

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



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SUNDAY MEDITATION OCTOBER 1, 2000

Group question: The question today concerns how we can get information from our bodies without having to get a cold, injure ourselves, or in some way bring ourselves bodily grief that is meant to get our attention on a problem we have ignored. We then learn moderation and care for ourselves, but we would like to know how to work with our catalyst without having to learn so much the hard way.

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank you for calling us to your group this afternoon. We thank each of you for making those arrangements necessary in order to join the group. The desire and the hope for truth that you bring to the circle is beautiful to see. We enjoyed listening to your song for tuning and find many of the thoughts helpful for this particular subject of working with the various elements of your mind, body and your spirit in order to continue the revolving solution of issues that constitutes a major force in the movement of learning and the transformation of catalyst into experience.

As we speak we ask only one thing and that is that each of you distinguishes for yourself the resonance and the helpfulness of those thoughts which we offer, for truth is a personal thing and we do not expect or hope to hit the mark every time for

everyone. Consequently, we just ask that those thoughts of ours which do not help are quickly left behind.

The song¹ asked the question, "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?" My friends, this is your situation. Each of you, in the core of your energetic body, is the Creator. Each of you is completely and wholly at the heart the Creator. You are one with all that there is. At the level of the heart of your being there is no difference between you and the Creator and all that there is. There is only an infinite amount of difference in each part of the Creator's view or perception of the scenery. There are infinite illusions. There are infinite impressions to be gathered within each creation. Consequently, the entire journey of awareness, from the first expression of light through all densities of an octave until light itself becomes absorbed once again in spiritual gravity, it is a journey home, and each of you is an energy system centered upon the Creator but full of your personality shell, your experiences, and the incoming catalyst that has your attention, and [each] is attempting, in her own way, to make her way home. It is a journey that will transcend this particular period of time that you experience now, the entire lifetime in which each of you now enjoys the dance of life, and all lifetimes and experiences

¹ Joan Osborne, "One Of Us," from the album *Relish* (1995).

between lifetimes that add up to the circle dance of becoming, being and being absorbed once again into absolute unity.

The particular place that you now occupy is a physical, electro-chemically based illusion which has much more heft and mass than the densities that are ahead of you but yet shares with the densities that are ahead of you the open book of self-awareness and all that that brings. The third density, then, is a hinge density where the evolution of mind and body becomes the evolution of mind, body and spirit. There is still much that is and can only be learned physically, in the muscles, the bone, and the blood. The illusion was set up so that there would be unavoidable physical experiences that would distort and shape the learning and the service of the incarnations. Some of the more obvious of these examples are the sexual urge and the urge for companionship. The body, the mind, and the spirit find themselves sometimes uneasy allies in the third-density illusion, attempting to integrate sources of information and kinds of information that are coming into the body, mind and emotional systems.

And many times, as the members of the circle have discussed, there are missed signals that, when missed result in becoming overstressed and developing injuries, or becoming overtired and developing a cold. We would start by suggesting that it is not considered a mistake by those who are looking at the third density from inner planes or from higher planes for entities within incarnation within the illusion to miss the signals before they move into the body. It is considered to be a normal behavior for third density. What each of you is beginning to sense into and beginning to wish for the self is the kind of facility and skill in reading the energy system that would be available without the veil. So the question becomes how to penetrate the veil of forgetting that lies between the conscious awareness of the intellect and the mind that is the daylight mind and the vast reaches of the mind that lies below the threshold of consciousness and that eventually takes in all that there is and the Creator.

The song, "What if God was one of us?" goes on to muse upon the situation that the deity faces. There's "nobody callin' on the phone, 'cept for the pope, maybe, in Rome." And this is certainly true within the illusion. This is the blindness of the situation that each of you is experiencing that is often so very

maddening to the daylight mind, that the signal function of the conscious body is not working as it would very naturally in higher densities or between incarnations. The body must exceed natural boundaries in order for these subconscious sources of information more fully to be able to come into the conscious mind. Phone lines must be installed, in other words. And these are not the telephone lines of a linear space/time configuration that one could rig in any physical way or mechanically place within the body or within the mental system of the mind in order to get that signal system to work. That signal system was not intended to work in space/time.

However, each of you has a portion of self in time/space. The metaphysical identity of the self beyond the personality shell exists in time/space. When each of you achieves pure being, when you are expressing your essence, you are in time/space. That is where the effortlessness comes from when you are moving into the metaphysical universe. It is simply a shift in creations. Instead of the space/time universe where certain truths are held to be so, now you have entered a metaphysical universe where thoughts have become things and you have become a thought. Space has gone away. Time as you know it has gone away. But identity, energy focus and power have most certainly not disappeared but have, indeed, become clarified and illuminated by the underlying glow of creation in which all essence is held.

The singer went on to suggest that, "God is great. God is good. Yeah. Yeah." And this is one way to move into the metaphysical universe. Focus upon devotion is a metaphysical or time/space focus, and when the choice of the seeker is first to move into devotion and devotional principles such as thanksgiving and praise there begins to be established a point of view or an attitude which automatically links the seeker with its own subconscious or metaphysical mind. And in this attitude or construct of metaphysical being the connections become stronger and information moves into the conscious mind ever more quickly with iteration and experience until you are responding to better information and are finding a less troubled outer existence where instead of being surprised by your limitations you are responding to them in loving awareness of them.

We find in this channel's own experience that this particular entity has come through a week of having

a chest cold and that it blames itself for not remembering that it needed more rest during times when a lot of group energy was being expressed in its environment. There were, of course, reasons for this instrument's forgetting that it knew that lesson. There was a perfectly valid reason that this entity subconsciously chose to have the experiences that would also cause it to go beyond its limitation and get the cold. And we concur that, not only for this instrument, but in each case where a limit has been overstepped and seeming disaster occurs, this is not a mistake. This is how it should be, for catalyst is gained, as the one known as S said, during the excessive activity that could not have been gained by acting in a balanced manner. In other words, it is not the business of those who come into incarnation upon a third-density planet to be right, to be balanced, or to be perfect.

Actually, each of you is here to go through the suffering, the pain, and the difficulties because of the refining, and purifying, and even chiseling aspects of the transformative process whence catalyst becomes experience. The basic tool for each application of practice that will yield better connections within the energy body is silence. We have said this in so many ways through the years through this instrument that we are aware that each of you is fully knowledgeable that we will talk about meditation or some other way of entering into and absorbing the information of silence. For silence is full of information, as the one known as J said. The very stars each have their song. All things in creation have their tune, and all blends in a marvelous harmony of the spheres that is endless and endlessly beautiful. But this beauty exists for the metaphysical entity that is attempting to begin the process of spiritual evolution in the bare bones of silence.

Whether it be the meditation of one who exercises or walks in nature, or whether it be the more formal practices of meditation, of contemplation, or of visualization, or whether even it is a practice that uses the everyday things of a normal life and workday to repeatedly center the self in moments of remembrance, the basic tool is silence, the moving into the consciousness of listening within.

You see, the information that is within the metaphysical portion of the body has its reflection in the feel and color of the energy of each chakra, and there are increasingly subtle levels of prescription

about the energy system of the chakras and the connections between the chakras that will give fairly specific information about energy levels and where stress is and so forth. However, it is not the work of a short time to awaken the ability to read one's own psychic signature. There is a process of learning to visualize the system in some way that gives to the self fairly accurate information that can only be developed through a long period of time and experimentation with ways of visualizing and ways of interpreting what you have seen when you do the visualization process.

But whether you get the information from devotion, or from the silence of meditation, or from work with balancing the energy system of the body and asking it questions, or from hearing familiar sounds like the electronic beeps of the computer or telephone and using that beep to bring the self back to the remembrance of who it is, the basic key is to move into the silence and allow it to give its information and to do its transformative work. When one can work with the metaphysical structures that support life in third-density incarnation, then one can work better with the direct experience of the incarnation as well.

What if God were one of us? Just a slob like one of us? That is the situation. You are on a journey. You are very young gods. The journey has just begun. And there are many experiences through which you shall travel before you arrive home. But we may say this. Each of you and each of us is held in loving arms, and every step that each of us takes is accompanied by those spirits who love us and wish only to help us. We encourage each to lean into the support that lies within, and we encourage each to realize, more and more, the divinity of the imperfect self and the utter acceptableness of the imperfect self.

It is possible, if it is desired by a seeker, to enter into what this instrument would call body work and with a practitioner it is possible for a seeker to locate the places within the body's system of muscular and skeletal connections and skin and all else, those places of disharmony and conflict within the body. For the body carries memory in each of its cells, and each time that there is pain and sorrow, each time that there is anger and resentment, each time that there is any emotion that we could name to you, it is generally not so clearly expressed or not so completely acknowledged that it simply moves

through the energy system and out. Usually a portion of the suffering of a moment will, indeed, move into the cellular structure of the body. For many entities it will settle in parts of the body that will talk to the body about what is occurring. If there is a sore back, it is sore from bearing the burden. If there are sore arms, they are sore from carrying too much. If there is the sore jaw that this instrument experiences, perhaps it is biting down on those things that it would say if it decided to allow itself to express itself in an unpleasant manner.

In each case where there are discomforts or pains within the body it is not simply that they are telling you what limitation you have gone beyond. They are also expressing the nature of a limitation and what kind of catalyst has brought the imbalance that is now being experienced. In extreme cases the body signals can include dysfunction that causes a change in the entire life. And again, this is often set into motion by those forces within the body, mind and spirit which are connected with choices made before incarnation concerning the lessons and the service which have been hoped to be encompassed in one incarnation.

It was an interesting question to ask, and we have greatly enjoyed playing with it, but as you may well realize we have only scratched the surface. So, if you wish to question further, that is certainly acceptable to us. At this time we would transfer the contact to the one known as Jim so that further questions may be asked if there is a desire. We thank this instrument and would leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

S: I am curious to see if you have done any homework concerning a question concerning the relationship between the moon and the sun. Since you did not have an answer to that question last time, do you have it this time?

I am Q'uo, and am aware of your query, my brother. There are some mysteries that last longer than a week, and, indeed, this is the case with us.

Is there another query at this time?

S: I would be interested in having you search for the answer. You have the various resources of many densities in order to find the answer to that question. I would like to know not so much to have the answer but in order to find out how you go about finding the answer. I'll leave that for now and I'll query you next time.

The other question concerns the many equipment failures that happened during and just after the Homecoming weekend. What was going on last week to cause these problems to occur?

I am Q'uo, and am aware of your query, my brother. Though there was much of the excitement and energy moving through this group in that time period it would be normal to expect that these energies would affect a great many people and we feel that this was so for most of the entities who gathered here for the sharing of self with self. It is oftentimes during such gatherings that the mysterious occurs, and though we would like to add to the feel of mystery, for it is a pleasant experience to feel that one's energies have had an effect in the environment about one, we see that the failures of various electrical devices was simply coincidence.

Is there a further query, my brother?

S: When I read and hear people talk about their past lives, why don't they ever remember what they did in between past lives?

I am Q'uo, and am aware of your query, my brother. The experience that is had by those who have moved through an incarnation and who are in the time/space equivalent of the space/time illusion in which the incarnation was experienced go through a process which is most informative to a mind/body/spirit complex totality. However, many of these experiences taking place on the, shall we say, other side of the veil are of a nature which is difficult to access during an incarnation. However, there are some few who are able to do this. The number, however, is quite small, smaller even than those who feel that they are aware of previous incarnations. And we would suggest that the number of entities who are aware, in an accurate sense, of previous incarnations is much smaller than is believed. For the experience of remembering a previous incarnational experience is one which has a certain attractive glow to it, shall we say. It is in fashion to remember previous to the incarnation. We would suggest, however, that very few do remember a

previous incarnation in an accurate way, so that the ability to remember an incarnation previous to this one, or the experience between incarnations previous to this one, is quite, quite rare. For each entity wishes that the veil of forgetting will, indeed, do what it does, and that is to make a complete block of all experience previous to the present incarnation in order that the present incarnation might be the sole focus of attention at this time. It is in such a situation that lessons are more purely and efficiently learned. If incarnations were able to be mixed so that memories of various incarnations blend through into the current incarnation the lessons and catalyst of the current incarnation would be diluted in such a fashion such as to reduce the efficiency of learning.

Is there a further query?

S: That's interesting. No further queries at this time. Thank you.

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

Carla: Are there reasons that free will is involved in not answering the question about the relative size of the sun and moon?

I am Q'uo, and am aware of your query, my sister. In this case this is not so. There are many, many physical, mental, emotional and spiritual coincidences that do, indeed, have meaning and may be pursued in various layers of uncovering the nature of the truth beneath them. In other instances we find that there is simply coincidence and that the coincidence is merely mechanical and unimportant. Into this category this falls for us.

Is there another query, my sister?

Carla: Yes. I went through regressive hypnosis and remembered a life in sparkling detail of another life lived on another planet, and a whole lifestyle. A friend of mine says that she remembers being an Egyptian god called Sekmet. I don't feel that I could bank on either one of our memories as accurate, and I wondered what these false images are that we think are incarnations from another time? Are they false echoes? Are they shadows that tell us something about ourselves that pierces the veil? Are there any uses to these memories at all?

I am Q'uo, and am aware of your query, my sister. In the specifics of this particular query we cannot answer in a definitive nature, for we are desirous of

not infringing upon free will. However, in the general run of the query we may suggest that that importance which is placed upon the memory, however accurate or false it might be, is that quality of essence. The importance which a person places upon the supposed memory of a previous incarnation gives a person an idea of something of value resting there, taking a form as it will, being revealed as it is, being understood or misunderstood as it is. These are the facets of the gem of the incarnation. Seeing that which is of importance to the mind, to the emotions, to the spirit, to the body, this gives the self information from the self and it is unimportant as to whether or not this is an accurate memory. It is only important because the person feels that it is so.

Is there another query, my sister?

Carla: I really like that answer, by the way. I finished writing *A Wanderer's Handbook* some time ago and it is about 1280 pages. My editor thinks it should be published as it is with a good introduction explaining why it is so long, or, number two, that it needs to be edited down to about half its length and a lot of quotes from channeled entities such as yourself be replaced with a simpler and less convoluted language of me writing on those points. I would welcome any comments that you would have, as we are at this point now.

I am Q'uo, and am aware of your query, my sister, and again we must apologize for invoking the Way of Confusion, for we do not wish to influence you upon this matter for it is built upon the foundation of free will. We are happy to serve however we may. Is there another query?

Carla: No. Thank you very much.

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

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for the nonce we would take this opportunity to thank each present once again for inviting us to join your circle this day. We are known to you as those of Q'uo. We leave each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ❖



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SUNDAY MEDITATION OCTOBER 15, 2000

Group question: The question today has to do with the level of anxiety, and tension, and stress, and rush, and hurry, and angst, that we see all around us in the world today. We see it not only in others, but we see it in ourselves as we go through our daily round of activities. And we wonder if Q'uo could give us some information as to how we can deal with this angst as we deal with other people and as we see it in ourselves. Is there any message that is being delivered when a life is lived in this fashion? Is there anything that we should take from it besides what we see on the surface? We would appreciate anything that Q'uo might have to say.

(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 are. As always, it is a great privilege to be called to this session of working, and we thank each in the group for asking for information of a metaphysical nature, for seeking for the truth, and for looking in unexpected places such as this group. We greatly appreciate the opportunity to share our opinion and our thought, with the understanding that these are opinions and not authoritative statements. We ask that each listen carefully to what we say with an eye to keeping that which resonates and releasing everything that does not, for we make no claims to be anything but your brothers and sisters in the metaphysical journey, in the school of learning that creation is, and in the

opportunity to serve which creation constitutes also. May we learn and serve together and help each other. This is our hope and we assure you that you are aiding us, for to be able to respond to your call enables us to work on our chosen method of service to others at this time. This is a great blessing to us.

We enjoyed listening to your conversation concerning the various self-perceived imperfections of each person's efforts and living. From our point of view, since we are able to see the shining hopes and good intentions of the heart, each entity looks a great deal more successful, shall we say, than the opinion that each self has about itself. And we encourage each to realize that much of the self-perceived imperfection of the personality shell as seen by the awakening seeker is an artifact of culture and manifestation in general and can in no wise be translated to a linear manner to represent the actual placement of the vibratory pattern of the mind, the body, and the spirit. In actuality, the essence of each of you resonates far below the level of surface consciousness so that while the irritations and anxieties of the day may well destroy and cut up the conscious peace of the seeker as far as the self-perceived experience of the seeker, in actuality the service of the seeker, as far as offering its essence in a relatively positive way to this planet and to its people, continues to go on without a great deal of disturbance. This seems almost impossible to comprehend from the standpoint of the conscious

mind because to the conscious mind there is no essence. To the conscious mind there is a system of thoughts about the self which constitute the virtual self.

Other selves are seen with much more balance by the self than the self because of the fact that they are not perceived as the self. Consequently, if you find yourself gazing at other people, concerned with their imperfections and sympathizing with them, we may encourage you to do the same with yourself. For that instinctual reaction that you have to the struggles of a person perceived by you as a well-intentioned person which perceives itself as imperfect, has more balance to it. And you may trust that the instinct that saw the love in another's heart is the shadow of that heart itself that is within you, that is in actuality transducing the love and the light of the infinite Creator in relatively unimpeded form despite surface angst and anxiety. There are many layers to the question of where an antsy feeling may come from.

The one known as R, in framing the question originally, asked if the experience of underlying antsy-ness was personal or cultural in nature. The basic question originally had to do with that underlying tone that lies behind actions rather than the actions or their irritability factors themselves; that is to say, that the one known as R was saying that there was this concern and that concern, this purchase and that change. But after those matters were disposed of, yet still there remained an underlying feeling of restlessness and anxiety, an itchiness that could not be explained by any particular physical or consciously known problem.

We may answer that, in general, there is both a cultural and personal component to such angst. Let us look at the cultural component first, or, shall we say, the global or transitional component, for there is within your inner planes a tremendous amount of change and transformation going on which has to do with not only the movements of the people upon this planet through metaphysical transformational times but also the planet itself, which is moving in its physical body and its finer bodies through just as substantial and primary a change. The pressure of growing electromagnetic alteration in the planetary web is creating energies which are perceived by sensitive people, especially those who have awakened spiritually, as creating new layers of vulnerability and fragility within the personality shell and the

conscious mind. And this pressure comes not from the conscious mind but from the considerable depths of the subconscious mind, that portion of the mind being unable to speak but being far more nearly aware of the changing situation as regards the inner planes of the planet and as regards the energy system of each awakened seeker.

For those who have not yet awakened the same pressures are coming to bear, but the reactions widely vary. Some experience the so-called new age or transformational energies as activators of repressed negative emotion. It is as though instead of awakening the instinct for peace, unity, and harmony these energies are so sharply other than those energies which are useful to the personality shell and the energy setup of that unawakened being that there is a snap-back or bounce-back effect where these energies are distorted in a phase shift that is deleterious and that continues being deleterious until the unawakened seeker either chooses to awaken in the positive sense or chooses to become more negative. In other words, there is in the global energy web being received by the population of your planet an enhancer or exaggerator of choice. When there has been no choice made, the energies create a great deal of confusion.

Consequently, for this component of the angst affecting the peoples of your planet the most effectual way of dealing with it is to retain and maintain an awareness of choice, of the dimensions of personal choice, so that when energies begin to be more and more disturbed and when this itchiness, anxiety or angst moves into the weather of the mind, the body, and the spirit the more effectual views of the intellect and the analytical and reasoning abilities that are at the disposal of the seeker revolve around framing the situation in terms which offer to the self an ethical choice, a way to determine what is a service to others and at the same time what is a balanced action in terms of placing and maintaining the boundaries necessary for a peaceful self that has its own safety within itself.

The one known as S was talking about the need for balance to see both sides of a situation and yet to come to some decision that finds that which this instrument has often called the golden mean, the middle road that expresses both charity and wisdom and encapsulates the best of both. Oftentimes, this framework fails as this instrument was speaking

earlier of with regards to her self. And we say, yes, often whether the reason for angst is cultural or personal, self-perceived failure will occur, and it is one more situation which is spiritual in nature which has a rhythm, and beauty, and a plan. The difficulty always is in retaining enough balance, faith and common sense to remember the truths and the principles that inform not just the conscious mind but the life and the essence of the being.

The instrument has a phrase that she often invokes when a situation seems hopeless. She will say, "Take it to a higher level." And we find this to be, in a global sense, in a transformational sense, sound advice. When it is perceived that there is a discomfort to the self this perception is simply the truth. It is a fact. The self is uncomfortable. It does not necessarily lead one to a specific response.

Therefore, if it is possible in framing such a response, we recommend taking the opportunity to find the true and deep feelings of the heart on the subject which seems to be causing the anxiety. And moving with those feelings if at all possible.

However, as we said, when self-perceived failure occurs we encourage each not to further berate the self for the failure, for it is only an apparent failure. In actuality, these actions, just like the action of elements with each other in chemistry or in alchemy, are going through certain transformations and changes and certain products are being created. The thing about chemistry, in general, is that if you do not like the results of an experiment you can start over and do it differently. And often in your receiving of catalyst you get the opportunity to repeat again and again and once again those things which you are rehearsing and practicing, so that you have any number of opportunities to look for that special grace which opens the heart.

Now, in addition to the planetary energy transformations that are now taking place upon your planet and are causing underlying anxieties and feelings of tension on a global basis there is also a self-perpetuation, self-regulating system of catalyst and experience that informs the gradual spiritual evolution of each awakened spirit. Each of you and each of us has a body system that is not a simple thing. Each of the seven sub-densities of your density has proper to it a physical or metaphysical vehicle or a combination of the two. Each of these vehicles has chakras. Each of these seven chakras in these seven finer bodies is related in some way and

connected in some way to the chakra system of the physical body. Further, these bodies interpenetrate and there can come to be fairly interesting and unusual systems of connection where there have been repeated lessons distorted in a certain way and connections have been made between chakras or between chakras and the finer bodies and the chakras in the physical body. All of which can cause, shall we say, glitches in the system, places where energy is held, places where energy is leaking out through holes in the aura, places where there is overactivation so that there is a constant feeling of tension simply because a chakra has gone into a subjective perception that it is needed in an emergency activation, and so it is firing at full capability at all times. This is undesirable and unbalanced.

Indeed, it is far more desirable to have a relatively weak chakra system that has been balanced so that energy is coming through the entire system at however limited a rate and however slow a speed. Far better to have the system open and energy moving completely through it and out into the Earth plane than to have a tremendous amount of energy being pulled through the body because of an overactive chakra or chakra system while the energy system is not capable of transducing the energy as it moves through. The transduction of energy from the infinite energy that comes from the Creator is not a simple process in itself, and so this would be another area of inquiry to look into. However, we feel that there is too much detail in this for an introductory talk on anxiety and antsy-ness.

When the energy system of the body needs balancing there are many ways to work on the balancing of the system. It is always our first recommendation to use the key of silence, for silence, in one way or another, whether by silent prayer, by visualizations, by meditation, by contemplation, by simply walking in nature, silence has the space in it to hold divine thought. Divine thought is a natural balancer of energy systems. When your prayer goes up, when your call goes forth for inspiration and for peace, it is heard and immediately responses are being made. They are being made in silence. Consequently, if there is constant clamor in the mind and from the heart and from the spirit the responses will not be able to come through into the energy system. Therefore, using the silence after the prayer or the plea is a very helpful move to make, and we encourage it. We cannot say

how long it may take in terms of your time for that feeling of response and healing and reassurance to move into the heart and to take root there, but we can say that it will shorten the time of healing, or, rather, it will shorten the time before the conscious mind will become aware of the healing, to move into the silence and to spend time simply resting in the knowledge that you have been heard.

The tuning song this day was, "Let It Be," and this is wonderful advice. When, as the one known as S said, you have done all that you can, what can you do but let it be? When you have given your all, when you have solved every problem you can find, what unrest and disquiet you are left with is an artifact of your energy system and the way that it amuses you at this time to think. Consequently, you can drive yourself crazy trying to think about how you think which is usually a bootless¹ inquiry. Or you can shake off the dull fatigue of trying to figure out that which cannot be figured out and determine that which is the next thing that feels right for you to do. For beyond all of the thoughts about living a life in truth, each moment there is a situation where there is an awareness that is caught in the flesh and we also are caught into a certain type of flesh and are embodied and have personalities. We are the limitless caught into limit. We are living paradoxes. We are not linear beings. We will often not make sense, and the angst and anxieties that come to those who are beginning to seek spiritually will always be vastly more deeply felt and more uncomfortable than those difficulties experienced by those not attempting to accelerate the pace of their evolution but are simply attempting to live through the day.

We are not those who would recommend the attempt to live through the day on its own merits. For we realize that seeing the self as a creature of work and food and rest creates a feeling of bestiality or animal nature that is simply not accurate in describing the nature of an awakened spirit. The awakened spirit will be more fragile, more tender, more easily bruised, and more in need of setting more firm boundaries, for there needs to be that place where it is safe to be yourself. We hope that each of you is able even in the darkest moments of anxiety and sorrow to support and encourage the heart of self to believe in yourself and to know that you are worthwhile and that those things that you

hold dear, those principles that make your heart lift and your spirits soar, are, indeed, worth living for and worth dying for.

In personal anxieties as well as cultural and planetary ones it is also well to take it higher, remembering that as people in incarnation with relationships there will be times when there is found no higher ground. Nevertheless, my friends, that higher ground is there existing, if nowhere else, in your essential self, within your heart. Third density has to do with choice. This is the key to this question.

At this time we gratefully thank this instrument and transfer the contact to the one known as Jim. We are those known to you as the Q'uo. We transfer at this time.

(Jim channeling)

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

S: I've been dying these last two weeks just wondering what homework you have done and what answer you have for me. If you would be so kind, wow me.

I am Q'uo, and though we are not aware of a query, we are sure that there is one that you have for us. Would you please vibrate it at this time?

S: Certainly. It goes back to the question from last time and the time before which was the question of the size of the moon and the sun being the same size. The first time you did not know the answer. The second time you hadn't thought any more. And I was asking you if with your various resources you could find that answer and how you went about finding it.

I am Q'uo, and we are aware of your query, my brother. When we attempt to seek for that which we do not know, we look to the heart of our being for that which is important in our seeking. And when it is of great enough importance, then it is that we attempt to become that which we do not know. In this instance we do not seek for the answer for this information, for we feel that it is unimportant and is not central either to our service or our own learning. Rather, we would suggest that instead of being concerned with the external artifacts of the

¹ bootless: unavailing, useless, without advantage, unprofitable.

astronomical illusion that you look instead to the sun and the moon of your own inner being.

Is there another query at this time?

S: I guess our good friend R, whom we all think so highly of ... to put it delicately, do you know any nice ladies that we could introduce him to, to kind of steer towards his way?

I am Q'uo, and though we are aware of your question, we are unaware of such an entity. Is there another query?

S: So, no match-making services. I guess I'll turn it over to others at this point. I've exhausted my tweaking of you today. Thank you so kindly.

I am Q'uo, and we are thankful to you also, my brother, though we have offered so little that is satisfying. Is there another query at this time?

Carla: I'd sort of like to follow up on what you said to S. The sun and the moon kind of moved me back to not only astrology but to alchemy. The Tree of Life figure, the glyph, is seen by some systems as having one side that is lunar and one side that is solar. There is a resonance in me as to what you suggested as the sunny self and the nighttime self, or the dark side, that are both us and hopefully well integrated, but sometimes it is very upsetting to see our dark side, or the moon, in us. Is that the direction of thought that you were suggesting?

I am Q'uo, and am aware of your query, my sister. Your interpretation of the sun and the moon of the inner self approaches that which was intended. There is much of the radiance and much of the magnetism, much of the male, much of the female, which each entity embodies within the incarnational life pattern. The information that was given through this group concerning the archetypical mind began to deal with some of this information, and we are glad that you have looked deeper than the surface of the, shall we say, original query.

Is there a further query, my sister?

Carla: I just want to share with you Don's joke about the moon and the sun. Don always felt that the moon was more important than the sun because it gave you light at night when you needed it.

I am Q'uo, and we, indeed, enjoy the humor of the sun and moon, and would add that we have also heard through a philosopher of yours that the old

moon can be cut up into many small pieces to make more stars for the night sky.

Is there a further query at this time?

(Tape change. A portion was not recorded during the tape change.)

I am Q'uo, and am again with this instrument ... that we carefully assess the line beyond which free will is infringed is known well by each in this group. When we attempt to determine what is of value for our own seeking we look at those qualities which are what you might call eternal, those qualities which are so now and ever, that we may apply them to our life pattern. Thus, there is much that comes before our notice that is of little import in our own seeking, for there is much that moves about one that is, shall we say, of a background kind of influence. That which is of central importance in our seeking, those qualities and principles which are true throughout all times and places, are those qualities upon which we would attempt to build our understanding, shall we say. And in our realm of experience understanding is possible, whereas in your third-density illusion understanding is not possible.

The intellectual mind offers so little that may assist one in the seeking that to pander to it and to fill it with useless facts is that which we see as being of not as service and continuing to lead an entity in the direction in which the illusion does such a good job already. For there is so much which one must know, or attempt to know, in order to cope within your daily round of activities. Thus, when we attempt to share with those within this illusion we look not only at that which is of service because it does not infringe upon free will but that which will move one more firmly towards the heart of the seeking, and that is, my friends, to move towards one's own heart in the interior sense, in the sense of opening the compassion for self and other self, in engaging the mercy, the willingness to forgive and be forgiven, the making of amends with those with whom you have a difficulty and disturbance.

Thus, what we see as helpful is oftentimes seen as not helpful to those who seek our assistance. And this is the way that we see the third-density illusion: so many entities moving in directions which do not directly aid in their own evolution. And, yet, in the long run of events there is no other journey that is taken. Thus, there is only the evolution of each entity at each instance in the life pattern. However,

when we attempt to be of service to entities such as yourselves we feel that it is important that we maintain the focus upon those qualities that are not transient, that do not change from day to day and from illusion to illusion, and that we attempt to inspire that which is beyond the intellect. For there is so much that already requires the use of the intellect that many feel it is too reliable a partner in this seeking and serving. Thus, it is a delicate balance that we walk when we attempt to serve, yet we do so joyfully. And we do so without hesitation where we can, for it is a great honor for us to be able to move with you in your seeking and your service.

Is there another query, my brother?

S: No. I think that answers that. I will have to read the transcript and think about it. Thank you.

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

R: I have a query about how you seek answers to that which you do not know. You said you first look into the heart of your being to see if there is value to that answer and if there is you will attempt to become that which is unknown. Is that a technique that can be used in the third density?

I am Q'uo, and am aware of your query, my brother. This technique has but limited use within the third-density illusion, for this illusion is one in which the veil of forgetting, as we have heard it called in this group, plays such an important role. This veil of forgetting allows each entity to focus upon the present life experience in a very focused manner. This same ability to focus in such a finely tuned fashion is that which mitigates against the ability to become that which is sought, for to do that one must be able to move through this veil and beyond the veil. The attempt to empathize with those about with whom there is miscommunication or difficulty of any kind has a limited possibility of success, for each entity is aware of its own emotions, thoughts, experiences, dreams and desires and can, therefore, begin to feel for another entity these same expressions of energy. Thus, there is some use in becoming or attempting to become another entity in order to understand that entity's relationship to the self. However, for other areas of investigation we feel that this is not a technique that would be helpful in your particular illusion.

Is there another query, my brother?

R: No. Thank you.

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

Carla: To follow up on S's question about dumbing down information to third density, because I am aware in the channeling process of having to translate concepts into words all the time, and I feel that I am getting bits of it and am doing the best that I can with it, but there is so much there I can't possibly express it all. Could you make any more comments about that? I can see the operation of the intellect here. It's not so much as there is a certain value placed on what we think about.

I am Q'uo, and am aware of your query, my sister. In your illusion there is the seeking for the heart of self. All queries of substance may be related to this seeking. We may share with each that desire to fully open the heart, each to the other, and may relate those queries of substance to this seeking. Thus, there is no necessity to, as you say, dumb down the answer for a query but to seek its simplest level of expression which each heart may understand.

Is there a further query, my sister?

Carla: No. Thank you.

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

M: Am I using the medication that I am on as a crutch, or is it really helping me?

I am Q'uo, and am aware of your query, my sister. A direct answer is not possible for us here, for it is an infringement on free will for us to advise to the point of specificity. However, we would suggest that in your meditative state, as you ponder this query for yourself, you will be able to make a clear determination as to whether or not to continue this course of ingestion of prescribed medication. We encourage you to seek there your own answer and to trust in yourself in this seeking. For it is well said that each entity knows the answers within the heart to the queries which have importance to the heart.

Is there a further query, my sister?

M: No. Thank you.

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

(No further queries.)

I am Q'uo, and we are also filled with gratitude for the opportunity to join this circle of seeking. We thank each individually for inviting our presence and for being able to accept little in the way of helpful responses in many cases, for we find the way of confusion often limits that which we may share. We hope that each will continue to seek with the strong desire that has brought each to this circle. We applaud the steps that each moves upon the inner journey of opening the heart and sharing the love that is found there with all that come across the path in the daily round of activities. We are known to you as those of Q'uo, and we would take our leave of this instrument and this group at this time, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends. Adonai. ♣



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SUNDAY MEDITATION NOVEMBER 5, 2000

Group question: The question today has to do with change. Now, in the context of the perfection of the moment where all things are well, we realize that there is change that occurs at all times. And we are wondering as to how this change happens. How much is conscious and how much is subconscious? Is there a balance between change and keeping things the same that is well to maintain? Is there a certain amount of stability that is well in a seeker's life? How much of the change that is going on can we affect? How much is going to happen whether we have any input or not?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, whose servants we are. We thank you for calling us to your group this evening, for the privilege of sharing our thought with you on the subject of change, and for the opportunity of sharing your meditation and your company and the beauty of your being. All of these things are a great privilege to us and a great blessing. We would ask of you one thing, and that is, as always, that you listen to us with discrimination, being fully aware that we are like yourselves, those who make errors and who are learning and changing. Therefore, nothing that we say should or needs to be taken as gospel. If any of our thoughts resonate in your own mind, then we offer them to you humbly. If not, then we ask you to pass them by.

Change is a fixture of all of the illusions of which we are aware. At the heart of creation is a constancy of metamorphosis that is, as far as we know, circular; that is, the creation as a whole can be said to have its source as its ending and its ending as its source, and all of that which stems from source and comes to an end is one unified entity, which is in a constant state of transformation.

All begins in the utter unpotentiated love, or Logos, that is the Creator unknown to Itself. The first distortion of this Logos is free will. And free will is the agent of change. In the Creator, and therefore in Its creation, through free will the Creator chooses that which you know as light and which we would call the manifesting principle. The child of free will and love, light in its first manifestation, may be seen as the sudden being of all that there is. Your scientists have envisioned this as inevitably explosive and have called the birth of creation the Big Bang. However, this is creation seen through the distortion of the lens of your third density in which time and space structure perception. In other illusions where time and space have different structures it may be seen that there is not the explosion but, rather, the transformative process which rolls from light to light to light, and by this we mean that there are levels of what this instrument would call rotation of light that create vast numbers of structures which are seen as systems of vibration and vibrational fields having their relative existence in various sizes or orders of

your time and space so that from the smallest to the largest structure of vibration, from the lowest to the highest density of vibration, there are put in motion by the Logos systems which are destined to roll their metamorphoses from the position of what from your density would be the beginning of the creation to the ending of creation when all of these energies have reacted with all of the other energies which are appropriate for them to react with. All energy has been spent. All desire has been balanced and the exhausted and used energy and experience has been harvested or eaten by the one infinite Creator and absorbed at the end of creation. This describes the basic background against which self-aware entities such as yourselves and we experience and add our harvest to that knowledge the Creator has of Itself. This is the first and deepest level to change, and it is a design which accomplishes what in your bodies would be a heartbeat. For the creation is the body of the Creator, and an entire creation with all of the densities of an octave express one heartbeat of that creature, which is the Creator. This is in no way a literal rendering of a Creator which has a beginning and an ending. As far as we know, the Creator is infinite and is eternal.

However, there are quanta, or heartbeats, in which the Creator's knowledge of Itself is rendered open to alteration by the self-aware entities which are principles of the Creator, choosing by their free will to gather information and to process it in such and such a manner. And this the Creator can never know ahead of time and does not wish to know ahead of time. It is an important principle to the Creator: that Its portions that have been offered this background of densities and illusions have complete free will in looking at the creation around It, and responding to it, and in making those responses into a process of change, metamorphosis, and transformation of a certain kind. For each choice that each self-aware entity makes creates new possibilities, new patterns, and new potential choices that may add to the Creator's experience of Itself.

This basic structure of the long and winding road, as the song which this group listened to before the meditation referred to, is entirely as it is. There is no entry into altering the structure of the densities, of the illusions within the densities, or their progress. These are set and are as the house within which the self-aware sub-Creators, which are yourselves, we and all self-aware entities, have the opportunity to

experience the light of life and the choices of a freely lived life.

The next level of change which we would address is that level which involves the self-aware entity which each of you is facing an incarnation upon your third-density world, choosing to come into incarnation and deciding upon the basic structure of that incarnation. For this, indeed, you do. And much that will affect the incarnation you and your higher self have decided upon beforehand. Now, this level of change is semi-permeable. It is not fully set; that is, before incarnation there is a review of the previous incarnation and a review of the basic stream of your soul. In the context of life between incarnations, time does not hold sway. And rather than a linear movement of incarnation after incarnation after incarnation, what your higher self is looking at is a circle of incarnations—past, present, and future—which are affecting what this instrument has been calling the soul stream, so that influences from various incarnations, lessons learned from various incarnations, lessons misaligned from various incarnations, information good and bad, is being filtered and refined and being placed into that repository of self that is far deeper than any personality shell which you experience as yourself within any one incarnation.

You and your higher self gaze at this, shall we say, pool of self and of lessons still to be learned from the relative standpoint of coming into this particular incarnation. And there is a careful choosing of the relationships which you hope you will be able to work on within this particular incarnation. There is a careful choice of the lessons which you feel are at the incarnational level and which you wish to address, no matter how many times you must repeat this lesson within the incarnation. Then there are secondary lessons which you place for yourself within the incarnation which are less set and are more a matter of contingency. If such and such a lesson is learned, then another and subordinate lesson may have the luxury of coming into the incarnational experience and being offered for experience. There is, further, the choice of what gifts you choose to bring into the incarnation in the hopes that you will be able to use them in terms of your learning and also in terms of what service you have hoped to offer.

Again, these things are set to an extent, but they are not fully set. And we have used the analogy before of these items being as the roadmap where it is decided that you as a person must go from Louisville, say, to the town of Chicago. That basic direction, that achieving of a different location, is as the choice that is set before you. In terms of actual catalyst that occurs to you, what happens is that you are offered again and again choices of ways to turn your vehicle. It is possible to get on an interstate highway and go directly to Chicago in a matter of hours. It is also possible to get on an airplane and go to New York, and then to Europe, and then to Asia, and then across the North Pole and back to California and hence to Chicago. In both cases, if you can arrive in Chicago, you have achieved your destination and you have learned your lesson. The question is: how much trouble do you want to make for yourself in getting to Chicago? And this is the kind of thing you seem to face in an incarnation.

With a person, for instance, if you are working on a relationship which spans several lifetimes you may well experience the desire to get to Chicago by way of New York, Europe and Asia. However, you will find that as you hit each new city—New York, London, Paris, Geneva—you will meet that entity that you left in Louisville. This entity, or one just like it, in terms of your incarnational lesson, will come before your face, not in order to bring you woe but, rather, in order for you to look upon an issue and begin to sit with that issue and to see into the nature, the shadows, the implications, of this issue, that which this relationship brings up. If there is an incarnational lesson involving service to others—and this is so often the case—it will come up again and again. It may come up in the matter of employment. It may come up in the matter of being responsible when others around you are not responsible. But again and again, if your business, your issue, within the incarnation is learning responsibility for the self and responsibility for fulfilling commitments then this seemingly arduous situation where someone else is not being responsible but you must be will come up again and again. If an issue repeats it is not in order to bedevil you or to trouble you or to bring you to despair but, rather, to open to you the depths and the riches of this suffering.

Always, when facing something that you have finally begun to recognize as an incarnational lesson our advice is first to give thanks that you finally have

achieved the realization that this is an incarnational lesson. And then we encourage you simply to sit with this issue. It is not necessarily your issue to solve. It may be there is tremendous patience involved in this issue. It may be, indeed, that you cannot solve this issue within this incarnation. It may be that you have simply set up for yourself the continuing lesson of giving without expectation of return. And this could be done through the giving of money, through the giving of self to another in patient listening although that entity never listens to you. There are a thousand and one different ways that you can set up an incarnational lesson involved in learning a purifying and refining of the instincts of love and compassion.

So there is this level of semi-permeable setting of an incarnation where these are the constants of the incarnation. These are the things that you cannot get rid of, that you do not want to get rid of, that you will begin to appreciate as the spirit within you matures throughout the incarnation. At first these incarnational lessons seem to be insurmountable and impossible. And as they repeat and repeat and the learning curve gets a little shorter each time, the spiritually awakened person begins to see, not that she can succeed in conquering this catalyst, but that she can see the pattern of it and appreciate the sense of the plan. Once the level of comprehension has been achieved where the plan is seen to be benign then much of the heart is freed to open to the hope of the efficacy of the third level of change. And this is the exciting and fully alive portion of the structures of change which feed into the process of your self-aware progress through this lifetime, this, your third density, and all of the densities which are to come.

Become aware of yourself now as you sit in your chair. You know that you are a body. You can feel your weight. Perhaps you can feel your pulse in one part of your body or some slight electrical movement upon your head or upon the hairs upon your body because of the influence of this contact and the energy that is moving clockwise about the circle as you gather light into the circle by your desire to know the truth that you offer. And yet you are not your body. You are not that which has been born and will die. You are not bone and blood. You are part of the original Logos and in you is that which is prior to all else but the Logos. As the Logos chose free will, so you who have free will as part and parcel

of yourself before manifestation. You cannot become a mindless creature. You are not without will and power. You have Creatorship. You are a person of infinite power. Of infinite love and infinite ability to manifest.

All of this, of course, is placed deeply within the heart that you bring into incarnation and bury within the deeper part of self which never comes into direct consciousness in the conscious daylight mind. Therefore, you are as a person in disguise, a Creator stepped down and stepped down and stepped down in vibration until you are able to enter the physical vehicle of a third-density great ape, that gallant physical vehicle that carries your consciousness about for the incarnation, that bears the stresses and strains of your learning, that does the will of your brain, your intellect, and eventually your consciousness, and that serves you with a body and a mind that has instincts that greatly influence the choices of the immature spiritual individual.

Consequently, the very first arena of change for the spiritual seeker is the alarm that awakens the spirit. We do not know any way to influence the timing of when that alarm clock goes off for each individual spirit. And so we would ask that this particular concern for the self or for any other self be removed from the arena of choice and change. Trust the self to know when it is time to awaken and trust that self again and again when it triggers an urgency for change. For there are, as we have said, these posts or stanchions that are part of the structure of each incarnation, that have been carefully set in place to cause a turn here and a swing there and a turn and a roll here and there. Sometimes these changes in direction seem to be coming from the blue, and yet they have been carefully placed and are doing what they should do in order to keep you pointed, to follow our original analogy, [not] to Chicago but to the issues of your incarnation and to the services which you wished to offer. So examine those things you cannot change for the potentials for learning and for service.

Now, as you approach each point of decision you are almost inevitably dealing with change, with the perception of change in your life, and here is where there is real excitement because there are two forces which are tremendously powerful and one overriding force, which we will speak of to conclude, that to our way of thinking are the greatest areas of

potential within the incarnation. The first is faith. The one known as T spoke of faith, and we would agree that faith has a powerful effect upon how change occurs within the incarnation.

Now each, as we have said, has a fairly set personality shell, and each has a fairly set system of relationships, issues, learning and service. However, these factors only produce a fairly random series of crises, times when the spirit that is you must choose one way or another to act, to think, to be. Faith is a faculty which reaches into the heart and pulls from that place a faculty which believes not that which is seen but that which is hoped. It takes that which is hoped and places it in the position of being known and being believed. The choice of this attitude of faith that all is well and that the plan is good is that which will reliably illuminate that issue or that relationship with which you are sitting. It does not obviate the need for patience, tolerance, kindness or the innocent and heartfelt desire to communicate. But it creates a vibration of light that is far closer to the truth that is the Creator, to the vibration that is the one great original Thought. And it is as the element that enters a confused pattern and, by being placed in that pattern, stitches up the ravels of that pattern and creates a moment of clarity where the pattern emerges from the tangle and the structure is seen in one moment of crystallized learning.

And in those blessed moments of faith it is seen that all truly is well and that all will be well, and the bare memory of that moment is enough to illuminate and ease the entire process of transformation that would otherwise would seem a plodding and ungainly practice.

The second faculty that is most exciting to us and is very efficacious in creating positive as opposed to seemingly negative changes within the life experience is the faculty of will. Will may be seen as desire with a vector. Every entity has appetites. The physical body creates appetite as its first offering to the personality shell. The mental aspect of the physical body, with its predilection for choice making and for either/or, offers its refinements to the faculty of will. There become desires for this, desires for that. The consciousness itself has deeply seated desires that do not come from the body or from within the mind but from within the spirit. And these are deep desires of the soul that are often unspoken throughout the entire incarnation and, yet, even the

shadows and echoes of these deep hungers of the heart affect the incarnation deeply.

The art and skill of developing the faculty of will is beginning to become aware of your desires, and as you become more and more aware of your desires becoming able to prioritize those desires, and sitting with them, beginning to see into them, and to choose those desires of the heart which you truly and deeply wish to follow. Once you have begun to identify those deep desires then it is that the faculty of will may begin to be pointed and the appetite and thirst may become a driving desire which may be expressed in prayer, in affirmation, in faith, in hope, in speech, in action, and in intention. The pointing and the continuation of desire is a faculty which will transform and accelerate the process of your spiritual evolution. This is perhaps the greatest of helpers in coming into a relative degree of mastery of the forces which are moving throughout your incarnation. The skill of pointing a desire is, paradoxically enough, that moment when it is seen that desire of the self and desire of the infinite One are one and the same thing. And there is a surrender of the small self to the Creator self so that these lower orders of body and mind and personality shell begin not to fall away but to have less sway over the incarnational process, over the thinking that feeds into the choices that you make.

That which lies beneath will and faith, like a blanket, is the Logos. And that Logos may be seen as the Creator. We say that this Logos is as the blanket because we feel that it is an apt simile of the spiritual walk, that long and winding road, to say that it is a walk in a cold climate. It is lonely, and the bed is the earth at the edge of the path. The ceiling is the stars above. And it seems a stark landscape often. For metaphysically, each truly walks alone as far as the making of choices and the creation of a tapestry of incarnational colors and textures. Each entity and each entity's choices are individual, to an absolute extent. Certainly, each walks with helpers. Each walks with spirit and the messengers of spirit, messengers of love, of understanding, of support and encouragement, and an awareness of this level of love from the Creator is helpful in softening that hard bed of earth and in bringing those cold stars closer.

But love is the blanket in which the seeker may roll up and rest at the end of the day, when will and faith

are exhausted. That love lies within the heart and is accessible at all times. There is simply the choice made to crawl into that blanket and to roll oneself up in it. We greatly encourage this turning to love itself, turning to the heart within. For at the end of working with change there is great weariness and there is the need to rest. And this the Creator has provided for with a full and loving hand.

We are aware that the one known as J spoke of the difficulty that she had in comprehending this seemingly cruelty of one animal species preying upon another and perhaps we may speak of this at another time, but this instrument is telling us that we now have exceeded our time for speaking upon this subject. So, regretfully, we shall now release this subject for another asking or perhaps for the one known as Jim. We leave this instrument with thanks, in the love and in the light of the infinite One and transfer this contact to the one known as Jim. We are those known as Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in the love and in the light of the one infinite Creator through this instrument. At this time it is our privilege to speak to any further queries which those present may have for us. Is there another query at this time?

Carla: Would you wish to take on that question that J raised before the session about animals killing each other and it being so difficult to deal with?

I am Q'uo, and am aware of your query, my sister. We shall offer a brief response with the invitation to ask further if there is more information desired. In this creation of the one Creator we spoke earlier of the nature of free will which makes change inevitable. For as the Creator has sought to know Itself through the operation of the creation, which each is somewhat aware of, each portion of the creation which is the Creator seeks to become more fully aware of the one Creator as the source of the self. Thus, there is inbuilt in all creation the desire to move, to know, to experience, to live, and to engage in each process of the living of the life, the experience of the world of the creation. So each portion of the one Creator partakes in some of that which is and some of that which is not. That is to say, each is a portion of the Creator, yet each acts as though it was alone in many instances. There is the process of individualization, of the intense focusing of consciousness so that it reflects an individual

point of view, offering to the one Creator yet another avenue of knowing Itself.

As each portion of the creation begins to interact with each other portion within its realm of experience there is undertaken the qualities and responsibilities of individualized consciousness, the seeking for the self that guarantees survival, the interaction of the self with other selves that increases complexity and enriches experience, the movement of groups of selves that move as one and interact with other groups and individuals, with the environment, and so forth. As this interaction occurs there is what you may see as the living upon life, the Creator within each moving as an individualized portion or perspective of consciousness. Life lives with itself and upon itself so that in the reflection that is seen as perhaps the ending of an incarnation for one portion of one perspective, another portion of another perspective, which is still the one Creator, is enhanced while, perhaps, yet another is diminished. It is well to know and to remember that all of the creation is not only the one Creator but is an illusion of separateness.

No portion of the creation is lost, no matter what the change in consciousness or level of apprehension of consciousness is achieved. As you move about in your daily round of activities many millions are the miniscule life forms that give themselves and no longer exist in that form as your place your foot upon the ground, as your automobiles move in their realm of influence, as you breath the air and breath in many other minute forms of life that have but a tiny amount of what you call time in which to experience that which is theirs to experience. And yet the galaxies and the suns and the stars move in their realms as well, changing and transforming into that which is greater, that which is lesser, seen from a lesser point of view, and yet all is still the one Creator knowing Itself. For those who have opened their hearts in compassion to that creation which is theirs to experience within this third-density illusion it is difficult to see various forms of suffering and misery within your life experience. For the heart that is open to all feels the pain of privation, of disease, of isolation, of being unable to comprehend, of feeling the end of one experience as yet another begins. This is well, my friends, for it is, of necessity, a portion of the creation's evolutionary process that this heart opening and the feeling of the agony as well as the ecstasy of the creation about one is such. Yet we

assure each that nothing, no portion of the Creator, no form of life or consciousness, is ever lost but is only transformed to yet another avenue or perspective for the Creator to know Itself.

Is there a further query?

Carla: To follow up. I've thought about this before and it is are we not also food but because we are self-aware that we become food of another kind. My thinking on this is that all of these thoughts, awareness, changes, conclusions, everything that we evolve through, in a way, that emotion and suffering and feelings, are they not food for the Creator, so that we are part of the food chain too?

I am Q'uo, and we are in agreement with the thoughts that you have spoken, my sister, and would comment by suggesting that each entity within any illusion or density is a portion of the Creator that gives entirely of itself, of its experiences, of its thoughts, of its past, its present, and its future to the one Creator, for each is the one Creator and the purpose of the entire creation is that the Creator may know Itself through Its infinite portions within creation.

Is there another query, my sister?

Carla: No. Thank you. That is fascinating.

I am Q'uo, and we would agree, my sister, that the entire creation is that which fascinates us in an absolute sense, for there is nothing but the one Creator knowing Itself in infinite variety. Is there another query at this time?

(No further queries.)

I am Q'uo, and we are well aware that we have spoken far longer than is our normal want, and we apologize for the wordiness and we would at this time thank each at this time for inviting our presence to your group this day. It is a great honor and privilege for us to join you in your circle of seeking. We are always aware that there is much more beneath the surface of your queries than first appears and we appreciate the sincerity and depth of seeking that this group brings to each gathering. We are known to you as those of Q'uo, and we would take our leave of this instrument and this group, leaving each in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai. ♀



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SUNDAY MEDITATION NOVEMBER 19, 2000

Group question: The question today has to do with what happens to us when we pass through the doors of death from this illusion to the next, what happens then? Are we able to go on to another location and accomplish other work? If so, what would that be? Do we still have contact with our loved ones and can they become aware of this?

(Carla channeling)

We are those of the principle known to you as the Q'uo. We greet you in the love and in the light of the one infinite Creator, in whose service we are. And we thank you for bringing us to your group this day. It is a precious thing for us to be called to a circle of seeking such as your own. As we gaze and open our hearts to those who take part in this circle we experience great gratitude and a feeling of tremendous blessing for the beauty of each of you, your vibration, your hopes and your dreams are stunning to us. And your desire to know the truth is so inspiring to us, and it furnishes us with that which we hope for more than anything, and that is an opportunity to serve in the way that we have hoped to serve by sharing our thoughts with those who might wish to consider some alternative possibilities, thoughts and opinions that we may have to offer from our experience and our standpoint. We certainly do not claim to be authorities of any kind, and we would only ask each of you to listen to what we have to say with a feeling for what resonates to you. Take those thoughts

which seem to be to you a resource and an asset and leave the rest behind. If you are able to use your discrimination then we feel we can speak to you without any infringement on free will. For truly we do not wish to place a stumbling block before any, and we honor free will and the discrimination of each. For each of you knows what is true for you, and you will recognize that truth when it comes to you. It will ring a bell deep in your heart. Do not accept authority or facts that do not resonate, for although they may be interesting they simply are not part of your personal and subjective path of seeking.

This day your question is about what happens when you as a flesh, blood, bone and sinew being perish and go back into the earth from which the elements of your body have come. Certainly, it is a fair question, for you exist in what seems to be a flesh, blood, bone and sinew world. To the outward eye, there is little that suggests that there is anything beyond the heat and the energy of physical existence. From the outward appearances of things it would appear that life comes up from the, what this instrument would call primeval ooze, flourishes for its season as does the grass and the flowers, and then sinks back into the earth. And many are those entities who have lived and died with no other feelings than that this was the situation.

It is our opinion that this is not at all the situation. From our standpoint we would say that this apparently real physical illusion in which you

experience the dance of light is, in fact, a most thoroughgoing illusion, an illusion from the bottom up. We may make an inroad into this by saying that your own scientists are aware that the body which contains your consciousness and the chair upon which that body sits and the floor underneath that chair and the earth underneath that floor are all created by that which appears to be space, empty space. Matter itself has never been seen by your scientists although they have seen the path of the energy made by those seeming particles which seemingly create the energy fields and by this we refer to your photons or your electrons.

Beyond this model, which looks a great deal like the physical model of outer space with its far flung stars, there is, indeed, no physicalness to the physical illusion but, rather, a series of interpenetrating and hierarchical energy fields. The energy animating those fields is that which has the transcendent reality. The basis for this energy and the birthplace or spring of all that is, is that in which we greeted you: the love of the one infinite Creator. For this love is as the Logos that was referred to in that holy work which is called your Holy Bible by the one known as John when this entity said, "In the beginning was the Logos. In the beginning was the Word." This entity goes on to define this word as deity. But deity or God has developed connotations of great emotion, and instead we would refer to that energy that created all that is as love. For the Logos is the one great original Thought that is love.

Each star, each planet, each center of consciousness, and each atom has as its heart the Logos. All things are love. All things are the one infinite Creator in energy fields stepped down, and stepped down in order that experience might be gained by that which we would call the sub-Logos, for each of you and each of us is a sub-Logos, a part and portion of the Creator indistinguishable from the stuff of the Creator. This is that of which each of you was created, and this is that which makes each of you a citizen, not of time and space, not of beginnings and endings, but of eternity and infinity. This is your basic and continuing nature. The ones known as B and D have spoken of the concept of these sub-Logoi that each being is having been created before time, space, or the beginning of the creation as your scientists know it. And with this opinion we would agree. We believe this is the way the creation is designed.

The one known as L was speaking of the beating of the creation's heart, the explosion of experience from the Big Bang and the eventual spiritual gravity that pulls together into one locus that is beyond time and space all of the infinite reaches of creation. For the Creator has a heart that beats and each of its beats is a full and complete creation. And in each creation you, as sub-Creators, set out as explorers and voyagers on another incredible adventure of incarnation after incarnation, beginning as elements, moving through experiences as animals and trees and plants of all kinds until each comes to the experience of self-awareness.

This is the crux at which each of you is now, that which we have called third-density self-awareness. Up until this point the evolution which you have experienced has been of body, of mind, and of emotion. And you are ready now, as you begin to contemplate graduation from third density to fourth density experience, to contemplate the further evolution of your mind and your spirit.

When each physical entity comes into incarnation it is as though the consciousness that is your essence chooses to make an intimate affiliation with what this instrument would call a great ape. For each of you has the body of a fairly hairless great ape. Each of you has the instincts, the mind, the inclinations and the needs of this second-density entity that is the animal that has agreed to carry you about and to help you make the decisions of your life. One challenge, when you as a human being in third density come to consider the afterlife, is that challenge of separating in thought that being which is the great ape with its basic instincts, preferences and needs from that infinite and eternal consciousness which has entered into the body and which has worked and cooperated with the body and its mind in order to gain experience, to learn lessons, and to discover ways of being of service within this incarnation.

What dies when you as a person die? That is perhaps the first large question. And we would say to you it is the portion of yourself that you would call the body and the personality, for you see, when you came into incarnation you could not bring the depth and richness of your spirit into a personality shell. For within the heart of your being you are the Creator and you are, therefore, all that there is. Furthermore, as a citizen of eternity you are not

bound by time, so all of the subtleties and nuances of self that you have developed through the entire octave of densities of this creation have their shadow within your third-density experience. You know things that are out of time. They rest in the depths of your subconscious roots of mind, and only the tiniest portion of this knowledge is able to come through that threshold of consciousness which we have called the veil of forgetting which keeps the conscious mind relatively unaware of the depths of the ocean of consciousness beneath the limn of awareness. In dreams and in visions occasionally a glimpse of eternity will come, and the one known as L was speaking of those times when the plan, the purpose, is very clear and is seen to be adequate, elegant and simple.

For the most part, however, those positive assets and what seem to be negative limitations of personality are carefully chosen from the great circle of your true being so that you come into incarnation with a very decided set of preferences, limitations, talents and abilities that you have chosen, perhaps, because they would help you to learn those things which you felt you should learn. Perhaps, to help you pursue relationships which you felt would help you grow. And always to help you to manifest the gifts that you wished to share as a service within this incarnation.

When it is time to release the flesh, the blood, the time, and the space the question is "What survives?" And because this particular instrument has had an experience where it died and then came back to life after thirty seconds of death this instrument can say from sheer experience consciousness survives. By this we mean that at or close to the physical death the consciousness becomes aware that the physical body is becoming unviable. It has been linked throughout life to the physical body, through what this instrument has called the silver cord. Consider this simply as that which tethers the soul or the spirit to a particular body. Now, at or close to physical death this silver cord simply lets go. It may not immediately leave the body, especially if it is interested to see what may happen. Many are the spirits that choose to remain very close to the physical body until such time as all of those within that family, shall we say, have had the opportunity to express their grief and have some sort of farewell service. Often the honored guest at a funeral is the deceased, for it simply cannot leave until it sees what everyone is wearing, how everyone is feeling, if

everyone is all right, from the most frivolous concern there is that entire constellation or universe of feelings for these people that have been so dear and so loving for so long and have had so much shared history.

But there comes the time, either at death or soon thereafter, when the consciousness becomes aware that it is time to move ahead. If it is an incarnational pause between two incarnations in third density the next step is what this instrument would call the review of the incarnation. In other words, there will be someone who comes to greet, welcome and guide that consciousness which has just moved into that metaphysical time/space which is the environment for the light body which spirits have between incarnations. That guide may be a loved one close in the birth family; it may be a close friend; it may be a beloved entity such as Jesus, the Holy Spirit, or a favorite saint. It will be that entity which the spirit most feels comfortable with. And with that help, the consciousness is taken to a comfortable place where she may watch what you could think of as a movie or a book with many pictures. For, truly, freed of the confines of time and space it is possible to riffle through the pages of an incarnations fairly quickly, assessing the damage, assessing the need for healing before further work is undertaken, and then assessing what might be the goals of the next incarnation.

Coming into this consideration are the relationships that have been experienced in the last incarnation and how they fell out as to balancing energies between two people. Other issues include what lessons might have been planned for the past incarnation and how those lessons were learned and what service was planned for that incarnation and how that went. There is no judgment involved in this review. There is no blame assigned if those things that were hoped to be accomplished were not. It is simply an evaluation process.

After this initial process, if there has been healing that has been needed, then that will take place. In the inner planes of this planet which each experiences between incarnations in third density the environment is pretty much up to the consciousness that dwells within the inner planes and has experiences to undergo. For some spirits healing will take place in what they conceive of as a hospital. Others will create for themselves a third-density life

with a job and so forth, and will have their healing done in a familiar environment of this kind. This healing process is very much under the free choice of the spirit that is undergoing the healing. For you see, each of you between incarnations has no veil of forgetting and is totally aware that he is part of the Creator. He is loved by the Creator, and he is loved. Consequently, there is a gentleness and a charity in the way that the self talks to the self in between incarnations that you do not experience in the sometimes harsh criticisms that each levels at herself within incarnation.

Ultimately, when the consciousness feels that it is healed and that it is ready to take up further learning and further service within third density it moves into that portion of the inner planes where souls are being readied for incarnation. And again, with the aid of the higher self and any guides which the consciousness deems helpful, a plan for incarnation is created. The main lessons to be learned are set into place. The main relationships which the consciousness hopes to pursue are discussed with those other souls and spirits and agreements are made. And choices are made as to what shall be placed into the personality shell in terms of talents and gifts to share within incarnation. And the process begins again.

Because of the fact that there are those in this circle that are not going to have any more third-density incarnations we would mention, briefly, the graduation process from this density that each will go through at some point. We are aware that each has heard of ascensions, and catastrophes, and Armageddon, and people having a global catastrophe in which the world as we know it ends. It is our opinion that this is not the way the creation will work, not among your people. It is our feeling that each of you will be ready for harvest, either after this incarnation or very shortly. Each of you now in this circle has the capacity to be graduated from third density. In fact, each of those dwelling upon your planet at this time has the ability to polarize either in service to self or in service to others to an extent that is harvestable to fourth density. What this means is that each of you earned this incarnation by your basic state of awareness coming into incarnation. Each of you is able, if you wish, to achieve graduation from third density upon the physical death.

Now, the way this occurs begins very similarly to moving into the inner planes in which third-density entities spend time in between incarnations. There is the continuation of consciousness, and there is the being met by the guides, the Holy Spirit, Jesus, those entities in which the consciousness has reposed trust. However, if the consciousness is enough aware of the possibility of harvest it may, as soon as the review of the incarnation begins, ask to cut short all that lies between it and the steps of light. For there is a great hunger in many who are in incarnation on planet Earth at this time to go home. Now, some would frame this going home as going to a higher density. Others would frame going home as simply being with the Creator. However, the mechanism for moving from third density to densities which are more fully packed with light is what this instrument has called the steps of light. This is not quite an accurate description, but it is as close as this instrument can come to expressing what we offer her. What we offer her is a vision of a walkway, a broad and beautiful path of light.

The light along this path is most fastidiously guarded by entities which are extremely close to the one great original Thought, yet which still have some individuality. These are what we would call seventh-density entities. They make absolutely sure that the boundaries between the densities of third and fourth of light are precisely accurate and that higher densities as well along this path are fastidiously accurately observed. The consciousness, then, without seeing any boundaries or partitions in this light, is asked to walk along the path of light. When the entity gets to the place where the light is too much to bear, then that entity stops. The fullest amount of light that that entity can enjoy and work with defines the next density of that entity's experience. If it is third density, that entity will continue in third density. If it is fourth density, that entity will move into the inner planes of a fourth-density planet and prepare to start a cycle of fourth-density experience there. If the entity stops in fifth or sixth density, then that has become the native density of that entity, for that is the place that that entity can enjoy the experience of incarnation the most and can get the most out of it.

Beneath, above, and surrounding all of these details of continued existence is the love and the light of the one infinite Creator. Whether the next experience for each of you is in this density or in a higher

density the purpose of incarnation remains the same. Each of you is asked to be yourself. For you are love. The great challenge is uncovering that love, freeing up that love, taking the pain and the suffering and the limitations away from the love that is in your heart. Each of you has, not just a temporary identity within this lifetime. Within this lifetime each of you is a citizen of eternity, and all that shall come to you is within your heart at this time. So we ask each of you to rest, both in the love and the light of the one infinite Creator and within the circumstances of your flesh and bone and blood and sinew. For all of these circumstances shall pass, and yet that consciousness which is you shall be, as it always has been, loving and loved, embracing and embraced by the one infinite Creator which is your source and ending.

We bow before the courage of you in third density, for you truly do dwell in a thick and heavy chemical illusion. And it is only by faith that you may hope and feel and know that all is well and that all will be well. We would at this time transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each, once again, in the love and the light of the one infinite Creator through this instrument. At this time it is our privilege to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

S: There are many today from different densities that are here helping with the ascension process of this planet, and you have kindly joined us with your thoughts and ideas, so how come you haven't decided to take a dive in the gene pool and try your hand at third-density at this time?

I am Q'uo, and am aware of your query, my brother. As a grouping of entities we have done that which you now do and have moved through those times of choosing the manner in which we would pursue our further evolution beyond third density. Thus, we remember that which you now experience and it is the axis upon which our creation turns, for we are those who have chosen to serve the Creator in all, for by so doing we also advance ourselves as the Creator learns from and teaches to the Creator. There are also those of our grouping who take incarnation again in third density as those who serve as

wanderers, answering the call of those upon planets such as your own.

(Tape change.)

I am Q'uo, and am again with this instrument. We appreciate your patience. Is there another query at this time?

S: You said there were some of those of your group that are acting as wanderers at this time. How are they doing and what are they doing?

I am Q'uo, and am aware of your query, my brother. As one might expect, the range of success is large and small, for there are many who move into the third-density illusion with the hope of serving not only by their presence in the lightening of the vibrations of this planetary sphere upon which they dwell, but there is also the hope that each will remember that which it came to do, the manner in which it came to serve, and in many cases this is so. And there is great rejoicing at such service well rendered. Others there are who have the same difficulties as do those natives to the third-density illusion in that they become somewhat, shall we say, lost within the great, heavy, chemical illusion that is your world. They seek in circuitous manner again and again to penetrate the veil of forgetting and yet are weighted down by the concerns and worries of this world. And some become caught within the illusion and must move again through the great cycle of being in order that in a future incarnation they might recapture that which was lost. And for some this might seem to be a situation in which there was sorrow at what seemed to be a failure in the service. And yet we say that there is no failure, for all service has its effect. The Creator learns from each entity that which is offered through the life experience, and there is an infinity of what you call time in which services may be offered. Thus, if one time does not produce the fruit, another season and another time shall surely do so.

Is there another query, my brother?

S: No. Thank you.

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

B: I would have a query. The feeling in the physical universe is that there is a great amount of chaos and, obviously, the burning of the stars. In the apparently parallel spiritual universe it seems that it is trying to

become very smooth and a continuum of smoothness. How do those two work?

I am Q'uo, and am aware of your query, my brother. That which to the eyes of third density seems to be chaotic is, at another level of experience, that which has rhythm, motion, pattern. However, there are those mysteries for all created entities that go beyond the ability of mind, body and spirit to penetrate. For though we are all of the one Creator we never forget that the heart of the Creator is a mysterious love that has the power to create and to destroy that which we call universes, the very creation itself. So there is this movement of consciousness that is, itself, an infinite stream of being that may from time to time have ripples in it and eddies and that kind of experience which seems to be chaotic. Yet, when those consciousnesses which perceive it are able to become one with it through their understanding of it, then that which appeared to be chaotic then appears to be smooth and unified, harmonious, and able to be perceived in a fashion that is coherent.

Is there another query, my brother?

J: Is it possible according to the laws of incarnation that we at some point existed and met the loved ones that we know in this existence in previous lives and is it possible that we will meet them again in future incarnations?

I am Q'uo, and am aware of your query, my brother. This is indeed so. There are groupings or clans, if you will, of entities who move as a group through incarnational experience after incarnational experience. The relationships vary from one experience to another, oftentimes with some members of the grouping remaining in the inner planes of the planetary sphere offering their assistance in an unseen manner as guides and angelic presences, only to take incarnation once again in yet another experience so that as you move through this Earthly experience you may look about you to those who are your loved ones, those of your family, your friends, those of like mind and heart with whom you move in unison and see those who have been with you for many, many incarnations and experiences on not only this planetary sphere but others as well. For the third-density illusion which is now coming to an end on this planetary sphere is but a brief moment in that which you call time. And there is no time or limitation for the clans or groupings of

consciousnesses that choose to move together for one reason or another in the seeking of the one Creator.

Is there another query, my brother?

D: I have a question about the number of people who are gaining understanding about the nature of the creation. Are we getting more understanding of how things really are in our world?

I am Q'uo, and am aware of your query, my brother. We would agree in principle with that statement which you have made, though we would not use the word "understanding," for, as we mentioned previously, especially for those within this third-density illusion, there is little that is understood, yet there is much that is desired to be understood. And it is that heart which desires to know the one Creator, that heart which sees the Creator in the friend, the family, the stranger, and in the mirror that is open to the graduation, the harvest that now beckons into fourth density. It is not what one knows or thinks one knows that will achieve the harvest, but it is the desire to know. The desire to serve and the desire to be the one Creator.

Is there another query, my brother?

B: In the various religious books of the various established religions they seem each to point to a future where there is sort of a nirvana, but none seem to be the same kind of nirvana. Could these exist parallel to each other at the same [time], one without the knowledge of the other?

I am Q'uo, and am aware of your query, my brother. The various terms that have been used in the many religions and spiritual practices upon your planetary sphere refer to various levels of experience in which union with the Creator is sought and for a brief time, as it is measured, is achieved. However, we would suggest that it is more the case that various cultures and religions have formed their own descriptive terms and phraseologies to reflect these levels of experience that each shares with the other, so that it is like various languages having a word for this or that experience in which the experience is the same, yet the word or phrase is different. It is a matter of perspective and experience within a culture that determines how the various steps of realization may be called or named.

Is there another query, my brother?

D: I have a query. As mentioned in the harvesting of the third-density entities moving into the fourth, is there any way to explain the experiences that might be had in the fourth density or what various purposes might be entertained in that density?

I am Q'uo, and am aware of your query, my brother. Though words fail to give a clear description of that which is beyond words we shall attempt to speak to this subject. Within the fourth-density experience the veil of forgetting that is so important within third density is removed, for no longer is there the need to make the choice of how to pursue learning and service further, the choice having been made in third density. Without the veil of forgetting the experience of each entity is much broadened and intensified for if you can imagine the ability to know the mind of another and to share that mind and the abilities in that mind and multiply that ability by the number of entities within the culture, within the race, and within the planet then one may begin to approximate the kind of consciousness that one may call a planetary consciousness that one may share with all others, for at this level of experience in the density of understanding and love there is no desire to hide any portion of the self from another. There is the desire, in fact, to join with others and point the needle of the compass, if you will, in one direction: in the direction of seeking and serving and becoming the one Creator. Thus, entities within the fourth-density illusion undertake the intensive learning of what it is to have complete compassion, understanding, mercy, forgiveness, and that which you call love. For at this level of experience the individual identity willingly blends with those of like mind and heart in the seeking and serving of the one Creator. Thus, the experience within the fourth-density illusion is far more harmonious than that within the third-density illusion where the choice of polarity is made in the fires of experience. As the soul is tempered in these fires then it is able to join with others of similar temper who also seek the One in a similar fashion.

The need for words, therefore, of a spoken nature is not necessary unless chosen. The communication is more of what you would call the telepathic nature but more than that which we do now, which is a word-by-word or concept kind of communication. The communication in fourth density is more of what you would call the gestalt, where an entire experience or picture with many thousands or

millions of components may be transmitted instantaneously and true understanding achieved. There is no miscommunication at this level of experience. Thus, the harmony is most notable. However, since the harmony is notable and it is undeniable that the one Creator is at the heart of all, evolutionary experience is somewhat slowed in comparison to that which is possible within your third-density illusion. Thus it is that many of the fourth density seek to be of service to others by joining again the third-density illusion as those who are called wanderers and who seek with the great heart of compassion to share the love they know and have found within all creation with those who call for this kind of experience.

Is there another query, my brother?

D: In changing the subject, is there a description of time and how it is understood by various entities?

I am Q'uo, and am aware of your query, my brother. Again, we seek with words to do more than words can do, yet we will attempt to give you this description, which will be likened unto a river where time is seen as that which moves in a unified fashion, and yet moves within no boundaries of experience, which moves with a smaller influence, shall we say, being seen as more of an addition to experience rather than the nature of experience playing out from point A to B. Entities outside of the realm of time may look at time as being somewhat of a relic. However, there is the experience in appreciation of true simultaneity where entities may move into an experience of a certain kind of time for a certain intensity of experience until the experience is gained. Entities may, in fact, partake in various levels of time so that they may experience what you would see as the past before experiencing that which you see as the future. We realize that this term, time, and our description of it is somewhat confusing. We hope that our humble words have been able to elucidate in some small degree the nature of your query.

D: Thank you for that description.

We are most grateful to you as well, my brother, and would ask at this time if there is a final query.

B: Is it possible that planet Earth is being visited and has been visited by creatures from other parts of the galaxy or universe?

I am Q'uo, and am aware of your query, my brother. This is, indeed, so and has been for the entire

lifetime of this planetary sphere, which includes that time before life as you know it began its cycle of experience here. There are those from all portions of the one creation who have been able to discipline their personalities to such a degree that they are able to move with unfettered tread throughout the one creation in what you would call zero time, for the creation is one being. And for those who have been able to master the disciplines, it is possible to move in thought from any portion of the one creation to any other portion of the one creation.

At this time we would like to thank each entity in this circle of seeking for inviting our presence here. It is a great honor and privilege for us to be able to join you in your circle when we are called, and we joyfully do so, again reminding each to take only those words and thoughts which we have offered which have meaning to you, leaving behind all others without a second thought. We are known to you as those of Q'uo, and we would take our leave of this instrument and this group at this time, leaving each, as always, in the love and in the ineffable light of the one infinite Creator. Adonai, my friends.
Adonai. ❀



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SUNDAY MEDITATION DECEMBER 3, 2000

Group question: When we are trying to make a decision that is important to our spiritual lives, we often have to wait patiently, to take the matter to the heart, and we wonder how we can do this more effectively to gain the direction that we need to follow for our greatest growth? How do we discover what our direction is?

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, whose servants we are. It is our privilege and our blessing to be called to your group this afternoon, and, as always, we thank you for the desire for the truth and the thirst for deity that brings each of you to this circle of seeking. It is a great service to us to be able to share our thoughts with you, for this is the service we hope to offer at this time: to share our thoughts with those on your planet which might find some use in them.

As always, we ask that each use her powers of discrimination carefully, for we are not authority but, rather, fellow seekers and although we feel that we have experiences and thoughts that are worthy of sharing, we do not necessarily feel that our opinions are those which will resonate for other spiritual seekers in their particular patterns and processes, so we ask you to discriminate for yourselves and leave behind those thoughts that are not helpful.

The concept of discrimination is sometimes a difficult one for people who have been accustomed at times to feel that they, perhaps, are not entirely competent to judge any particular area or even in general. Many are the factors within your culture which tend to disenfranchise spiritual seekers from trusting in their own opinion and relying upon their own powers of discrimination. The bludgeoning of that blunt instrument known to you as school creates a respect for authority which is perhaps overstated. For in the realm of spiritual seeking truth is not a matter of authority. Truth is not subject to proof. Truth is, in fact, in any linear terms, entirely subjective. To get to a spiritual truth it first must be realized that this spiritual truth will be true only for you. It will not be true for another living human being.

Truly, each spiritual seeker is looking at one unique pattern and picture in looking at the self. It is almost impossible to extrapolate from something that is happening to someone else to something that is happening to you. You are a unique creature. Your incarnational lessons are carefully put in place. Each within this circle has accomplished a good many years of processing information and achieving realization after realization which has, each in its own way, encouraged, supported and helped to move forward that process of spiritual evolution of mind, emotions and spirit that each of you has thirsted for for many years. And, yet, the process

does not end while life is extant within the flesh and bones of the incarnation. The learning process ripples merrily onward.

Let us look for a moment at this process. One thing we would note about this process is that it has themes that recur. For each entity there will be those incarnational lessons which cannot be identified quickly. The first time a crisis situation along certain lines comes up it is overwhelming. There is so much confusion that there is no seeming place where a person might find a place to stand, a ground of being, a trustable foundation from which to look at the situation and the environment of the situation. The second time this same incarnational lesson recurs it may be almost as completely baffling as the first time.

We will give an example that is part of this instrument's process about which it already knows, thereby avoiding infringement upon free will. This instrument has an incarnational lesson in which it gives without expectation of return. It is so accustomed now to this theme that when this situation occurs where the entity is giving and is not receiving anything back or is even receiving difficulty and resistance back from the loving offering of the self, this instrument simply becomes aware that the incarnational lesson is recurring again and this instrument assumes, then, that it is recurring at a slightly different level because there are nuances at this level that have not been covered before. And the pressures of spiritual evolution suggest further learning of these nuances. Therefore, this instrument is almost too willing to dash forward into the breach and serve that person who has no ability to offer a loving return that this instrument can recognize. Very well, in the case of this particular incarnational lesson this instrument is unlikely to be confused for very long when the cycle repeats and the lesson comes up again and that wind chime of the emotions begins to sound its motif and make that certain sound that brings forth the emotions associated with this lesson. So you see, over the passage of time learning occurs and the level of confusion ameliorates so that even though there is discomfort in the challenge of the situation there is not an overwhelming level of discomfort or confusion. The ground of being remains and this instrument is then able to call upon its faculties of will and faith.

Now, we take the liberty of moving to the situation, which faces the instrument, which prompted this particular line of questioning this afternoon. In this situation this instrument is dealing with an incarnational lesson concerning what best could be called limitations. It is very easy when there is more than one incarnational lesson involved in an incarnational plan to become puzzled or even confused as to which lesson is actually being recycled. Therefore, in this particular case, one suggestion that we would give to this instrument is to spend time resting in contemplation of the incarnational lesson of limitation, which this instrument has experienced cyclically throughout its incarnation. Much work has been done through the years in working upon this incarnational lesson. Work still needs to be done. There are nuances that need to be considered. This is absolutely normal for the progress of a spiritual seeker. It may not, perhaps, be completely standard that someone would choose more than one incarnational lesson. It is, indeed, a crowded agenda.

However, each personality shell that is chosen for an incarnation comes with certain characteristics. For some personality shells the characteristics include such a desire for working upon one shining goal that the hallmark of the incarnation is simplicity and one theme that recurs to the exclusion of all others. For other personality shells there has been what we might call spiritual ambition: the desire to learn more, the desire to progress at a more efficient and that which is seen subjectively as a more helpful rate. You will notice people with this type of personality shell over-committing themselves in good deeds, taking too many classes for their own comfort in schooling, and otherwise tending to overfill the time allotted for each day with what this instrument would call good things to do. In neither personality type is there more excellence than the other. It is a simple matter of choice. Each way of approaching an incarnation has its advantages. Each has its drawbacks.

For the entity with what may be called spiritual ambition, as well as for the entity who burns with one single flame or thirst, the dangers involved include coming to take this quest so seriously that the perspective of that ground of being is lost, and the seeker becomes overwhelmed with the details of whatever present situation has occupied the interest in mind, the emotions, and the time of the seeker.

Now let us step back and gaze at the actual situation. The actual situation is that there is no time or process or pressure to accomplish anything. Each dwells in eternity and all that has happened, is happening, and will happen is happening now, all at the same time, in perfect harmony, in utter perfection, and with an elegance and simplicity of pattern that is stunning, or would be if the pattern could be seen in its entirety.

There is no such thing as sequence. Space is an illusion. The bones, the flesh, and the mass of this particular incarnation are of an illusory nature that is very deep. Nothing that seems to be occurring upon the physical level has that kind of deep meaning that engenders fear, guilt, anger, remorse and all the other emotions that this incarnation creates as an illusion for the learning of the student. In other words, each seeker has put itself in a school of illusion in which things happen that are very strenuous, difficult and uncomfortable in many ways. And, yet, in the execution of these processes of suffering there is no animus, judgment or anger upon the part of the one infinite Creator.

The actual situation is that the one infinite Creator is issuing a vibration that is the creation. That creation is made up of the one great original Thought which is the Logos or love. The Creator is that love in utter unpotentiated fullness. The creation is that love in its potentiated form and light in its manifested form, and each of you as a creature of love and of light, of manifestation and of Logos, of Creator and illusion. And each of you dances the dance of Creator, moving to the dream of the illusion of sequence and meaning and living and learning. And, yet, each of you is already everything that each seeks to learn. So the actual process of spiritual evolution is one of subtraction, of allowing things to drop away in order to get to the heart of each perceived crisis or crux which occurs when an incarnational lesson, or a derivative of an incarnational lesson, recurs in the cyclical rhythms of the process of incarnation.

Now, each entity looking at the possibility of an incarnation upon planet Earth and an immersion into the illusion of third density was excited in the extreme about the extravagant possibilities for learning and for service that such an incarnation represents. Each in great anticipation set up what seemed to it to be very fruitful potential

relationships, very helpful incarnational lessons which would sharpen the polarity of service to others, advance the evolution of mind, purify and discipline the emotions, and further the spiritual evolution of that soul which the personality shell brought into incarnation is only the shadow of. Each of you felt fairly optimistic about being able to penetrate the veil of forgetting. For the truth was so obvious before incarnation, so penetrating, so perfect. How could we truly forget? And, yet, the spirit comes into the flesh. The flesh comes into the world. The voices of the world come into the consciousness of the incarnated being, and confusion begins apace.

And so each in the childhood moves through a determined assault on the spirit. By the time that spirit has become mature enough to be able to work through those layers of enculturation the enculturation has become thick, dense and difficult to penetrate. That surety before incarnation has become utter unknowing. This is the plan. This is the way it is supposed to be. Each within incarnation is supposed to become a true Earth native and the awakening from that sleep of Earth is the hoped-for result of that thirst with which each incarnated in the heart of self, that thirst to know, that thirst to seek, that thirst to worship and simply to be one's deepest self.

We speak now to thirsty people, and we say to you, while we cannot hand-feed you water to quench your thirst, we can talk about the plan; the plan we see for each of you. For we feel that beyond all illusion, beyond all sequence, beyond all linear proof, beyond all illusion of any kind, it may be trusted by each of you that there is a plan, a carefully created, thoughtfully worked out plan that was created by yourself and by Spirit for this incarnation. Everything that is occurring is part of the outworking of this plan. It is an organic process, taking in great scoops, from anywhere within the illusion that comes into contact with the particular world of one seeker, that material which it needs in order to offer the various incarnational lessons in their various nuances needed as the cycles spiral and the learning and the process evolve. Therefore, what greatly aids the work of an entity in the midst of a perceived crux of incarnational lesson is not linear thought or analysis but, rather, a relaxation of all non-emotional processes, a refraining from intellectual thought, and a program of repetition of

affirmations having to do with awakening, supporting and encouraging the faculties of faith and will.

Let us look first at faith. What is faith? Many would like faith to be faith in this or faith in that. But we say to you that, as far as we know, faith is the faith that all is well. It is not a belief; it is not a dogma; it is not complex; it does not have an object. Faith is an attitude of confidence that there is a plan, that the plan is working out perfectly, and that any difficulties that we are having with the plan are part of the plan. Therefore, no matter what the suffering, all is well and all will be well. The only responsibility of the faithful entity, then, is to maintain that faith and to deal with the suffering in a way that has as much as possible of humor, patience and perspective. For it is hoped that when it is seen that there is a plan, that this may release the spirit to dance within that plan, to look for ways to create style in responding to the nuances of the plan and finding ways to inject humor and a lightness of being into those reactions to the plan. And, above all, that ability to refrain from judging the self as stupid, unworthy or otherwise less than a perfect partner with the Creator and Spirit in experiencing and responding to the love and the light of the one infinite Creator.

There may well be the concept that there are things to do that are part of the plan of incarnation, and may we say that it is never part of an incarnational plan to do, but, rather, to be. Naturally, when entities achieve greatly within the illusion that is a cause for rejoicing, but that is part of the illusion. In terms of incarnational plans and incarnational lessons, what each seeker is working with are intentions, thoughts, hopes and dreams. In terms of metaphysical seeking it is not a matter of finding answers. It is a matter of coming to respect questions. It is never doing. It is always essence.

Faith is the willingness to abide in the essence of self, in the knowledge that the plan is good, and in the willingness to do the best that one can to interpret and respond to the situation as it unfolds. The actual decisions made are not that important. The intentions and the reasons involved for those decisions are important. Consequently, when the one known as Tom asked, "How do we get these crises, these problems that cause worry and the need for patience into the heart?" we would say that the

answer involves allowing those things that are not of the heart to fall away, realizing that the issues are not in the physical world or the decisions made in the physical world, but, rather, the issue revolves around finding the most respect, the most honor, support, and encouragement for that heart of self that rests within the plan.

We may see the plan as outfigured in that Holy of Holies within the heart which holds the truth of being. In that Holy of Holies the Creator dwells in Its full original vibration. And the seeker, too, is there in its own heart, if it can remember to go there. With all of the buzzing noises of brain and intellect and thought, it is almost impossible to remember to go to the heart. It is only when there is a decision made to release the intellectual thought in the workings of the decision-making mind and to move into faith, trust and hope that the self can become silent, the mind can stop its chatter, and the self can use the key of silence to enter that tabernacle that is the heart. The beauty and the excellence of silence cannot be overrated in this regard. Often, we speak of meditation, but we find that you within third density attempt to make a project out of this meditation and create complexities and difficulties within this practice as well, which is completely normal for those who are within the heavy illusion of Earth. We encourage all movements into silence, whether they be called meditation or simply sitting and soaking in the now. In any case, there is a release involved, a release of control, a surrender to the will that is the Creator's and at the same time the heart of self's will.

And this brings us to speaking of will, for it is the faculty of will that supports faith. This will is an interesting phenomenon. It is created from the discipline of the dark side of self. To those who have not begun to work upon the discipline of the self and its personality these words mean little. To the one who has begun the attempt to look at and to work with the emotional and intellectual responses and to begin to learn more and more about the self in this way it will make more sense. For it will be seen that each and every seemingly negative characteristic of self has its own strength when it has been tamed and placed in a configuration in which it lies within the deep heart and self, acknowledged as part of the self, but disciplined as to its expression within the outer expression of a daily life. This is not the same as the repression of unfortunate thoughts,

for it demands that each thought that is seen by the self to be angry, or in some way unacceptable as seen by the self, as that which can be worked upon, that which can yield fruit, that which can become that which it does not seem to be.

In this work the creative principle is used by the self, not to tear the self down or to judge the self, but, rather, to accept the self as it is, to balance the emotions that seem to be unbalanced by seeing their opposites, and then to integrate that whole range of being represented by that seeming negative emotion into the universal self that is the Creator. For you and the Creator are truly all that there is, and often much will be seen in the experience that is within that universal self along the lines of the dark side as perceived by the self. Thusly, will is honed by forgiveness as the self works on the self to come into self-acceptance, self-love, self-forgiveness, and self-worth.

The one known as J suggested that, in a situation where there was a decision to be made, that an entity simply choose what it really wishes to do. It may be seen that in incarnational lessons that crises may have nuances that are so puzzling that it is not immediately clear to an entity what it wishes to do. However, we suggest that in these situations the faculty of will be called upon to hone the desire to invoke faith and then that the faculty of faith be called upon in order that the being may rest from strife and may find a peace that dwells in midair, in total unknowing. For what is impatience but a refusal to realize that periods of unknowing occur and are acceptable?

We do not suggest that any of this is effortless. We only suggest that it is a most carefully thought out and a most blessing-filled procedure. We suggest that each of you has created a perfect environment for learning and for service. And each of you has created an excellent plan which is in effect, and that each of you will do well to create within the self more and more ability to invoke faith and will and to know that all is love and, even in the midst of suffering, all is well. Shall you die? Shall you live? Does it matter if you are moving along the lines of spiritual evolution? We ask each to trust. And we assure you that every force of nature and spirit wishes to help and is ready to express the hints and harbingers of synchronicity to speed the awareness of the truth.

This instrument informs us that we simply cannot speak further, and we will even, with your permission, forgo the usual further questions, for we are aware that we have spoken far beyond our normal time. May we have your permission to leave this instrument, or are there some questions that we would answer through the instrument known as Jim? We would ask the ones known as Jim, J, and T to indicate.

(No further queries.)

We felt sure that this was the case, but we thank you for confirming that which we felt was so. We want to thank you for raising this question, which was very interesting and for allowing us to speak through this instrument. We leave each, as we found you, in the most beautiful and ineffable love and creative light of the one infinite Creator. We are known to you as those of Q'uo, and humbly we say to you, adonai, Adonai vasu borragus. ✽



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SUNDAY MEDITATION DECEMBER 17, 2000

Group question: Today we are going to take pot luck, and since it's close to Christmas and New Year's, perhaps Q'uo would have a Christmas message for us.

(Carla channeling)

We are those of 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 are. We are most delighted to speak with your group this evening and we thank each of you for seeking the truth and for joining in this circle to do so. As always, we request that each listen to what we have to say with the awareness that we are merely offering opinions and are not authorities. And we would appreciate each of you discriminating as to those things which you find useful and those things which you leave behind.

The request for a Christmas message is a charming one and certainly offers us a beautiful array of directions which we might pursue. The time that you experience as the Christmas season is a part of a cycle that is remarkable to your planet, the situation being cleverly planned so that there are variations in the amount of light that you upon your planet enjoy in any one diurnal period. This Christmas season is that season of the least light and, indeed, some portions of your planetary surface are almost entirely in the dark for some portion of your winter. It is at

this time of darkness that your story of Christ begins.

What is the message that this entity comes to offer? Indeed, the heart of that message is a kind of light. However, it is the kind of light that can be generated without your sun body or any other source of what you think of as light radiation. The light that gleams when no other light shines is the light of love, and it is that quality of light which the one you call Jesus the Christ embodies, for us as well as for you. For we feel that this entity expressed in a supernally perfect way the essence of pure love.

This instrument received a little story in her web mail this day which we would like to retell. In this story a wife who dearly loved her husband became aware that he was disenchanted with Christmas, not necessarily the sentiments and ideals of the season, but the commercialism and the hustle and bustle of it. And so she began thinking of what she might do to give her husband a better Christmas. One day they went to a sporting event and one of the two teams had no uniforms and also seemed to be made up of young people that had no advantages or money even to pay for their bus ride there. This woman found a way to purchase uniforms for that scruffy little team and when she had finished her act of charity she wrote a little note about it and placed it in an envelop and placed her husband's name on it and put it in a tree. This little, white envelop with its little message became the favorite present for the

whole family that year, and it was so successful that the wife decided to do that every year.

And sometime during each year she would find a charity to do anonymously, quietly. A couple that had lost everything in a fire, a young child that needed an operation. Each year she found someone that needed something and found a way to be that person's Santa Claus, and each year everyone would look for that envelop. The year came when the husband died. The wife barely managed to get the tree up. There were many things that she was not able to do, but she did place a white envelop in the tree. When Christmas morning came, she and her four children gathered for a very difficult Christmas together, and they all discovered that every single person there had place a white envelop in the tree. Each child, being concerned that their mom would not be able to continue the tradition, had taken it upon themselves to find someone to give to because they wanted to give their dad his favorite present. The story ended with a hope that this would be a tradition that the family would continue, and each year the favorite presents would be those white envelopes. They talked about giving to someone nobody knew and nobody wanted to impress, but just someone who needed something and who had found a Santa Claus.

We could talk to you about Jesus the Christ, for we greatly admire this teacher. We could access the history of this entity's life, and, yet, we find that this entity would much prefer that we speak of the love itself to which he came to bear witness—the love that is beyond the love of possession, the love that is beyond human love, the love that created each of you and that will destroy the universe. For each of you is as Jesus the Christ, not in the literal way of being identical to this particular personality but, rather, each of you is as Jesus the Christ in that you enter the dark world, both in your incarnation and at that point within your incarnation when you awaken to the light within, when you become aware of the infinite passion and beauty and works of ideals and principles that have a truth that rings far beyond time and space, life and death.

Firstly, you come into a dark world physically, gaze at the illusion about you, listen to your nightly news. This instrument often calls it the bad news, for seldom do they give good news on the news. It is the nature of the Earth scene and of third-density scenes

in general that the grime and the tatters of life will appear far more dark and serious than the light and the laughter and the delight that co-exist with the darkness of the illusion. In the outer manifestation of third density will always seem to be a fairly dark picture. It will always seem that there is a battle between good and evil and that the evil is winning. May we say that this is an illusion, that, in actual fact, the light is increasing as more and more of your people awaken to their spiritual identity. However, it is one of the great advantages of the illusion that it appears dark. This is a requirement of the third-density experience: setting the stage upon which each spirit entering the world walks into the center of that stage knowing that the audience has come, the play is going on, and the lines are not known. There is only one clue that each player has as to the nature of the drama that is taking place. And that clue comes from a place within the self rather than from the props and the other characters on the stage.

Each spirit enters the world to bring and to share, to bless and to transduce the love and the light of the one infinite Creator. In order for this to be a meaningful activity, there need be that backdrop of darkness. On the second level, the level of the purely metaphysical, the concept of each spirit's being as Jesus the Christ becomes more focused because here it may be seen that as each spirit awakens within incarnation to the basic nature of the experience and of the self each is awakening as an infant into a manger in a stable, not into a comfortable and secure place, but into a most humble and sparing abode. For each infant spirit is helpless and brand new, and it needs a great deal of help.

The spirit of love is the heart of each spirit that takes flesh. That perfect love expressed in Jesus the Christ dwells in each heart, but it is as though each spirit needed the help of the being that has become aware in order to thrive. So each of you is as the caretaker, the parent, teacher, and the comforter of his and her own spirit. Each of you can encourage the spirit of love within you. Each can clothe that infant spirit in the garments of care and self-awareness and time, time given to silence and the awareness of the love that rest within in that cradle that is the heart.

How shall you parent your own inner spirit? How shall you help this spirit to mature and to begin to try its wings? Remember that this spiritual child within is a creature that is moved and strengthened

by the choices that you make. In so many of the dark aspects of the daily round of activities there is a decision to be made, and as this instrument was saying earlier, decisions can be made in fear or in freedom. When an ethical decision comes, when there is a crux, it is very well to pause and ask the self, as the one known as Ra has said, "Where is the love in this situation? Where is the light in this moment? Where is the service that can be rendered?" Often these questions create a clarity and the spirit within is able to flower and blossom a bit because the time has been taken to look at a situation that seemed dark within the illusion of the world and to find the light and love and service hidden within the darkness of that puzzle, that worldly situation. If you can draw back to the extent that you are able to ask yourself these questions you have succeeded in using the darkness of Earth to find ways to light the candle of the heart's great and often untapped resources of faith and hope. It is truly a dark time, your winter.

We bless that darkness. As we look back on our own third-density experience we see the gift of unknowing for what it is: a necessary prerequisite to the free choice of faith. We do not at all discourage the worship and love of the one known as Jesus the Christ. This entity is as the most excellent of models for love. We encourage each to gaze long into the stories of this entity and to see how this entity was able to love. But more, we ask that you look into your own hearts and see the spirit of love within that is the essence of each of you. And know that you have within you the love that you seek, the truth that you seek, and the beauty that you thirst for. We encourage each of you to value each hard choice and each time of apparent darkness.

The choices that you make during these incarnational times of unknowing have a weight, potentially, that can change the course of the development of your soul. We encourage each to know that you have the resources within you to be that candle that is lit within the darkness, that the darkness shall never overcome.

We would at this time transfer this contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each of you once again in the love and in the light of the infinite Creator. At this time it is our privilege once again in the attempt to

speak to any further query which those present may have for us. Is there another query at this time?

S: I had a question last time about some of those of your group who had come here as wanderers and who had gone slightly off track and gotten lost in this illusion. Can we help those of your group on this side of the veil?

I am Q'uo, and we are aware of your query, my brother, and we appreciate the concern that comes from the open heart in search of those who need this love, those who have found a great love, who have sacrificed much for it, and who in another form continue to seek it. We can assure you that each entity, whether previously that which you call a wanderer or an Earth native, as you may call one whose origins are this planetary sphere, will find the great love of the life to be that one Creator which resides within, as we have spoken of previously. For though each incarnation seems to be a great span of time, measured in your years, from the point of view of that which is infinite and eternal, each incarnation is merely the blinking of an eye. And those lessons that can be learned in such a relatively short span of time are intense, pure, passionate and do make their mark upon the soul identity. Thus, though one may seem to be lost from the many, the journey of being lost is that which, in itself, holds great potential. For the ability to move with faith and to power this faith with the will to seek the truth is that which aids any entity in its journey of seeking. Many there are who move in a fashion which seems to reflect this being lost, and yet we know there is a day in which all shall be found. There is within each heart that which may be seen as a beacon, a homing device which ever brings one nearer to the source of the self, to the source of love. And in each daily round of activities the opportunities are presented to the entity to avail itself of its desire to seek the One. Though the period of being lost may be what you would call extensive, always is the higher self offering to the incarnated self the opportunity to find the way home. There are many hints upon the trail, shall we say, and each entity shall eventually find each step on the journey to be complete.

Is there a further query, my friend?

S: One last one. We were talking earlier about a series of lessons in which our eldest daughter took one of our puppy dogs and it got lost. The idea of getting another dog and there seems to be a lot of

issues and lessons and many things going on when you look at all of the ramifications of what is happening. Could you shed some light on some of those issues?

I am Q'uo, and am aware of your query, my brother. Whatever the catalyst may be in any incarnation in the third density, the ability to utilize the catalyst depends on large degree upon the ability to open the heart and to accept that which seems to be unacceptable, to give love where it would not seem to be welcome, indeed to be the fool in the desire to open the heart and freely share that which you call unconditional love. If one can remember that there is love in each moment, that each form of catalyst offers the opportunity to either express that love or to receive that love, or to utilize a combination of the two, then each season of catalyst may be seen to be complete and to be seen to offer these endless opportunities for the sharing of love. One may take each kind of catalyst seriously in that the catalyst is seen to be an end in itself, and this is in many cases to miss the point. Yes, it is important to a certain entity that one or another outcome result from a set of situational circumstances. And yet if each within the situation is aware that it is love to be learned from all of the catalyst then it is much easier to find that harvest within the catalyst.

Is there a further query, my brother?

S: I was requested to ask if the dog which is lost is OK?

I am Q'uo, and am aware of your query, my brother. We pause to scan and feel there is no infringement to report that the creature that you call the lost dog is well.

Is there any further query, my brother?

S: Not at this time. Thank you very much.

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

Carla: I am dealing with orange and yellow-ray blockage at this time. I am experiencing some illness and am trying to work with that and the issue of psychic greeting and of opening and clearing these energy centers. I would appreciate anything that you might have to say that would help me to work on this.

I am Q'uo, and am aware of your query, my sister. Without infringing we may suggest that in any

situation with any other entity if one feels the lack of love then one may look to that shared catalyst as that which may profitably be explored.

Is there any further query, my sister?

Carla: No. Thank you.

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

R: Not a question, but as the year draws to a close I would like to thank the entities of the Confederation for speaking to this group, for their work and effort in communication.

I am Q'uo, and, my brother, we greatly appreciate your appreciation, and we return it as well. Is there a final query at this time?

(No further queries.)

I am Q'uo, and we greatly appreciate the warm reception and humorous vibrations that typify this group, especially at this time of year. We are always filled with joy to be called to your group and we cannot thank you enough for offering us this opportunity to be of service in our humble way. We hope that our words in some way may find a home within your heart. For those which do not, we bid you drop them and think not twice about them. At this time we shall take our leave of this instrument and of this group. We leave each, as always, in the love and in the light of the infinite Creator. Adonai. Adonai, my friends. ♣